



FAMILY YEARBOOK

20 26

www.nambourlittleathletics.com.au



FROM THE CENTRE MANAGER

#teamnambour

I am a passionate advocate for youth sport and my personal belief is that athletics is for everyone. It's about more than sport. It's about building character and the friends you make along the way.

At Nambour Little Athletics, we've built something truly special on the foundation of support and inclusion. While track and field certainly offers individual challenges and incredible personal achievements, it's the power of our community that defines us. That's why, when you join us, you don't just sign up for a sport; you become a member of #teamnambour.

Our culture thrives on enthusiasm, encouragement, and teamwork. Saturdays aren't solely about competition. We celebrate every personal best, and you'll hear us cheering for each other louder than anyone. Wearing our green and gold uniform isn't just about showing club pride; it's a representation of the values we hold dear: sportsmanship, dedication, perseverance, and respect.

Above all, we are proudly inclusive. We wholeheartedly welcome athletes of all abilities because we recognise the unique potential within every single child. Athletes with disabilities aren't just welcome; they are valued members of our team. We are absolutely committed to providing an environment where every child can participate, develop their skills, and experience the joy of being active and personal achievement. #teamnambour is a place where every child feels a sense of belonging, support, and has the opportunity to shine.

2025/2026 Season Recap

Looking back on the year, I am filled with immense pride for everything our athletes and families have achieved together.

For the most part, the weather gods were on our side this year, allowing us to enjoy week after week of sunshine and PBs. Although it was disappointing to have our final three meets washed out by the rain, we were able to get on the track in between for our weekly coaching sessions which were well attended.

Our registration numbers remain strong, and once again, #teamnambour proved that we punch well above our weight class. This was never more evident than at our regional competitions.

I am thrilled to share that Nambour had the highest participation rate of any summer centre at our Regional Relays Carnival. Relays are easily my favourite time of the athletics calendar. There is nothing quite like the energy of our green and gold team cheering each other on. That teamwork was rewarded with:

- An incredible tally of podium finishes.
- Multiple Regional Best Performances.
- A handful of prestigious Queensland Best Performances.

State and National Success

To cap off a cracking year, we reached a major milestone for our club. For the first time since 2013, Nambour had athletes selected for the LAQ State Representative team. A massive congratulations to Amaris and Lachie, who represented both Queensland and Nambour at the Australian Little Athletics Championships in April.

Thank you

An athletics season is a massive team effort, and there are two groups of people who make it all possible:

- **To our Fantastic Families:** Without your support for your children and our community, we simply don't have a club. Whether you were raking a pit, timing the track, or just cheering from the sidelines, thank you for being the backbone of our Saturdays.
 - **To our Hardworking Committee:** I am so deeply grateful for your dedication. Thank you for everything you do behind the scenes to keep our athletes out on the track in their 'happy place'.
- See you on the track in 2026/2027.

Lindsie Eastman
Centre Manager

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 80,000 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.

YOUR COMMITTEE

POSITION	NAME	PHONE
CENTRE MANAGER/ REGISTRAR	LINDSIE EASTMAN centremanager@nambourlittleathletics.com.au	0414 764 548
SECRETARY	KELLY KIDD secretary@nambourlittleathletics.com.au	
TREASURER	ROSS PFISTER treasurer@nambourlittleathletics.com.au	
COMMITTEE MEMBERS	Richard Kidd, Keffed Cordwell, Samantha Miller, Ros Byrne, Lysa Erbacher, Bianca Erbacher, Patrick Nispel, Odette Carter, Kelly Jenkins, Danna Davidson, Laurelee Sweeney.	
PATRON	KEFFED CORDWELL	



SEASON CALENDAR 2026/2027

DATE	DAY	TIME	EVENT	VENUE
SEPTEMBER				
5	SAT	8:00AM	Centre Competition	Nambour LAC
12	SAT	8:00AM	Centre Competition	Nambour LAC
19	SAT		SCHOOL HOLIDAY BREAK - NO COMPETITION	
19	SAT		Coles Spring Carnival	Bundaberg AR
26	SAT	8:00AM	Centre Competition	Nambour LAC
OCTOBER				
3	SAT	8:00AM	Centre Competition	Nambour LAC
10	SAT	8:00AM	Centre Competition	Nambour LAC
17	SAT	8:00AM	Centre Competition	Nambour LAC
24	SAT	8:00AM	Centre Competition	Nambour LAC
24	SAT		Coles Summer Carnival Series 1	SAF, Brisbane
31	SAT	8:00AM	Centre Competition	Nambour LAC
NOVEMBER				
7	SAT	8:00AM	Centre Competition	Nambour LAC
14	SAT		SUNCOAST REGIONAL RELAYS CARNIVAL	University LAC
21	SAT	8:00AM	Centre Competition	Nambour LAC
28	SAT	8:00AM	Centre Competition	Nambour LAC
28	SAT		Coles Summer Carnival Series 2	GCPC, Runaway Bay
DECEMBER				
5	SAT	8:00AM	Centre Competition	Nambour LAC
12	SAT	8:00AM	Centre Competition	Nambour LAC
12	SAT		MCDONALD'S STATE RELAY CHAMPIONSHIPS	SAF, Brisbane
XMAS BREAK - 12 December to 9 January				
JANUARY				
9	SAT	8:00AM	Centre Competition	Nambour LAC
16	SAT	8:00AM	Centre Competition	Nambour LAC
23	SAT	8:00AM	Centre Competition	Nambour LAC
30	SAT	8:00AM	Suncoast Invitational Pentathlon	Nambour LAC
30-31	SAT/ SUN		McDonald's Combined Event Championships	SAF, Brisbane
FEBRUARY				
6	SAT	8:00AM	Centre Competition	Nambour LAC
13-14	SAT-SUN		SUNCOAST REGIONAL CHAMPIONSHIPS	University LAC
20	SAT	8:00AM	Centre Competition	Nambour LAC
27	SAT	8:00AM	NLAC Quadrathlon	Nambour LAC
MARCH				
6	SAT	8:00AM	Centre Competition (Back Up Centre Comp)	Nambour LAC
13	SAT	8:00AM	Centre Competition (Back Up Centre Comp)	Nambour LAC
19-21	FRI-SUN		MCDONALD'S STATE CHAMPIONSHIPS	Townsville Sports Precinct



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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
2023-2022	Tiny Tots
2021	Under 6
2020	Under 7
2019	Under 8
2018	Under 9
2017	Under 10
2016	Under 11
2015	Under 12
2014	Under 13
2013	Under 14
2012	Under 15
2011	Under 16
2010	Under 17

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.

Included in your registration:

- Saturday competition at the PCYC grounds as per our season calendar
- Mid week coaching (NLAC coaches and visiting guest coaches).

- Registration pack including family yearbook (1 per family), gifts from LAQ and McDonald's Achievement Card
- Family login to ResultsHQ, our competition results portal. Access all competition results and nomination to carnivals.
- Contribution to the nomination fee for SunCoast Regional Relays carnival (U7-17 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.

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.



CENTRE INFORMATION

Centre competition is conducted at the PCYC Grounds, Youth Avenue, Burnside on Saturday mornings between 8:00am and approx 10.30am 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 CHECK IN

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 on competition mornings. 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 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://www.facebook.com/nambourlittleathletics)

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

www.nambourlittleathletics.com.au

RAINY DAYS OR WET GROUNDS

If rain or ground conditions 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
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 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.

DOGS

The PCYC, including all buildings, ovals and facilities has a NO DOGS policy. Dogs are not permitted on the grounds at any time. This includes coaching session, clinics or at any of our competition meets.

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 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.



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 athlete's entire age group to remind the group of the expected standards of conduct.

If the behaviour is deemed unsafe or causes harm to others or damage to equipment, the Centre Manager/ Age Marshall will speak to the athlete along with the athlete's parents and the athlete may 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.



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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.

INTER-CENTRE MEETS

Each season, Nambour LAC enjoys friendly competitions with nearby centres such as Bli Bli, Maroochy and Maleny.

We will be hosting the SunCoast Invitational Pentathlon in January. Check our season calendar for dates and details.

COLES SPRING & SUMMER CARNIVAL SERIES (2026/2027 SEASON)

The COLES SPRING CARNIVAL (19 September, 2026) 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 SERIES Series 1 – Saturday 24 October, 2026 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. *At the time of print, date & location for series 2 has not been published.*

REGIONAL RELAYS

14 NOVEMBER, 2026 (USC)

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 available to them. 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.

RELAY EVENTS PER AGE GROUP

AGE EVENTS – BOYS & GIRLS EVENTS	
U7	4x100 (shuttle), LJ, Dis
U8	4x100 (shuttle), LJ, SP
U9	4x100, 4xSwedish, SP, Dis, HJ
U10	4x100, 4xSwedish, SP, HJ, LJ
U11	4x100, 4xMedley, Dis, SP, LJ
U12	4x100, 4xMedley, Dis, HJ, LJ
U13	4x100, 4xMedley, HJ, SP, Dis
U14	4x100, 4xSwedish, SP, HJ, LJ
U15	4x100, 4xSwedish, Dis, HJ, LJ
U16	4x100, 4xSwedish, Dis, SP, LJ
U17	4x100, 4xSwedish, Dis, SP, LJ

COMBINED AGE MIXED TEAMS	
U9–10	4x100, 4xSwedish
U11–13	4x100, 4xMedley
U14–17	4x100, 4xSwedish

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 will be selected in teams with athletes in other age groups in track teams

The composition of Track Relay Teams including the allocation of positions within the team will

LAQ CARNIVALS & COMPETITION

be determined by the Centre Committee.

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.

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, 2026 (SAF)

The first three place getters (track) in each event and first two place getters (field – boys, girls and mixed teams) at 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

13 & 14 FEBRUARY, 2027 (USC)

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.

The first 4 place getters in each event qualify to compete at the State Championships event (excluding events with qualifying standards ie. race walking and distance events).

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

19-21 March, 2027 (Townsville)

The first four place getters (U9-U17) in each event at the Regional Championships qualify to compete at the State Championships.

MultiClass athletes have the opportunity of direct nomination provided they have competed at Regional Championships.

COMBINED EVENT CHAMPIONSHIPS

30-31 January, 2027 (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.

Full eligibility and nomination information can be found on the 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
- Club Racing Crop
Yellow with Bottle Green and White flashes and Green trim
- Bottle Green Shorts, Briefs or Bike Pants.
Where green shorts/ pants are not available, black shorts/ pants may be substituted.
- Green Peak Cap or bucket hat.

These items are available from the Clubhouse.

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 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.

COLES SPONSOR PATCH

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



CLUB UNIFORM PRICES

Club Polo Shirt	\$40.00
Club Singlet/ Crop Top	\$35.00
Shorts	\$20.00
Bike Pants (New)	\$25.00
Bike Pants (Plain)	\$15.00
Peak Cap	\$25.00
Bucket Hat	\$25.00
UNIFORM PACK Club Shirt, Shorts/ Bike Pants & Hat	\$80.00

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. This includes spike shoes with the spikes removed.
- competitors in any event that has a pack start (except for Under 13+)

Spike shoes may be worn by

- athletes U11 upward for the long and triple jumps, high jump, javelin and any individual event run entirely in lanes.
- athletes U13 upward for all events except shot put, discus and walk events.

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 7mm for synthetic track, 9mm synthetic field and 12mm for any grass event.

LAQ – Spikes Specifications

Age Group	Laned	Unlaned	Relays	H/Jumps	Field V/Jumps	Jav
U6-U10						
U11	SWS		Ir*	SWS	SWS	SWS
U12	SWS		Ir*	SWS	SWS	SWS
U13	SWS	SWS	SWS	SWS	SWS	SWS
U14	SWS	SWS	SWS	SWS	SWS	SWS
U15	SWS	SWS	SWS	SWS	SWS	SWS
U16-U17	SWS	SWS	SWS	SWS	SWS	SWS

Key:

SWS – Spike Shoes with spikes

Ir – Athletes competing in Laned Relays

* – Athletes competing in U13-U17 teams

ATHLETE AWARDS

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

AMY WALKER LEADERSHIP AWARD

Amy Walker was a Nambour Little Athlete in the late 80's to early 1990's.

Amy was a prodigious talent and fierce competitor and went on to become an U20 Australian Representative in Long Jump and Triple Jump with Personal Best performances of 6.10m in Long Jump and 12.79m in Triple Jump.

Amy is remembered as embodying the very best of Little Athletics' ideals of dedication and sportsmanship. She was an athlete that made other athletes and spectators stop and watch. She was awe inspiring.

Sadly, Amy passed in 2025. The Nambour Little Athletics committee think it is only fitting that our centre remembers Amy and the values she embodied with an athlete award named in her honour.

AWARD CRITERIA

This award is presented each year to a boy or girl who best demonstrate they embrace the ideals of Little Athletics. The criteria encompass those attributes we believe are important not only in Little Athletics but also to any individual's growth and development. The required attributes of the recipient of this award are Leadership, Respect, Perseverance, Sportsmanship and Enthusiasm.

Amy was the inaugural recipient of the LAQ George Harvey Leadership Award (1992). The recipient of the Nambour Little Athletics Amy Walker Leadership award will be our centre's nominee for this very prestigious athlete recognition by our association.

SEASON	RECIPIENT
2025/2026	Hugh Pfister
2024/2025	Kupa Kidd



ATHLETE AWARDS

The two centre Perpetual Shields, one each for a boy and girl, are presented to those athletes who demonstrate Consistency, Club Loyalty and all round effort. Named in honour of long-serving committee members who have made significant contributions to Nambour Little Athletics.

The criteria is:

- 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 awards recognise the 'quiet-achievers' who show up every week and do every event – without being the fastest or strongest. It honours the history of our club and rewards long-term commitment to the sport.

JULIE COUSINS PERPETUAL SHIELD

SEASON	RECIPIENT
2025/2026	Desiree Moore
2024/2025	Zoe Vrolijk
2023/2024	Alexis Loadman
2022/2023	Eden Austin
2021/2022	Shylah Cordwell
2020/2021	Soraya Royer
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

Award recipients pre 2011 can be found on our website.

ERIC REA PERPETUAL SHIELD

SEASON	RECIPIENT
2025/2026	Riley Ledger
2024/2025	Eamon Schell
2023/2024	Mick Erbacher & Finnley Evans
2022/2023	Kupa Kidd
2021/2022	Jack Porter
2020/2021	Eli Cordwell
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



MOST IMPROVED

Most Improved Trophies are based on accumulated personal best performances over the season. Trophies are awarded to Junior (TT to U11) & Senior (U12 to U17) Boys & Girls.

JUNIOR GIRLS

SEASON	RECIPIENT/S
2025/2026	Winner Tyla Byrne R/Up Elli Winter
2024/2025	Winner Tyla Byrne Winner Alice Keady R/Up Amelia Erbacher
2023/2024	Winner Tyla Byrne Winner Holly Heeks R/Up Jana Hegazy
2022/2023	Winner Holly Heeks R/Up Tyla Byrne
2021/2022	Winner Eliana Foley R/Up Sophie Pearson
2020/2021	Winner Alice Keady R/Up Sophie Pearson
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 BOYS

SEASON	RECIPIENT/S
2025/2026	Winner Louie Smith R/Up Owen Paketama
2024/2025	Winner Kingsley Carter R/up Luca Alagich
2023/2024	Winner Neo Erbacher R/up Luca Alagich
2022/2023	Winner Andre du Plessis R/up Jason Swan R/up Flynn Austin
2021/2022	Winner Jamie O'Donnell R/up Cooper Crossno
2020/2021	Winner Patrick Pantovich R/up Mason Ledger
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 – SENIOR GIRLS

SEASON	RECIPIENT	
2025/2026	Winner	Amelia-Leah Davidson
	R/up	Kylah Davidson
2024/2025	Winner	Jade Moore
	R/up	Aavah Waldon
2023/2024	Winner	Zoe Vrolijk
	R/up	Molly Pearson
2022/2023	Winner	Molly Pearson
	R/up	Alicia Royer
2021/2022	Winner	Matilda Ryan
	R/up	Eden Austin
2020/2021	Winner	Shylah Cordwell
	R/up	Charlie Windred
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	

MOST IMPROVED – SENIOR BOYS

SEASON	RECIPIENT	
2025/2026	Winner	Neo Erbacher
	R/up	Eli Skerman
2024/2025	Winner	Kabiona Balebanga
	R/up	Braxton Byrne
2023/2024	Winner	Kupa Kidd
	R/up	Eamon Schell
2022/2023	Winner	Mick Erbacher
	R/up	Leon Saseve
2021/2022	Winner	Oliver Ryan
	R/up	Richard Blackman
2020/2021	Winner	Crispin Jackson
	R/up	Jack Porter
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	



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 Athlete of the Year

SEASON	RECIPIENT
2025/2026	Winner Aavah Waldon R/up Zoe Vrolijk
2024/2025	Evie Davidson
2023/2024	Evie Davidson
2022/2023	Sophie Pearson
2021/2022	Keeley Porter
2020/2021	Ellie Bailey
2019/2020	Kiralee Atherton



Male Athlete of the Year

SEASON	RECIPIENT
2025/2026	Winner Kupa Kidd R/up Jackson Burns
2024/2025	Lachlan Heeks
2023/2024	Aidan Loadman
2022/2023	Cooper Crossno
2021/2022	Kupa Kidd
2020/2021	Riley Parmenter
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 or 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
2025/2026	Amaris Gael Conroy
2024/2025	Amaris Gael Conroy
2023/2024	Lachlan Heeks
2022/2023	Aidan Loadman
2021/2022	Christiaan du Plessis
2020/2021	Kupa Kidd
2019/2020	Keeley Porter

ATHLETE AWARDS CONT'D

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.

RISING STARS – GIRLS

SEASON	RECIPIENT
2025/2026	Poppy Whitehouse, Savannah Baird, Echo Radford
2024/2025	Maddison Pereira, Valerie Hoeksema, Torah Birch
2023/2024	Zara Pfister, Desiree Moore, Sophie Baird, Savannah Beagley
2022/2023	Alexis Loadsmann, Alice Keady, Piper Couacaud
2021/2022	Madisyn Ryan, Mahli Ryan, Brigitte du Plessis
2020/2021	Heidi Allen, Billie-Mae Weier
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

RISING STARS – BOYS

SEASON	RECIPIENT
2025/2026	Albert Hobbs, Charlie Hoffman, Franklin King, Jarrah Miller, Emmett Schliebs
2024/2025	Kai Nispel, Joashua Bestwick, Nathan Bestwick, Jackson Burn, Levi Ormond
2023/2024	Slater Byrne, Eli Skerman, Benjamin O'Dea, Kingsley Carter
2022/2023	Lachlan Heeks, Lucas Uluvalu, Matthew van Biljon, Braxon Byrne
2021/2022	Evan Blackman, Thomas Kalkman, Walker-Lee Mooney
2020/2021	Jason Swan, Riley Ledger
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



Spirit Award

This award is designed to recognise the athletes who embody the spirit of Nambour Little Athletics.

This award isn't about the number of gold medals won or records broken. It is about the character of an athlete who shows up every Saturday with a smile and a 'can-do' attitude. They might not be the one breaking records, but they are the ones who cheer for their friends, who shake hands at the finish line, and who find the courage to keep going when the going gets tough. Their contribution lifts us all.

SEASON	RECIPIENT
2025/2026	Amelia Chapman Grayson Smith Mick Erbacher Mazon McDougall

LAQ State Team

Selection in the LAQ State Team is a rare and prestigious honour. Past athlete LAQ team members are listed below.

YEAR	ATHLETE
2026	Lachlan HEEKS Amaris Gael CONROY
2013	Zach PAYNTER
2003	Wade KELLY Ainsley ACKERMAN
1992	Amy WALKER
1987	Kerrie McMARTIN



Volunteer of the Year

This award isn't just any recognition; it's a heart-felt celebration of someone who brings an extra dose of magic to #teamnambour. Whether they're cheering from the sidelines, lending a helping hand, or working in the background to spread joy in our community, this award is our chance to say a big "thank you" to someone who makes our centre shine.

SEASON	VOLUNTEER OF THE YEAR
2025/2026	Ros Byrne
2024/2025	Kelly Kidd Ross Pfister
2023/2024	Samantha Miller

Life Members

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

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

CENTRE BEST PERFORMANCES

MALE

FEMALE

60M

U7	Matthew van Biljon	11.29	2021	U7	Piper COUACAUD	11.50	2022
U8	Jackson BURNS	10.63	2025	U8	Savannah BAIRD	11.24	2024
U9	Levi ORMOND	9.88	2025	U9	Savannah BAIRD	10.01	2025
U10	Nathan BESTWICK	9.22	2024	U10	Evie DAVIDSON	9.85	2023
U11	Nathan BESTWICK	8.95	2026	U11	Evie DAVIDSON	9.17	2024
U12	Amaris Gael CONROY	8.36	2025	U12	Sienna HAMILTON	9.07	2024
U13	Amaris Gael CONROY	8.11	2026	U13	Sienna HAMILTON	8.57	2026
U14	Aidan LOADSMAN	8.06	2024	U14	Aavah WALDON	8.48	2025
U15	Kupa KIDD	8.08	2024	U15	Charlie MACKENZIE	8.92	2024
U16	Kupa KIDD	8.01	2025	U16	Eden AUSTIN	9.98	2024
U17	Trae BROOKS	9.41	2023	U17	Alisha ROYER	15.06	2023

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	Amaris Gael CONROY	12.88	2025		Julie RUTLEY		1985
U13	Amaris Gael CONROY	12.21	2026	U12	Sienna HAMILTON	13.53	2025
U14	Peter SLEEP	12.30	1995	U13	Sienna HAMILTON	13.12	2026
U15	Peter SLEEP	11.90	1996	U14	Aavah WALDON	13.00	2026
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

MC				
U9	Grayson SMITH	53.56%	T37	2025
U10	Grayson SMITH	57.08%	T37	2025
U11	Hugh PFISTER	73.27%	T20	2021
U12	Hugh PFISTER	71.96%	T20	2022
U13	Hugh PFISTER	72.16%	T20	2023
U14	Hugh PFISTER	74.26%	T20	2024
U16	Scott HANNAFORD	70.27%	T20	2020
U17	Scott HANNAFORD	70.27%	T20	2021

MC				
U9	Aidan PFISTER	59.31%	T20	2021
U10	Aidan PFISTER	59.85%	T20	2021
U11	Aidan PFISTER	64.94%	T20	2023
U12	Aidan PFISTER	63.08%	T20	2024
U13	Aidan PFISTER	68.17%	T20	2025
U15	Alisha ROYER	47.08%	T20	2021
U16	Soraya ROYER	58.67%	T20	2020
U17	Soraya ROYER	48.06%	T20	2020



MALE

FEMALE

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	Amaris Gael CONROY	26.11	2025	U12	Aleesha HANSEN	28.10	1996
U13	Amaris Gael CONROY	24.39	2026	U13	Sienna HAMILTON	27.05	2026
U14	Peter SLEEP	25.00	1995	U14	Zoe VROLIJES	27.30	2026
U15	Peter SLEEP	25.20	1996	U15	Cecilia WEBBE	28.18	2013
U16	Kupa KIDD	25.36	2025	U16	Cecilia WEBBE	27.89	2014
U17	Jonathan ANGUS	26.20	2016	U17	Cecilia WEBBE	30.21	2015
MC				MC			
U9	Grayson SMITH	55.35%	T37 2025	U9	Aidan PFISTER	59.53%	T20 2021
U10	Grayson SMITH	53.08%	T37 2025	U10	Aidan PFISTER	53.90%	T20 2021
U11	Hugh PFISTER	63.95%	T20 2021	U11	Aidan PFISTER	59.17%	T20 2023
U12	Hugh PFISTER	66.74%	T20 2022	U12	Aidan PFISTER	64.08%	T20 2024
U13	Hugh PFISTER	61.36%	T20 2023	U13	Aidan PFISTER	66.96%	T20 2025
U14	Mick ERBACHER	59.87%	T20 2025	U15	Alisha ROYER	39.73%	T20 2021
U16	Scott HANNAFORD	64.03%	T20 2020	U17	Soraya ROYER	54.97%	T20 2020
U17	Scott HANNAFORD	66.14%	T20 2021				

300M

U8	Lennox SMITH	59.83	2024	U8	Savannah BAIRD	1:03.77	2024
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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	Evie DAVIDSON	1:08.10	2025
U12	Amaris Gael CONROY	59.44	2025	U12	Aleesha HANSEN	1:07.20	1996
U13	Amaris Gael CONROY	56.59	2026	U13	Brooke DRYDEN	1:08.20	2002
U14	Lee VELVICK	59.20	1995	U14	Lynette REA	1:04.50	1988
U15	Kupa KIDD	56.64	2025	U15	Rebecca DIPPEL	1:06.00	2002
U16	Kupa KIDD	55.66	2026	U16	Eden AUSTIN	1:12.41	2024
U17	Cameron LABINSKY	56.41	2017	U17	Kenley WYLLIE	1:20.00	2015
MC				MC			
U9	Grayson SMITH	50.99%	T37 2025	U9	Aidan PFISTER	53.68%	T20 2021
U10	Grayson SMITH	56.86%	T37 2026	U10	Aidan PFISTER	54.76%	T20 2021
U11	Neo ERBACHER	49.81%	T20 2025	U11	Aidan PFISTER	50.45%	T20 2022
U12	Mick ERBACHER	54.10%	T20 2023	U13	Grace BRIMELOW	68.26%	T38 2019
U13	Mick ERBACHER	53.97%	T20 2023	U16	Harley-Rose HEINEMANN	53.46%	T35 2019
U14	Mick ERBACHER	53.67%	T20 2025	U17	Harley-Rose HEINEMANN	54.29%	T35 2020
U16	Scott HANNAFORD	59.85%	T20 2019				
U17	Scott HANNAFORD	64.27%	T20 2021				

800M

U9	Jude BRIMELOW	2:44.00	2018	U9	Keeley PORTER	2:58.43	2020
U10	Albert HOBBS	2:34.82	2026	U10	Evie DAVIDSON	2:48.27	2024
U11	Lachlan HECKS	2:30.99	2024	U11	Evie DAVIDSON	2:38.31	2025
U12	Lachlan HECKS	2:20.17	2025	U12	Lucy KILLIP	2:33.80	1999
U13	Lachlan HECKS	2:14.64	2026	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	Savannah BEAGLEY	2:37.08	2024
U16	Eli SKERMAN	2:19.78	2026	U16	Savannah BEAGLEY	2:41.92	2025
U17	Jonathan ANGUS	2:18.52	2016	U17	Cecilia WEBBE	3:18.00	2014
MC				MC			
U9	Grayson SMITH	53.55%	T37 2025	U9	Aidan PFISTER	48.50%	T20 2020
U10	Grayson SMITH	57.05%	T37 2026	U13	Grace BRIMELOW	76.00%	T38 2019
U11	Tjamarli TYSON-PURCELL	48.74%	T20 2020	U16	Harley-Rose HEINEMANN	64.92%	T35 2020
U12	Mick ERBACHER	57.06%	T20 2023	U17	Soraya ROYER	39.88%	T20 2020
U13	Mick ERBACHER	57.63%	T20 2023				
U14	Mick ERBACHER	57.49%	T20 2025				
U16	Scott HANNAFORD	62.31%	T20 2020				
U17	Scott HANNAFORD	56.88%	T20 2020				

MALE

FEMALE

1500M

U11	Lachlan HEEKS	5:04.45	2024	U11	Lucy KILLIP	5:41.10	1998
U12	Lachlan HEEKS	4:40.50	2025	U12	Lucy KILLIP	5:17.60	1999
U13	Lachlan HEEKS	4:35.88	2026	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	Eli SKERMAN	4:57.58	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				
	Tyrone FOND		1996				
U10	Dean HAMILTON	11.20	1994				

80M HURDLES

U11	Cooper CROSSNO	13.87	2023	U11	Molly MONTGOMERIE	16.21	2021
U12	Amaris Gael CONROY	14.40	2025	U12	Jade MOORE	15.96	2025
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

100M HURDLES

U15	Peter SLEEP	14.40	1996	U17	Kenley WYLLIE	20.90	2015
U16	Cameron LABINSKY	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

300M HURDLES

U15	Kupa KIDD	43.35	2025	U15	Desiree MOORE	53.91	2026
U16	Kupa KIDD	42.07	2026				

700M WALK

U9	Mark BOGLE	4:34.00	1991	U9	Chloe KELLY	3:55.40	2002
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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 COGHILAN	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	Roxy CROWE	2.96	2025
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	Aidan LOADSMAN	5.09	2024	U12	Amy WALKER	4.81	1990
U14	Kevin ASPINALL	5.55	1995	U13	Amy WALKER	4.89	1991
U15	Joshua CORCORAN	5.89	2011	U14	Amy WALKER	4.92	1992
U16	Cameron LABINSKY	5.54	2017		Zoe VROLIJKS	4.92	2026
U17	Jonathan ANGUS	5.46	2015	U15	Amy WALKER	5.31	1993
				U16	Cecilia WEBBE	4.64	2014
				U17	Cecilia WEBBE	4.84	2014
MC				MC			
U9	Grayson SMITH	37.22%	F37 2025	U9	Aidan PFISTER	43.15%	F20 2021
U10	Grayson SMITH	43.13%	F37 2025	U10	Aidan PFISTER	45.73%	F20 2021
U11	Hugh PFISTER	52.48%	F20 2022	U11	Aidan PFISTER	47.18%	F20 2023
U12	Hugh PFISTER	60.86%	F20 2023	U12	Aidan PFISTER	41.70%	F20 2024
U13	Hugh PFISTER	59.55%	F20 2023	U13	Grace BRIMLOW	54.26%	F38 2020
U14	Hugh PFISTER	58.11%	F20 2024	U14	Aidan PFISTER	46.05%	F20 2025
U16	Scott HANNAFORD	51.30%	F20 2019	U15	Alisha ROYER	32.85%	F20 2021
U17	Scott HANNAFORD	52.87%	F20 2020	U16	Soraya ROYER	38.00%	F20 2020
				U17	Soraya ROYER	38.96%	F20 2020

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 COUCAUD	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				

VORTEX

U7	Matthew van BILJON	22.32	2023	U7	Piper COUCAUD	12.43	2023
U8	Lachlan WALLACE	26.44	2021	U8	Annabelle BURN	14.38	2025
U9	Joshua BESTWICK	32.63	2025	U9	Sophie PEARSON	13.89	2022
U10	Joshua BESTWICK	35.41	2025	U10	Sophie PEARSON	24.42	2023
U11	Nathan BESTWICK	37.95	2025	U11	Sophie PEARSON	28.64	2023
U12	Amaris Gael CONROY	42.73	2025	U12	Alice KEADY	33.70	2026
U13	Amaris Gael CONROY	46.82	2026	U13	Sienna HAMILTON	31.52	2026
U14	Riley PARMENTER	48.35	2023	U14	Desiree MOORE	33.94	2024
U15	Kupa KIDD	53.12	2025	U15	Savannah BEAGLEY	30.80	2024
U16	Kupa KIDD	56.09	2026	U16	Eden AUSTIN	17.27	2022
U17	Trae BROOKS	39.55	2024	U17	Alisha ROYER	10.91	2023

MALE

DISCUS

FEMALE

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	Jade MOORE	31.27	2026
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	Brandon MACRAE	40.20	2024	U16	Alexandra ANGUS	29.45	2019
U17	Jonathan ANGUS	31.75	2016	U17	Alexandra ANGUS	31.75	2019

MC				MC			
U9	Neo ERBACHER	18.25%	F20	2023	U9	Aidan PFISTER	19.32% F20 2021
U10	Grayson SMITH	24.41%	F37	2025	U10	Aidan PFISTER	18.06% F20 2021
U11	Hugh PFISTER	34.92%	F20	2019	U11	Aidan PFISTER	24.13% F20 2023
U12	Hugh PFISTER	31.86%	F20	2022	U12	Aidan PFISTER	19.55% F20 2023
U13	Hugh PFISTER	37.32%	F20	2023	U13	Grace BRIMELOW	42.82% F38 2020
U14	Hugh PFISTER	34.06%	F20	2025	U14	Aidan PFISTER	19.29% F20 2025
U16	Scott HANNAFORD	33.06%	F20	2020	U15	Alisha ROYER	22.85% F20 2020
U17	Scott HANNAFORD	32.43%	F20	2020	U16	Alisha ROYER	25.28% F20 2021
				U17	Alisha ROYER	23.53% F20 2023	

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	Brandon MACRAE	12.18	2023	U16	Troy-Anne CORDWELL	9.85	2018
17	Jonathan ANGUS	10.71	2016	U17	Troy-Anne CORDWELL	10.22	2018

MC				MC			
U9	Grayson SMITH	23.57%	F37	2025	U9	Aidan PFISTER	25.74% F20 2021
U10	Grayson SMITH	26.31%	F37	2026	U10	Aidan PFISTER	26.80% F20 2021
U11	Hugh PFISTER	42.27%	F20	2021	U11	Aidan PFISTER	31.34% F20 2023
U12	Hugh PFISTER	46.09%	F20	2023	U12	Aidan PFISTER	39.36% F20 2023
U13	Hugh PFISTER	40.77%	F20	2023	U13	Grace BRIMELOW	49.36% F38 2020
U14	Hugh PFISTER	48.12%	F20	2024	U15	Alisha ROYER	39.57% F20 2021
U16	Scott HANNAFORD	37.13%	F20	2019	U16	Alisha ROYER	38.15% F20 2021
U17	Scott HANNAFORD	36.89%	F20	2020	U17	Alisha ROYER	36.66% F20 2020

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

MC				MC			
U11	Hugh PFISTER	33.46%	F20	2021	U11	Aidan PFISTER	19.48% F20 2023
U12	Hugh PFISTER	43.52%	F20	2023	U12	Aidan PFISTER	21.27% F20 2023
U13	Hugh PFISTER	37.17%	F20	2023	U13	Grace BRIMELOW	27.35% F38 2019
U14	Hugh PFISTER	41.64%	F20	2025	U14	Aidan PFISTER	27.65% F20 2026
U16	Scott HANNAFORD	25.14%	F20	2019	U15	Alisha ROYER	16.09% F20 2021
U17	Scott HANNAFORD	24.50%	F20	2020	U16	Harley-Rose HEINEMANN	22.08% F35 2019
				U17	Alisha ROYER	18.25% F20 2023	

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CENTRE MEMBER

NOMINATION FORM FOR LAQ REGIONAL RELAYS:

Centre: _____

REFER TO CENTRE COMMITTEE FOR NOMINATIONS CLOSING DATES & MAXIMUM NUMBER OF ENTRIES		U11	U12	U13	U14	U15	U16	U17
EVENTS	4 x 70m							
	4 x 100m							
	4 x 200m							
	4 x Swedish Medley							
	4 x Medley							
	Long Jump							
	High Jump							
	Discus							
	Shot Put							

Nominations must be lodged through your Centre.

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

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

Surname _____

Contact ph/email: _____

First Name _____

Rego No. _____

B/G _____

U/ _____

Fees \$ _____

First Name _____

Rego No. _____

B/G _____

U/ _____

Fees \$ _____

First Name _____

Rego No. _____

B/G _____

U/ _____

Fees \$ _____

Centre use only

Receipt No: _____

Amount received: _____

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