



Chelsea Little Athletics Centre

***2006 – 2007***

# **HANDBOOK**

*Our 38<sup>th</sup> year  
of  
Family, Fun and Fitness*



## **CHELSEA LITTLE ATHLETICS CENTRE POLICY**

### **Parent Help**

All parents who sign their children on to attend Little Athletics are required to help at the Centre level; this is a pre condition of your child competing. For those parents who are a little unsure of how to help we will run several basic officials courses at the start of the season. For those of you who wish to take that further there will be several Officials courses run externally throughout the year and please see your Club Committee for details.

### **Chest Patch**

The VLAA requires all athletes to wear the provided chest patch at all times during all Centre activities. This is a safety and sponsorship requirement. This allows other parents to know your child's name and age group. In case of accident or emergency the child's name can be accessed quickly. Parents must detail any medical problems on the registration form and also on the back of the Chest patch. To ensure long life of the patch, please purchase some Velcro so the patch can be removed without damage and the clothing washed.

.....More policy page 10

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## PRESIDENT'S MESSAGE



Welcome to our new families and welcome back to all our friends from last year.

The beauty of seeing kids do their thing at the 'simple' tasks of Little Athletics is back with us and should be held dear as it comes and goes all too quickly.

To all who read this opening page, throw yourself wholeheartedly into your chosen role, be it athlete, official or assistant. Encourage others to join us at Chelsea LAC in our 38th year and get out into the action beyond the bike track.

Everyone is a volunteer and would love their work appreciated. All assistance during the course of the daily program and behind the scenes can only benefit our kids and set a good example for their future role as adults and parents.

Best wishes to all for the season ahead

*Andrew*

Andrew Holten

# ON TRACK

## What is On Track?

**On Track - An Athletics Skills Program**, is a progressive skills-based program that aims to provide children with more:

- activity
- instruction
- skill development
- enjoyment

The program is being implemented throughout the State, with about 75% of all Centres now participating. Parents and coaches have attended training courses and have been provided with training material to run On Track at their Centres.

### The On Track Levels

On Track is an athletics skills and modified event program. Children start at:

- Level 1 - Fundamental Motor Skills
- Level 2 - Fundamental Athletic Skills
- Level 3 - Transitional Athletic Skills

Currently this modified event program, designed by VLAA, is aimed at the U6's to U8's. At Chelsea Little Athletics Centre, we run On Track for the Under 6 and Under 7 age groups, with the athletes then progressing to a full 5-event program at Under 8.

As well as trained On Track Co-ordinators, we need parent assistance to run the program of activities each week. You'll find that by joining in and assisting the co-ordinators, you'll have as much fun as the athletes.

Full details are available on the VLAA web site at:

<http://www.vlaa.asn.au/main.asp>

## 2006/2007 JUNIOR DEVELOPMENT SQUAD

The Junior Development Squad (JDS) is a program aimed at giving our talented athletes a little more in terms of coaching, education, competition and a sense of accomplishment. Athletes must qualify for the squad by achieving athletic results that better a set performance criteria.

The squad is open to all registered athletes from U/12 to U/15 who achieve the performance criteria. Ranging from mid-October to late February, the program consists of numerous activities including coaching days, alternate coaching sessions, coaching camp, education sessions, role model sessions with elite athletes and a presentation ceremony.

Full details are available on the VLAA web site at:

<http://www.vlaa.asn.au/main.asp>

## LIFE MEMBERS OF CHELSEA LITTLE ATHLETICS

Mr Jim Rankin  
Mr Peter Richardson  
Mr Brian Gray  
Mr John Ellem  
Mr Doug Gittens  
Mr Paul Riley  
Mrs Carol Butterfield  
Mr Ian Dornom  
Mr Trevor Sasman  
Mrs Ros MacInnes  
Mr Ray Fyans  
Mrs Sue Davis  
Mr Alan Senior

Mr John Van Echteld  
Mr Lindsay Best  
Mr Ian Brown  
Mr Frank Sullivan  
Mrs Ann Riley  
Mrs Faye Cornwill  
Mr Greg Butterfield  
Mr Steve Downie  
Mr Mark Thomas  
Mr Terry Clark  
Mrs Elaine Simpson  
Mrs Liz Scammell

# CENTRE COMMITTEE 2006/2007

## CHELSEA LITTLE ATHLETICS CENTRE

### PRESIDENT



**Andrew Holten**  
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### VICE PRESIDENT



**Jane Farmer**  
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 0438 232 299

### SECRETARY



**Michael Stock**  
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### TREASURER



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03 9512 0052

### COMMITTEE MEMBERS



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**Susanne Ferguson**  
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03 9772 9582

## CLUB COLOURS AND

## COMMITTEES

**CENTRE COLOURS - YELLOW, WHITE, RED & BLACK SINGLET  
BLACK SHORTS / SPORTS BRIEFS  
CENTRE NUMBER 60**

## **CHELSEA LITTLE ATHLETICS CLUBS 2006 - 2007**

### **ROADRUNNERS CLUB COLOURS - Yellow T-Shirt, Black Shorts/Sports Briefs**

**PRESIDENT**



**Carlo Ballerini**  
12 Flynn Terrace, SKYE  
[cballerini@vtown.com.au](mailto:cballerini@vtown.com.au)

03 8787 7191  
0401 000 884

**SECRETARY**



**Carolyn Browne**

**COMMITTEE**

**Jamie Fleming      Glen Brown      Daniel Browne.**

### **REDBACKS CLUB COLOURS - Red T-Shirt, Black Shorts/Sports Briefs**

**PRESIDENT**



**Jane Farmer**  
22 Glen Street, ASPENDALE  
[happynut@alphalink.com.au](mailto:happynut@alphalink.com.au)

03 9512 0441  
0438 323 299

**SECRETARY**



**Richard Cullen**  
[susan@bigpond.com](mailto:susan@bigpond.com)

03 9580 6979  
0409 330 178

**COMMITTEE**

**Carol Scott      Guy Babare      Sue Oliver      Mim Philips  
Andrea Farnan**

### **PANTHERS CLUB COLOURS - White T-Shirt, Black Shorts/Sports Briefs**

**PRESIDENT**



**Michael Stock**  
18 Keith Avenue, EDITHVALE  
[michael.stock@eaussie.com.au](mailto:michael.stock@eaussie.com.au)

03 9776 1331  
0421 990 992

**SECRETARY**



**Claudette MacDonald**

03 9772 2062  
0407 043 956

**COMMITTEE**

**Peter Crawford      Anne Mellett**

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**OCTOBER 2005**

Sat 1st  
 Sat 8th  
**Fri 14<sup>th</sup>**  
 Sat 15th  
 Sat 22nd  
 Sat 29th

Week 1 competition - Program 1  
 Week 2 competition - Program 2  
**Spirit of Victoria Meeting – hosted by Sandringham (U12 – Inters)**  
 Week 3 competition - Program 3  
 Week 4 competition - Program 1  
 Week 5 competition - Program 2

**NOVEMBER 2005**

Sat 5th  
**Fri 11<sup>th</sup>**  
 Sat 12<sup>th</sup>  
 Sat 19<sup>th</sup>  
**Sun 20<sup>th</sup>**  
 Sat 26th

Week 6 competition - Program 3 + **Laps For Kids**  
**Spirit of Victoria Meeting – hosted by Oakleigh (U12 – Inters)**  
 Week 7 competition - Program 1  
 Week 8 competition - Program 2  
**Regional Relay Championships – hosted by Springvale (U9-15)**  
 Week 9 competition - Program 3

**DECEMBER 2005**

Sat 3rd  
 Fri 9<sup>th</sup>  
**Sun 11th**  
 Sat 17th

Week 10 competition - Program 1  
 Week 11 competition - Program 2 (**Twilight meeting – 5:30pm**)  
**State Relay Championships - Olympic Park (U9 - U15)**  
 Week 12 competition - Program 3

**JANUARY 2006**

**Sun 1st**  
 Sat 14th  
 Sat 21st  
  
**Sun 22nd**  
 Sat 28th

Entries close – Chelsea Open Day  
 Week 13 competition - Program 1  
 Open Day Working Bee & Track Preparation - Parents and Officials –  
 No Centre Competition  
**Chelsea Open Day**  
 Week 14 competition - Program 2

**FEBRUARY 2006**

**Sat/Sun 4<sup>th</sup>/5th**  
**Fri 10<sup>th</sup>**  
 Sat 11<sup>th</sup>  
 Fri 17th  
**Sat/Sun 18<sup>th</sup>/19<sup>th</sup>**  
 Sat 25<sup>th</sup>

**Region Track & Field Championships – hosted by Frankston (U9-U15)**  
**Spirit of Victoria Meeting – hosted by Mentone (U12 – Inters)**  
 Week 15 competition – Program 3  
 Week 16 competition - Program 1 (**Twilight meeting – 5:30pm**)  
**State Multi Event - hosted by Moe (U9 – U15)**  
 Week 17 competition - Program 2

**MARCH 2006**

**Sat/Sun 4th/5th**  
**Sun 12th**

**State Track and Field Championships – Bendigo (U9 - U15)**  
**Medallion Day, Centre Presentations and AGM**

**APRIL 2006**

Cross Country Season commences (date to be confirmed)

**OTHER EVENTS OF NOTE (Confirm Dates with Committee, see Notice Board during season)**

Sun	9th	October	Junior Development Squad training
Sun	23rd	October	Junior Development Squad training
Sun	6th	November	Mentone Invitation Relays Open Day (U9 – U15)
Fri	25 <sup>th</sup>	November	SMR Coaching Camp – Merricks (U10 – U15)
Sat	26 <sup>th</sup>	November	SMR Coaching Camp – Merricks (U10 – U15)
Sun	27th	November	SMR Coaching Camp – Merricks (U10 – U15), Seaford Open Day
Sun	4 <sup>th</sup>	December	SMR Junior Carnival, Waverley Open Day
Sun	18th	December	Junior Development Squad training
Sun	15 <sup>th</sup>	January	Southern Peninsula Open Day
Sun	12th	February	Junior Development Squad training



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443 Nepean Highway

**Ph: 9772 2009**

**Ivan Grauer**

**CHELSEA HEIGHTS**

Shop 1, 205 Thames Promenade

**Ph: 9776 0444**

**Morre Bryner**

*Proudly supporting Chelsea Little Athletics Club*

# WEEKLY PROGRAM DETAILS

## PROGRAM 1

U/6	On Track	50m			
U/7	On Track	50m	SP		
U/8	100m	50m	400m	DIS	LJ
U/9	100m	70m	400m	LJ	SP
U/10	100m	70m	400m	LJ	DIS
U/11	100m	70m	400m	HJ	LJ
U/12	100m	JAV	400m	HJ	LJ
U/13	100m	JAV	400m	TJ	SP
U/14	100m	JAV	400m	TJ	SP
U/15	100m	JAV	400m	TJ	SP
Inter Aths	100m	JAV	400m	TJ	SP

## PROGRAM 2

U/6	On Track	LJ			
U/7	On Track	100m	DIS		
U/8	60mH	JAV	150m	SP	DIS
U/9	60mH	800m	LJ/TJ	HJ	DIS
U/10	60mH	800m	LJ/TJ	HJ	SP
U/11	60mH	800m	150m	TJ	DIS
U/12	60mH	800m	150m	TJ	SP
U/13	300mH	800m	150m	LJ	DIS
U/14	300mH	800m	150m	LJ	DIS
U/15	300mH	800m	150m	LJ	DIS
Inter Aths	300mH	800m	150m	LJ	DIS

## PROGRAM 3

U/6	On Track	70m			
U/7	On Track	70m	LJ		
U/8	70m	81mH	200m	LJ	SP
U/9	JAV	81mH	200m	TJ	SP/DIS
U/10	JAV	81mH	200m	TJ	SP/DIS
U/11	JAV	81mH	200m	1500m	SP
U/12	70m	81mH	200m	1500m	DIS
U/13	70m	81mH	200m	1500m	HJ
U/14	70m	81/90mH	200m	1500m	HJ
U/15	70m	90/100mH	200m	1500m	HJ
Inter Aths	70m	90/100mH	200m	1500m	HJ

# **CHELSEA LITTLE ATHLETICS CENTRE POLICY**

(Continued from inside front cover)

## **CODE OF ETHICS**

Parents, coaches and officials by example of behaviour, have an enormous influence on our children. All adult participants in Little Athletics should form an accepted pattern of behaviour based on the following ideals.

1. Do not criticise children in front of others, but offer constructive criticism in private.
2. Do not criticise opposing athletes or supporters by word or gesture.
3. Accept decisions made by officials as being fair and called to the best of their ability.
4. Set a good example by your own personal appearance and actions.
5. Make every athletics meeting serve as a training ground for life and as a basis for good mental and physical health.
6. Place the welfare and development of the individual child above the need to win.
7. Do read and put into practice the relevant sections of the "Code of Conduct" leaflet which is available from your Club Team Manager.
8. Support the VicHealth policies outlined in this Handbook.

If Little Athletics is to be enjoyed by all in the spirit of "Family, Fun and Fitness" then the co-operation of all parents, coaches and officials is of primary importance.

## **SUNSMART POLICY**

This SunSmart policy was implemented on September 1st 1996.

The health of our members is of primary concern for the Chelsea Little Athletics Centre. Australia has the highest rate of skin cancer in the world, with two out of three people experiencing some form of skin cancer during their lifetime. It is acknowledged that skin cancer is a preventable disease and Chelsea Little Athletics Centre has implemented a preventative strategy including the following actions:

1. Wherever possible competition and training will be scheduled outside the hours of 11.00 a.m. to 3.00 p.m. (daylight savings time).
2. The Centre will maximise the use of natural shade provided by buildings and trees.
3. Portable shade will be provided at all field event venues and in the track marshalling areas.
4. Individuals will be encouraged to bring their own shade structures to all outdoor Centre and Region activities.
5. Officials and athletes will promote the wearing of sun protective clothing.  
This will include:               Shirts with long sleeves and a collar.  
  Wide brimmed or legionnaires hats.  
  Sunglasses.
6. Athletes will be encouraged to wear hats and sunglasses while competing. SPF15+ or higher sunscreens will be promoted and provided by the Centre. Athletes and officials will be reminded to apply sunscreen prior to activity during peak UV periods.
7. The Centre canteen will have sunscreen available for sale.
8. The Centre will provide skin cancer educational sessions to increase awareness of this health issue.
9. Event programs, newsletters and public announcements will be used to maintain awareness and promote sun protective behaviour.
10. Centre Executive members, coaches and officials will act as SunSmart role models  
    The SunSmart policy will be reviewed annually to ensure that it remains current and practical.

## **NUTRITION POLICY**

This nutrition policy was implemented on September 1st 1996.

Healthy eating is a vital part of good health. Lifestyle diseases such as cardiovascular disease, certain cancers, non-insulin dependent diabetes and obesity are all associated with the food we eat. These diseases are major causes of death in Victoria.

Chelsea Little Athletics Centre acknowledges that healthy eating can have an impact on health status and that the provision of healthy foods will contribute to better health for all.

The Chelsea Little Athletics Centre is committed to ensuring that:

1. The Centre canteen will provide a variety of healthy food choices.
2. Healthy food choices will be available at all events.
3. Healthy eating and the role of food in relation to health will be promoted in Centre publications.

This policy will be reviewed annually to ensure that it remains relevant to the needs of the Centre.

## **SMOKING POLICY**

This Smoke-free policy was implemented on September 1st 1996.

1. Cigarettes will not be sold at any venue used by Chelsea Little Athletics Centre.
2. Executive members, coaches and officials will not smoke in public when representing the Centre.
3. All Centre meetings will be smoke-free.
4. Edithvale Recreational Reserve is smoke-free.
5. The Centre will supply and have available Quit smoking literature for members
6. Reference will be made to the smoke-free policy in all Centre publications
7. All visitors will be encouraged to observe this policy.

## **DOGS**

No dogs are allowed on the ground, for any reason, throughout the season.

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# WHAT DO WE DO ON SATURDAY MORNINGS?

*(Terms in CAPITALS are defined in following sections)*

- 1 At 7.45 am a hardy band of Committee members and ROSTERED OFFICIALS begin to set up the equipment. Feel free to assist without being asked.
- 2 ROSTERED OFFICIALS, who need to be available at 8.30 am, are given their tasks and sent to their posts. First event for some is 8.45 am, so be on time.
- 3 Athletes wear their Club uniforms with their name tags displayed.
- 4 At 8.30 am we start our competition program with the all important warm up exercises. Announcements are also made and newsletters etc handed out, so be there and be alert.
- 5 To keep our programs running smoothly and on time we start some senior age group events at 8.45 am, after a separate warm up.
- 6 The running order of the day's program is shown on the whiteboard for all age groups.
- 7 The children are organised into their age groups or with the ON-TRACK CO-ORDINATOR (U/6, U/7), and sent to their starting events for a 9.00 am start.
- 8 Events are conducted under the COMPETITION RULES listed in a following section.
- 9 After finishing each event athletes receive a ticket showing their performance, and are given a STAR on the ticket if it is a new PERSONAL BEST. These event tickets can and should be put into each athlete's album or "STICKER BOOK". Our recording sheets are updated weekly to show each athlete's current PERSONAL BEST so that instant recognition and encouragement can be given at the event.
- 10 The recording sheets are input to our computer to:
  - record athletes' PERFORMANCES
  - highlight and update PERSONAL BESTS
  - highlight and update CENTRE RECORDS.
  - calculate INDIVIDUAL PERFORMANCE POINTS
  - calculate CLUB PERFORMANCE POINTS
- 11 As events are completed they are crossed off the whiteboard and announcements made over the Public Address to direct age groups to their next event.
- 12 We aim to finish each program by 12.30, after which many hands help to put away the equipment.
- 13 **Please parents, if you are not present all morning, don't be late picking up your child. This is particularly important if bad weather causes an early finish or cancellation. We cannot be responsible for children after competition finishes.**

# WHAT DOES ..... MEAN?

## OFFICIALS & OFFICIALS' ROSTER

Little Athletics needs officials to run smoothly. Being an Official is not demanding and is an excellent way of helping and encouraging our children. It can also be a very social event for the Officials! Jobs range from measuring discus throws to raking the long jump pits, and include setting up equipment and recording results. There is something for everyone, and you are insured. To share the tasks fairly we establish a roster. Please do your best to be available and on time, or find a replacement if you are unavailable.

## AGE GROUP CO-ORDINATORS

These are Officials who are in charge of one of the younger age groups (U/6 - U/8), to keep them together and at the correct event. We try to fill these on a season basis so the young ones know who their "mother/father hen" is.

## COACHING

Training and coaching is not compulsory, **but** we like our Athletes to have some knowledge of basic skills for each event. It is all too easy to fall into incorrect techniques and so very hard to "unlearn" these and "re-learn" correct techniques later. As there is not much time on Saturday mornings, the Centre provides coaching by qualified coaches on most Sundays (10.00 am. - 12.00 noon) and some evenings. Full details are given during the season.

## PERSONAL BEST \*STARS\*

Each time an athlete improves their own Personal Best performance they are rewarded with a **STAR** on the event ticket. At Chelsea we try to emphasise this aspect by concentrating not on where you may come, but how well you perform against your best. We have special **5 STAR** Awards for those fortunate enough to achieve 5 Personal Bests on one day. If an Athlete gains 3 or more Personal Bests on the one morning, their names and result are published in one or both of the local newspapers in recognition of their effort. **For end-of-season awards, Personal Best performances are not recorded, even though they may occur, until the first three rounds of competition have been completed.**

## STICKER BOOKS

This is the term applied to the season recording book given to each athlete, which is provided for keeping event tickets ("sticking them in") and details of performances. Over time these become wonderful mementos. **Sticker books are handed in to the Clubs at the end of the season and count towards end-of-season awards.**

## CENTRE RECORDS

These are the best recorded performances achieved by Chelsea Little Athletes at Centre competitions.

## PERFORMANCE POINTS - INDIVIDUAL and CLUB

Each athlete's performance is rated against set Victorian standards and points awarded, with typically 50 points for an excellent performance and at least 10 points awarded for competing. These are tallied for end of year awards. The total points for each Club are divided by the number of events and number of athletes and added to the Club average Personal Best Performance to compare the Clubs and decide the Centre Shield.



## WHAT DOES ..... MEAN? (continued)

### **SMR, VLAA**

SMR is Southern Metropolitan Region, which is the next organisation level up from our Centre. It comprises 18 Centres from Brighton to Southern Peninsula (at Rosebud) to Pakenham. There are 3 other Metropolitan Regions and 4 Country Regions in the Victorian Little Athletics Association or VLAA.

### **REGION HEATS and STATE CHAMPIONSHIPS**

Competitions are conducted for Relays in the first half of the season and for individual Track and Field in the second half. Registered athletes in the Under 9 age groups upwards are eligible to enter. The Region Heats have often been held at Caulfield Centre's track at Murrumbeena and the State Finals at Olympic Park. The Relay heats this year will be held at Springvale.

These championships are run by volunteers and each Centre has to provide a certain number of officials to fulfil specific duties. **We remind parents that should your child decide to enter these competitions, you will be required to officiate on those days for a short time.**

### **BRING A FRIEND DAY**

On this day athletes are asked to invite their friends to come and try our activities.

### **SMR CAMP**

This is a coaching clinic held for U10's to U15's. The children always have great fun at these Camps and make a lot of new friends. Southern Metropolitan Region have organised this season's Camp to be held on the weekend of Friday 22nd November to Sunday 24<sup>th</sup> November at Shoreham. Entry forms are available from our Centre Secretary. All eligible athletes are strongly encouraged to attend. The cost is \$ 55.00. (Subject to amendment on advice from SMR).

### **CHELSEA OPEN DAY**

Open Days are run for athletes of all age groups and from all Centres. We will hold our 26th Annual Open Day on Sunday, 22nd January 2006. Our Open Day has always been noted for its happy and relaxed atmosphere and good organisation. It is open to all registered Little Athletes from Victoria and interstate and we encourage all of our Chelsea Athletes to help make this another successful day.

### **MEDALLION DAY**

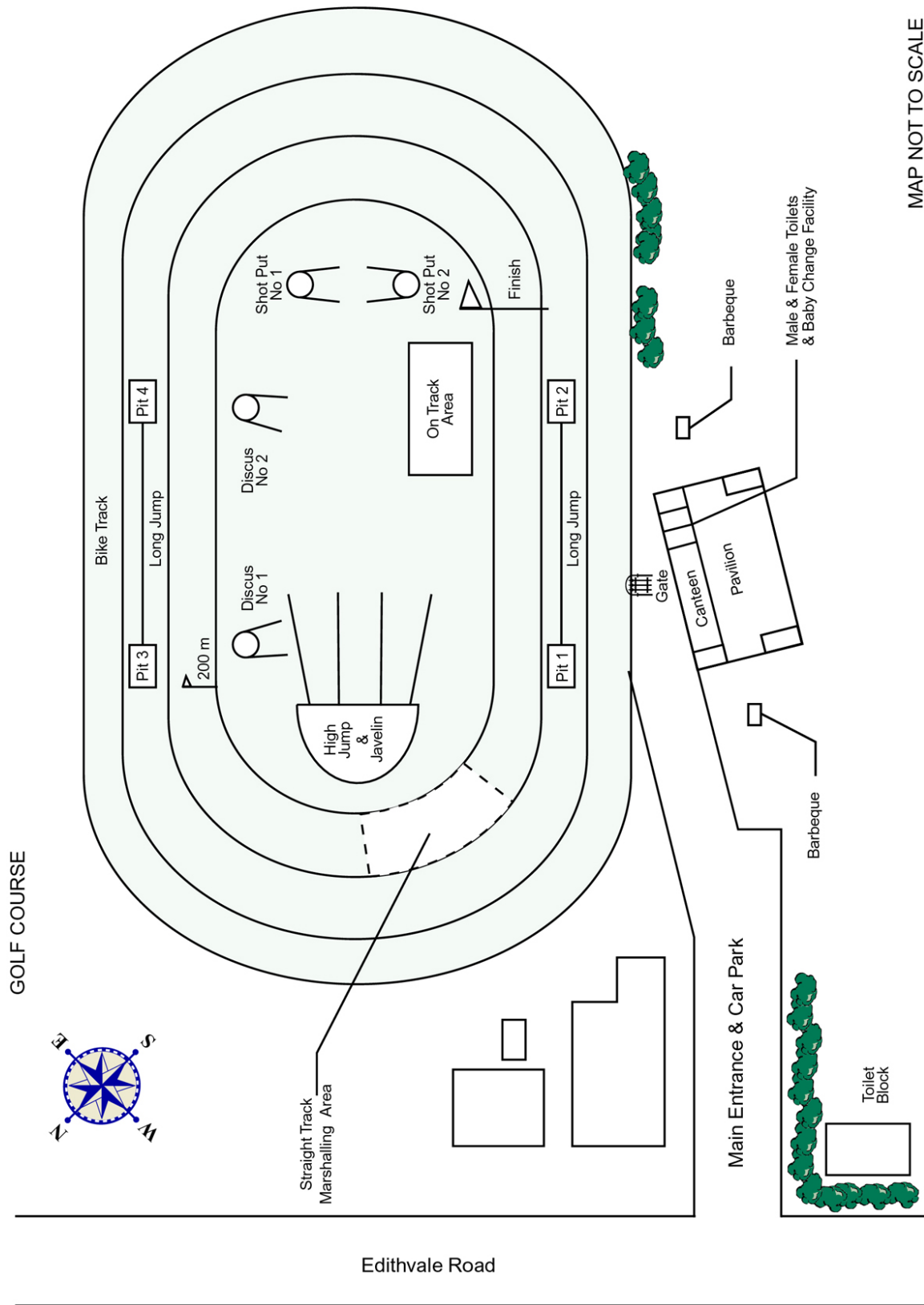
This is our last event for the season, after which we have our AGM and Centre Presentation. The programme is run as a Multi-Event. Each child will then be awarded a Bronze, Silver or Gold Medallion according to the levels of performance achieved.

### **END OF YEAR AWARDS**

Centre trophies are awarded at the end of the season based on the number of Personal Bests and points accumulated by the athletes during the season.

Club trophies are awarded at the end of the season at the discretion of the Club Committees and may be based on an entirely different system.

# TRACK LAYOUT



# COMPETITION RULES

## GENERAL

1. **Officials** may send children off the arena for any undisciplined behaviour or bad language (NOT THAT WE EXPECT THIS TO EVER OCCUR).
2. **Spectators** and parents not acting in an official capacity should remain outside the grassed arena.
3. **Footwear.** Running shoes need to be worn for all events, including training sessions. **Spikes** may be worn by the U12's and upwards for laned track events. For safety reasons spikes can only be put on at the starting line and must be taken off immediately after the race at the finish line. Athletes who do not follow these conditions will not be allowed to wear spikes for the remainder of the season.
4. Children **must** have their name and age group **clearly** displayed on their uniform using the name tag supplied when registering.
5. **Hurdles** commence at Under 8, and **high jump** and **triple jump** events at Under 9.
6. **Javelin** commences at Under 8, with Athletes using a lightweight plastic TurboJav until Under 10. Under 11's upwards use a real javelin.
7. **The Finish Line.** Competitors must cross the white line. Time is taken from the smoke of the gun or electronic flash until the athlete's **body** crosses the finish line.
8. **Lanes.** In all laned events (60m, 81m, 90/100m and 300m Hurdles, 50m, 70m, 100m, 150m, 200m and 400m) competitors must stay in their marked lanes, ie. between the marked lines.
9. **Coaches** for relay teams will be selected by the Centre Committee, based on nominations received.
10. **Selection of relay teams** will be based on a Coach's assessment of relay requirements such as baton changing, participation and attendance at training as well as ability. **The Coach's decision will be final.**
11. **Banners or batons** won by relay teams remain the property of the Centre, but may be held by the respective coaches whilst they remain actively involved with the Centre.

**SEE THE VLAA HANDBOOK FOR EVENT SPECIFIC RULES**

## CENTRE RESULTS

## CLUB PREMIERSHIP SHIELD

<u>Season</u>	<u>Premier Club</u>	<u>Runner up</u>	<u>Third</u>
1969/70	Aspendale	Edithvale	Rockets
1970/71	Aspendale	Rockets	Edithvale
1971/72	Aspendale	Rockets	Edithvale
1972/73	Aspendale	Rockets	Roadrunners
1973/74	Aspendale	Roadrunners	Edithvale
1974/75	Aspendale	Edithvale	Rockets
1975/76	Aspendale	Edithvale	Roadrunners
1976/77	Aspendale	Edithvale	Roadrunners
1977/78	Aspendale	Edithvale	Roadrunners
1978/79	Aspendale	Roadrunners	Edithvale
1979/80	Aspendale	Edithvale	Roadrunners
1980/81	Roadrunners	Aspendale	Edithvale
1981/82	Aspendale	Roadrunners	Edithvale
1982/83	Aspendale	Roadrunners	Edithvale
1983/84	Roadrunners	Aspendale	Edithvale
1984/85	Aspendale	Roadrunners	Edithvale
1985/86	Roadrunners	Aspendale	Edithvale
1986/87	Aspendale	Edithvale	Roadrunners
1987/88	Aspendale	Edithvale	Roadrunners
1988/89	Aspendale	Roadrunners	Edithvale
1989/90	Aspendale	Roadrunners	Edithvale
1990/91	Aspendale	Roadrunners	Edithvale
1991/92	Roadrunners	Aspendale	Panthers
1992/93	Roadrunners	Aspendale	Panthers
1993/94	Roadrunners	Redbacks	Panthers
1994/95	Panthers	Roadrunners	Redbacks
1995/96	Redbacks	Panthers	Roadrunners
1996/97	Redbacks	Panthers	Roadrunners
1997/98	Redbacks	Roadrunners	Panthers
1998/99	Redbacks	Roadrunners	Panthers
1999/00	Redbacks	Roadrunners	Panthers
2000/01	Redbacks	Roadrunners	Panthers
2001/02	Redbacks	Roadrunners	Panthers
2002/03	Roadrunners	Panthers	Redbacks
2003/04	Roadrunners	Panthers	Redbacks
2004/05	Roadrunners	Panthers	Redbacks
2005/06	Roadrunners	Panthers	Redbacks

## CENTRE CHAMPIONS HONOUR BOARD

<u>Season</u>	<u>Boys</u>	<u>Girls</u>
1969/70	K. Greenwood	D. Gail
1970/71	Peter Bresnanhan	Cathy Pert
1971/72	Andrew Sinclair	Melindy David
1972/73	Glen Philby	Mandy Davidson
1973/74	Kevin Naismith	Melindy David
1974/75	Kevin Naismith	Mandy Davidson
1975/76	Rohan David	Mandy Davidson
1976/77	Steven Gray	Kylie Meighan
1977/78	Sean Gray	Lindy Essing
1978/79	Steven Gray	Katie Nelson
1979/80	Craig Best	Katie Nelson
1980/81	Andrew Casey	Alicia Gray
1981/82	Brett Callaghan	Alicia Gray
1982/83	Brett Callaghan	Alicia Gray
1983/84	Brett Callaghan	Heidi Weiland
1984/85	Brett Callaghan	M. Deane-Freeman
1985/86	Travis Hopgood	Jemima Butterfield
1986/87	Brock Fletcher and Steven Connolly	Louise Macklin and Jemima Butterfield
1987/88	Brock Fletcher and Christian Gionis	Fiona Harris
1988/89	Brendon Bride	Melissa Cordy
1989/90	Mark Occhipinti	Melissa Cordy
1990/91	Brendon Bride	Melissa Cordy
1991/92	Chris Ascuncion	Fiona Harris
1992/93	Adam Cagney	Fiona Harris
1993/94	Ryan Green	Marisa Butterfield
1994/95	Mark Occhipinti	Marisa Butterfield
1995/96	Ryan Green	Marisa Butterfield
1996/97	Laurence Angwin	Marisa Butterfield
1997/98	Laurence Angwin	Samantha Clark
1998/99	Matthew Douglas	Carly Chapman
1999/00	Thomas Senior	Rachael Evans
2000/01	Thomas Senior	Emily Johnston
2001/02	Luke Smith	Ruby Holten
2002/03	Luke Smith	Emily Johnston
2003/04	Luke Smith	Ruby Holten
2004/05	Luke Smith	Emily Johnston and Ruby Holten
2005/06	Tom Senior	Madeline Dunne

## **JUNIOR CHAMPIONS**

<u>Season</u>	<u>Boys</u>	<u>Girls</u>
1986/87	Martin Watts	Catherine Jamieson
1987/88	Mark Occhipinti	Shanen Gittens, Melissa Cordy and Belinda Gray
1988/89	Mark Occhipinti	Marisa Butterfield
1989/90	Lucas Georgiadis	Kelly Bartling
1990/91	Ryan Green	Katie MacInnes
1991/92	Ryan Green	Katie MacInnes
1992/93	Ryan Green	Katrina Iles
1993/94	Damien Lee	Katrina Iles
1994/95	Damien Lee	Lauren Blunt
1995/96	Timothy Yeowart	Samantha Clark
1996/97	Ryan Campbell	Carly Jennings
1997/98	Rick Scammell	Rachael Evans
1998/99	Matthew Clifford	Emily Johnston
1999/00	Matthew Johansson	Emily Johnston
2000/01	Dylan Shiel	Megan Rosenbrock

The Little Athletics motto is  
**“FAMILY, FUN and FITNESS”.**

With your help,  
Chelsea Little Athletics Centre  
provides all three.

## **2005/06 CENTRE TROPHIES**

## THE JOHN ELLEM AWARD

(For the Most Improved Athlete, measured by number of Personal Best "Stars")

1 <sup>st</sup>	Joshua Mertens - Panthers	36 PBs
2 <sup>nd</sup>	Georgia Holt - Roadrunners	35 PBs
3 <sup>rd</sup>	Daniel Browne – Roadrunners Melissa Cafarella - Panthers	30 PB's

## AGE CHAMPIONS

	<b>GIRLS</b>	<b>BOYS</b>
U8	Madeline Dunne	Zac Calvez
U9	Georgia Holt	Zac Coyne
U10	Tamara Ballerini	Lachlan Stock
U11	Chantelle Thompson	Angus Scott
U12	Maggie Gent	Radel Fleming
U13	Ruby Holten	Joshua Mertens
U14	Emily Johnston	Jeffrey Jambu
U15	Afton Harrington	Tom Senior
Inter	Kellie Ferguson	Christopher Williams

## CENTRE CHAMPIONS

Madeline Dunne	Tom Senior
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## PRESIDENT'S TROPHY

Anne Mellett

## RECOGNITION PLAQUES (for completing 10 years as an athlete)

Carmen Simpson - Panthers  
Rick Scammell - Roadrunners  
**Tom Senior - Roadrunners**

## 2005/06 CLUB TROPHIES

### PANTHERS

#### AGE CHAMPIONS

U/8	Liam McKay	Madeline Dunne
U/9	Conor Reynolds	Matilda Blyth
U/10	Lachlan Stock	Erin Meade
U/11	Sean Campitelli	Elisabeth Barrow
U/12	Sean Hendricks	Monique Meade
U/13	Joshua Mertens	
U/14	Jeffrey Jambu	
U/15		Afton Harrington
Inter	Christopher Williams	

**CLUB CHAMPIONS:** Lachlan Stock Madeline Dunne  
**PRESIDENT'S TROPHY** Patrick Blyth

### ROADRUNNERS

#### AGE CHAMPIONS

U/8	Jerome Mokaraka	Kate Patton
U/9	Zac Coyne	Georgia Holt
U/10		Tamara Ballerini
U/11	Luke Gilfedder	Chantelle Thompson
U/12	Radel Fleming	Fiona Browne
U/13		Josephine Thomson
U/14	Joshua Murray	Emily Johnston
U/15	Tom Senior	Katherine Watts
Inter		Kellie Ferguson

**CLUB CHAMPIONS:** Tom Senior Emily Johnston  
**PRESIDENT'S TROPHY:** Emma Benfold  
**P.B. MEDAL:** Georgia Holt - 35 PBs

### REDBACKS

#### AGE CHAMPIONS

U/8	Zac Calvez	Casey Jordan
U/9		Haley Farnan
U/10	Matthew Milligan	Cloe Sinclair
U/11	Angus Scott	Matilda Farnan
U/12		Maggie Gent
U/13		Ruby Holten

**CLUB CHAMPIONS:** Zac Calvez Ruby Holten  
**PRESIDENT'S TROPHY:** Ryan Babare  
**P.B. MEDAL:** Emily Robinson - 27 PB's

## UNIFORMS AND CLOTHING



## CLUB POLO SHIRTS

## CENTRE TRACK SUITS

## CENTRE UNIFORMS

Polo shirts will again be available for this season. They are available in the three club colours and are of very good quality. Any one new to the Chelsea Centre can see them any time out on the track.

The Centre Track Suits have proven very popular and are available again this year.

This year, we also have a new track suit design available that can be purchased as a separate jacket and pants for \$25 each or \$50 combined for athletes, and \$30 each or \$60 combined for adults. The basic black jacket and pants feature the Centre logo and a coloured arm/leg stripe available in white, red or yellow to match your Club.

The clothing comes in sizes to suit all - children and adults alike.

### PRICES

<b>Children's Club Shirts</b>		<b>6 yrs to 16 yrs</b>		<b>\$15</b>
<b>Adults' Shirts</b>	<b>Sizes</b>	<b>14 to 24</b>		<b>\$20</b>
<b>Track Suits</b>	<b>Children</b>	<b>\$55</b>	<b>Adults</b>	<b>\$80</b>
<b>Track Jacket</b>	<b>Children</b>	<b>\$25</b>	<b>Adults</b>	<b>\$30</b>
<b>Track Pants</b>	<b>Children</b>	<b>\$25</b>	<b>Adults</b>	<b>\$30</b>
<b>Centre Singlet</b>				<b>\$15</b>
<b>Centre Polo Shirt</b>				<b>\$25</b>

You can order any clothing through Centre Committee Member and Uniform Co-Ordinator Elaine Simpson.

Some orders may take a few weeks for delivery depending on stock on hand.

## CHELSEA CENTRE RECORDS

## BOYS

EVENT	NAME	BEST	SEASON	DATE
<b>BOYS UNDER 6</b>				
70M	T Hopgood (R)	13.20	81	
100M	B Gately (A)	19.10	84	
100M	M Watts (A)	19.10	85	
100M	J Tilley (P)	19.10	86	
150M	Dylan Shiel (A)	30.37	98/99	5/12/98
400W	A Dalrymple (P)	2:47.10	81	
50M	T Hopgood (R)	09.40	81	
DIS	D Costanzo (R)	14.03	80	
LJ	C Liddell (P)	2.78	83	
LJ	M Watts (A)	2.78	85	
SP	J Tilley (P)	5.39	86	
<b>BOYS UNDER 7</b>				
50M	Thomas Senior (R)	08.51	97/98	29/ 3/98
60H	D Costello (P)	12.10	79	
70M	M Ockerby (A)	11.20	74	
81H (45cm)	J Norton (R)	18.09	92/93	28/ 3/93
90H	B Adams (P)	19.60	88	
100M	K Naismith (A)	16.30	72	
150M	R Green (R)	26.76	91/92	
200M	B Callaghan (A)	35.30	81	
400W	M Aylen (A)	2:31.10	78	
DIS	C Liddell (P)	20.30	84	
JAV (Turbo)	Zachary Graham (A)	11.65	01/02	24/11/01
LJ	K Naismith (A)	3.48	72	
SP	C Liddell (P)	7.06	84	
<b>BOYS UNDER 8</b>				
60H	A Sinclair (R)	10.90	71	
70M	K Naismith (A)	11.00	73	
81H (45cm)	Dylan Shiel (A)	16.66	00/01	25/11/00
90H	J Dowling (R)	17.80	88	
100M	A Mathers (R)	15.40	72	
200M	D Gill (A)	33.60	77	
400M	K Naismith (A)	1:15.80	73	
150M	M Occhipinti (R)	24.40	89	
50M	M Occhipinti (R)	08.30	89	
700W	A Snowden (R)	4:12.20	81	
DIS	Kallai Meehan (P)	25.26	94/95	26/ 3/95
JAV (Turbo)	Patrick Gamble (R)	13.79	01/02	24/11/01
LJ	K Naismith (A)	3.68	73	
SP	Matthew Johansson (A)	7.34	99/00	11/ 3/00

## BOYS CENTRE RECORDS

EVENT	NAME	BEST	SEASON	DATE
<b>BOYS UNDER 9</b>				
60H	T Downie (A)	09.50	90	
70M	A Mathers (R)	10.10	74	
81H (45cm)	L Taylor (A)	14.62	92/93	28/ 3/93
90H	B Fletcher (A)	15.90	87	
100M	R Carey (R)	15.10	71	
200M	D Eden (R)	29.70	70/71	
200M	Wayne Killender (R)	29.70	70/71	
400M	I Sykes (R)	1:14.00	72	
800M	S Gray (A)	2:39.00	76	
1100W	C Riley (A)	6:47.00	87	
150M	M Occhipinti (R)	23.50	90	
DIS	Kallai Meehan (P)	26.01	95/96	2/12/95
HJ	G Philby (P)	1.28	72	
JAV (Turbo)	Callan Douglas (P)	19.33	01/02	26/ 1/02
LJ	B Callaghan (A)	4.05	83	
SP	Matthew Johansson (A)	8.38	00/01	3/ 2/01
TJ	B Callaghan (A)	8.69	83	

<b>BOYS UNDER 10</b>				
60H	B Callaghan (A)	09.70	84	
70M	S Mathers (R)	10.00	72	
81H (60cm)	Gaertner Steven (A)	15.47	99/00	26/ 3/00
90H	M Whitelaw (R)	15.10	86	
100M	B Callaghan (A)	14.50	84	
200M	S Imer (R)	29.90	73	
400M	B Callaghan (A)	1:08.60	84	
800M	A Best (A)	2:34.00	77	
1100W	M Jamieson (A)	6:28.10	87	
150M	M Jackson (R)	23.20	90	
DIS	Kallai Meehan (P)	31.92	96/97	23/ 3/97
HJ	G Philby (P)	1.38	74	
JAV (Turbo)	Luke Smith (R)	23.89	01/02	1/12/01
LJ	S Gray (A)	4.58	77	
SP	G Deas (P)	9.26	74	
TJ	B Callaghan (A)	9.28	84	

<b>BOYS UNDER 11</b>				
60H	B Callaghan (A)	09.70	85	
70M	J Quinn (R)	09.40	85	
81H (60CM)	Radel Fleming (R)	14.16	04/05	27/11/04
90H	B Callaghan (A)	14.90	85	
100M	J Quinn (R)	13.10	85	
150M	B Jackson (R)	21.41	92/93	19/12/92
200M	B Callaghan (A)	28.30	85	
400M	B Callaghan (A)	1:01.40	85	
800M	B Dick (P)	2:33.20	86	
1500W	S Brown (R)	8:06.90	83	
1500M	T Johnstone (P)	5:15.20	90/91	
DIS	E Mathieson (P)	32.40	80	
HJ	G Philby (P)	1.49	74	
JAV (400g)	Luke Smith (R)	33.70	02/03	22/ 3/03
LJ	S Gray (A)	4.88	78	
SP (2kg)	Matthew Johansson (A)	10.52	02/03	23/11/02
TJ	B Callaghan (A)	10.57 85		
60H	B Callaghan (A)	09.50	86	

## BOYS CENTRE RECORDS

**BOYS UNDER 12**

EVENT	NAME	BEST	SEASON	DATE
70M	J Quinn (R)	09.20	86	
90H	B Callaghan (A)	14.10	86	
100M	J Quinn (R)	13.10	86	
150M	Radel Fleming (R)	20.67	05/06	29/10/05
200M	J Quinn (R)	28.40	86	
400M	J Quinn (R)	1:01.90	86	
800M	B Dick (P)	2:32.90	87	
1500M	R Elphinstone (R)	5:05.00	71	
1500W	P Dick (P)	7:35.20	87	
81H	David Sparks (R)	13.73	94/95	28/ 1/95
DIS	Kallai Meehan (P)	31.36	98/99	27/ 2/99
HJ	G Philby (P)	1.57	75	
JAV (400g)	Luke Smith (R)	34.07	03/04	4/10/03
LJ	S Gray (A)	5.11	79	
SP	J Quinn (R)	10.18	86	
TJ	J Quinn (R)	10.56	86	

**BOYS UNDER 13**

60H	B Callaghan (A)	09.40	87	
70M	Mark Occhipinti (R)	09.53	93/94	26/ 2/94
90H	C Asuncion (R)	14.76	91/92	
100M	B Callaghan (A)	13.00	87	
150M	C Asuncion (R)	19.83	91/92	
200M	C Asuncion (R)	26.31	91/92	
300H (68cm)	Laurence Angwin (R)	49.66	95/96	24/ 3/96
400M	B Bride (R)	1:02.30	89/90	
800M	Clinton Perrett (P)	2:26.97	95/96	25/11/95
1500W	S Brown (R)	8:21.30	84	
1500M	Clinton Perrett (P)	5:05.01	95/96	02/03/96
81H (76cm)	David Sparks (R)	14.01	95/96	24/03/96
DIS	Jarrold Harris (R)	32.07	93/94	27/ 3/94
HJ	Trent Downie (A)	1.60	93/94	27/ 3/94
JAV (600g)	Luke Smith (R)	39.71	04/05	05/ 2/05
LJ	Luke Smith (R)	5.32	04/05	10/12/04
SP	Jarrold Harris (R)	11.03	93/94	27/ 3/94
TJ	C Asuncion (R)	11.27	91/92	

**BOYS UNDER 14**

60H	B Bride (R)	09.80	89/90	
70M	Mark Occhipinti (R)	09.10	94/95	26/ 3/95
90H	Mark Occhipinti (R)	14.26	94/95	28/ 1/95
100M	Mark Occhipinti (R)	12.70	94/95	03/12/94
150M	R Holt (R)	18.90	90/91	
200M	Mark Occhipinti (R)	25.68	94/95	25/ 2/95
300H	Laurence Angwin (R)	44.94	96/97	23/ 3/97
400M	B Bride (R)	1:00.10	89/90	
800M	B Bride (R)	2:23.90	89/90	
1500W	S Irish (R)	8:33.20	88	
1500M	Clinton Perrett (P)	5:02.75	96/97	22/ 2/97
DIS	Jarrold Harris (R)	39.56	94/95	15/10/94
HJ	Laurence Angwin (R)	1.68	96/97	23/ 3/97
JAV (600g)	Jeffery Jambu (P)	28.42	05/06	22/10/05
LJ	Mark Occhipinti (R)	5.40	94/95	11/ 3/95
SP	Jarrold Harris (R)	13.19	94/95	26/ 3/95
TJ	Laurence Angwin (R)	11.59	96/97	23/ 3/97

## BOYS CENTRE RECORDS

EVENT	NAME	BEST	SEASON	DATE
<b>BOYS UNDER 15</b>				
60H	L Harris (P)	09.60	89/90	
70M	B Bride (R)	08.70	90/91	
90H	B Bride (R)	14.20	90/91	
100M	B Bride (R)	12.40	90/91	
100H	Laurence Angwin (R)	15.86	97/98	7/ 2/98
200M	B Bride (R)	25.10	90/91	
300H	Tony Vo (A)	45.11	94/95	11/ 3/95
400M	B Bride (R)	56.30	90/91	
800M	Neil Brennan (A)	2:15.99	93/94	27/ 3/94
150M	Mark Occhipinti (R)	18.11	95/96	09/12/95
1500W	S Bown (P)	7:49.00	89/90	
1500M	N Brennan (A)	4:58.91	93/94	27/11/93
DIS (1000g)	Jarrold Harris (R)	42.82	95/96	25/11/95
HJ	Laurence Angwin (R)	1.82	97/98	22/11/97
JAV (600g)	Rick Scammell (R)	24.54	05/06	01/10/05
LJ	Laurence Angwin (R)	5.67	97/98	31/ 1/98
SP (4kg)	Jarrold Harris (R)	13.32	95/96	24/ 3/96
TJ	Laurence Angwin (R)	12.35	97/98	29/11/97
<b>BOYS UNDER 16</b>				
100M	B Bride (R)	12.27	91/92	
JAV (600g)	Brock Downie (A)	21.95	04/05	04/12/04
<b>BOYS UNDER 18</b>				
70M	B Bride (R)	08.98	91/92	
90H	Lorenzo Occhipinti (R)	14.59	94/95	26/ 3/95
100M	B Bride (R)	12.27	91/92	
150M	T Sullivan ( S)	18.33	92/93	13/ 3/93
200M	B Bride (R)	25.29	91/92	
300H	B Bride (R)	42.80	91/92	
400M	B Bride (R)	57.18	91/92	
800M	B Bride (R)	2:21.00	91/92	
1500M	Andrew Fyans (A)	4:58.92	04/05	18/12/04
1500W	S Bown ( S)	8:31.72	92/93	06/ 2/93
DIS	Jarrold Harris (I)	42.66	96/97	16/11/96
HJ	Laurence Angwin (R)	1.85	98/99	05/12/98
JAV (600g)	Christopher Williams (P)	22.07	05/06	01/10/05
LJ	Laurence Angwin (R)	5.77	98/99	10/10/98
SP	Jarrold Harris (S)	13.32	96/97	02/11/96
TJ	Laurence Angwin (R)	12.70	98/99	24/10/98

# CHELSEA CENTRE RECORDS

## GIRLS

EVENT	NAME	BEST	SEASON	DATE
<b>GIRLS UNDER 6</b>				
70M	C Jamieson (A)	13.60	84.85	
70M	B Harding (A)	13.60	87	
100M	C Jamieson (A)	19.50	84/85	
200M	P Leeds (R)	42.20	82	
400W	A Hudgson (A)	2:54.36	91/92	
150M	Caris Macinnes (A)	30.01	94/95	26/ 3/95
50M	Madeleine Storan (P)	09.57	95/96	04/11/95
DIS	L Blunt (P)	11.95	92/93	06/ 3/93
LJ	C Jamieson (A)	2.99	84/85	
SP	L Blunt (P)	4.64	92/93	04/ 3/93
<b>GIRLS UNDER 7</b>				
60H	L Davis (A)	12.80	71	
70M	M Davidson (A)	11.60	70	
81H (45cm)	Emily Johnston (R)	18.50	98/99	28/ 3/99
90H	C Jamieson (A)	20.00	85/86	
100M	M Davidson (A)	16.60	70	
150M	Emily Johnston (R)	28.06	98/99	23/ 1/99
200M	P Leeds (R)	37.80	83	
400W	A Mitchell (P)	2:32.00	79	
150M	K Iles (P)	28.06	93.94	18/12/93
50M	T Webb (P)	09.10	80	
50M	C Jamieson (A)	09.10	85.86	
DIS	Lauren Blunt (P)	13.94	93/94	27/ 3/94
JAV (Turbo)	Nicola Deacon (P)	7.35	01/02	09/ 2/02
LJ	C Jamieson (A)	3.26	85/86	
SP	Jacqui Dugdale (P)	5.37	95/96	10/ 2/96
<b>GIRLS UNDER 8</b>				
60H	N Clerke (P)	11.30	79	
70M	M Davidson (A)	11.40	71	
81H (45cm)	Kate Storan (P)	16.32	98/99	05/12/98
90H	C Jamieson (A)	18.80	86/87	
100M	M Davidson (A)	15.60	71	
150M	Megan Rosenbrock (A)	25.50	00/01	10/ 3/01
200M	M Davidson (A)	34.30	71	
400M	Samantha Clark (A)	1:21.86	95/96	24/ 3/96
700W	C Jamieson (A)	4:41.60	86/87	
50M	A Gray (A)	08.50	81	
DIS	Tamara Ballerini (R)	17.71	02/02	
JAV (Turbo)	Tamara Ballerini (R)	10.53	02/03	07/ 3/03
LJ	A Gray (A)	3.45	81	
SP	K Aburrow (A)	6.39	85/86	

## GIRLS CENTRE RECORDS

EVENT	NAME	BEST	SEASON	DATE
<b>GIRLS UNDER 9</b>				
60H	L Jellie (P)	10.80	73	
70M	M Davis (R)	10.30	71	
81H (45cm)	Rachael Evans (R)	15.29	99/00	26/ 3/00
90H	J Butterfield (P)	16.40	85/86	
100M	M Davidson (A)	15.40	72	
150M	S Kilby (P)	25.90	90/91	
200M	J Bourne (R)	32.90	79	
400M	A Gray (A)	1:17.10	82	
800M	K Mohr (R)	2:56.90	73	
1100W	C Prosser (A)	6:28.10	84	
DIS (500gm)	Tamara Ballerini (R)	20.24	04/05	11/ 3/05
HJ	Rebecca Deacon (P)	1.10	01/02	09/ 2/02
HJ	C Joyce (A)	1.10	80	
HJ	K Lambert (A)	1.10	82	
HJ	F Harris (R)	1.10	86.87	
HJ	M Cordy (A)	1.10	88/89	
JAV (Turbo)	Tamara Ballerini (R)	14.36	04/05	18/12/04
LJ	K Webb (P)	3.70	80	
SP	J Pinsent (A)	6.20	72	
TJ	A Gray (A)	8.35	82	
<b>GIRLS UNDER 10</b>				
60H	J Egan (P)	10.00	81	
70M	A Ockerby (A)	10.30	72	
70M	K Rymer (P)	10.30	72	
70M	M Davis (R)	10.30	72	
81H (60cm)	Rachael Evans (R)	16.12	00/01	17/ 3/01
90H	F Harris (R)	15.90	87/88	
100M	M Davidson (A)	14.50	73	
150M	B Gray (A)	23.70	89/90	
200M	M Davis (R)	29.50	72	
400M	A Gray (A)	1:12.10	83	
800M	C Prosser (A)	2:52.20	84/85	
1100W	C Prosser (A)	6:10.10	84/85	
DIS (500g)	Tamara Ballerini (R)	26.18	05/06	Medallion Day
HJ	Jacqui Dugdale (P)	1.24	98/99	28/ 3/99
JAV (Turbo)	Tamara Ballerini (R)	17.61	05/06	05/11/05
LJ	A Gray (A)	4.05	83	
SP	Tamara Ballerini (R)	7.32	05/06	28/ 1/06
TJ	A Gray (A)	9.00	83	
<b>GIRLS UNDER 11</b>				
60H	A Gray (A)	10.30	84	
70M	A Gray (A)	10.10	84	
90H	F Harris (R)	17.00	88/89	
100M	Jessica Dalton (A)	13.24	96/97	23/ 3/97
200M	K Rymer (P)	31.30	73	
400M	A Gray (A)	1:10.40	84	
800M	C Prosser (A)	2:45.00	85/86	
150M	Tegan Fletcher (A)	22.66	94/95	11/ 2/95
1500M	J Franken (R)	5:36.20	83	
1500W	Sarah Alexander (A)	8:27.06	99/00	23/10/99
81H (60cm)	Anne Hibberd (A)	15.12	93/94	27/ 3/94
DIS	Jaclyn Iles (P)	23.21	94/95	11/ 3/95
HJ	C Joyce (A)	1.33	82	
JAV (400g)	Emily Johnston (R)	21.76	02/03	22/ 3/03
LJ	A Gray (A)	4.44	84	
SP	Y Parker (R)	9.00	82	

TJ	A Gray (A)	10.00	84
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## GIRLS CENTRE RECORDS

EVENT	NAME	BEST	SEASON	DATE
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### GIRLS UNDER 12

60H	K Kilpatrick (A)	09.70	79	
70M	M Davis (R)	09.70	74	
70M	K Rymer (P)	09.70	74	
81H (68cm)	Carly Chapman (A)	13.84	97/98	29/ 3/98
90H	A Gray (A)	15.30	85	
100M	M Davis (R)	13.70	74	
200M	M Cordy (A)	29.46	91/92	
400M	A Gray (A)	1:06.70	85	
800M	K Kilpatrick (A)	2:41.00	79	
150M	Tegan Fletcher (A)	21.66	95/96	09/12/95
1500W	J Sullivan (R)	8:25.00	84	
1500M	C Prosser (A)	5:29.30	87	
DIS	M Davis (R)	31.30	74	
HJ	Jessica Dalton (A)	1.42	97/98	29/ 3/98
JAV (400g)	Emily Johnston (R)	26.02	03/04	21/ 2/04
LJ	A Gray (A)	4.74	85	
SP	M Davis (R)	9.68	74	
TJ	A Gray (A)	10.59	85	

### GIRLS UNDER 13

60H	A Gray (A)	09.90	86	
70M	J Dalrymple (P)	09.90	84	
90H	A Gray (A)	14.70	86	
100M	A Gray (A)	13.90	86	
150M	Carly Chapman (A)	20.71	98/98	28/11/98
200M	Carly Chapman (A)	28.51	98/99	17/10/98
300H	Marisa Butterfield (P)	50.70	94/95	11/ 3/95
400M	K Thompson (A)	1:00.00	79	
800M	Marisa Butterfield (P)	2:39.83	94/95	11/ 2/95
1500W	S Prosser (A)	8:15.10	85	
1500M	E Cordy (A)	5:39.70	86	
81H (76cm)	Marisa Butterfield (P)	14.46	94/95	26/ 3/95
DIS	Jaclyn Iles (P)	30.97	96/97	08/ 3/97
HJ	Jessica Dalton (A)	1.44	98/99	05/12/98
JAV (400G)	Emily Johnston (R)	30.06	04/05	05/ 2/05
LJ	A Gray (A)	5.06	86	
SP	C Van Buren (P)	9.24	84	
TJ	A Gray (A)	11.10	86	



## GIRLS CENTRE RECORDS

EVENT	NAME	BEST	SEASON	DATE
<b>GIRLS UNDER 14</b>				
60H	E Cordy (A)	09.60	87	
70M	Tegan Fletcher (A)	09.62	97/98	29/ 3/98
90H	K Scanlon (A)	14.70	88	
100M	Tegan Fletcher (A)	13.60	97/98	21/ 2/98
200M	A Gray (A)	27.70	87	
300H	Marisa Butterfield (P)	49.83	95/96	24/ 3/96
400M	A Gray (A)	1:05.80	87	
800M	N Riley (A)	2:34.50	90/91	
150M	A Gray (A)	20.60	87	
1500W	K Brown (R)	8:09.40	84	
1500M	E Cordy (A)	5:39.50	87	
81H	Marisa Butterfield (P)	13.73	95/96	24/ 3/96
DIS	Jacyln Iles (P)	27.50	97/98	29/ 3/98
HJ	F Harris (R)	1.53	91/92	
JAV (600g)	Emily Johnston (R)	29.28	05/06	12/11/05
LJ	A Gray (A)	5.20	87	
SP	H Weiland (P)	10.72	85	
TJ	A Gray (A)	11.42	87	
<b>GIRLS UNDER 15</b>				
60H	E Cordy (A)	09.80	88	
70M	E Cordy (A)	09.50	88	
90H	E Cordy (A)	14.20	88	
100M	Tegan Fletcher (A)	13.24	98/99	06/ 3/99
150M	Tegan Fletcher (A)	19.72	98/99	28/11/98
200M	Tegan Fletcher (A)	27.59	98/99	27/ 2/99
300H	Marisa Butterfield (P)	48.71	96/97	14/12/96
400M	N Riley (A)	1:04.48	91/92	
800M	Marisa Butterfield (P)	2:33.94	96/97	08/ 3/97
1500M	E Cordy (A)	5:22.30	88	
1500W	Elizabeth Dornom (A)	8:41.94	94/95	29/10/94
DIS	Jaclyn Iles (P)	27.54	98/99	13/ 3/99
HJ	B Meades (A)	1.53	91/92	
JAV (600g)	Kellie Ferguson (R)	14.05	03/04	
LJ	F Harris (R)	5.33	92/93	28/ 3/93
SP	P Froling (P)	9.05	85	
TJ	A Gray (A)	11.30	88	
<b>GIRLS UNDER 18</b>				
70M	Marisa Butterfield (P)	09.72	97/98	22/11/97
90H (76cm)	N Riley ( S)	15.81	92/93	23/ 1/93
100M	N Riley ( S)	14.07	92/93	06/ 2/93
150M	Marisa Butterfield (P)	20.93	97/98	15/11/97
200M	Marisa Butterfield (P)	28.60	97/98	22/11/97
300H (76cm)	Marisa Butterfield (P)	50.21	97/98	15/11/97
400M	N Riley ( S)	1:07.18	93/93	06/ 2/93
800M	Elizabeth Dornom (A)	2:47.97	95/96	25/11/95
1500W	Elizabeth Dornom ( S)	8:30.95	96/97	02/11/96
1500M	Helena Clarke (S)	5:53.69	97/98	13/12/97
DIS	N Riley ( S)	24.89	92/93	13/ 2/93
HJ	Marisa Butterfield (P)	1.40	97/98	22/11/97
JAV (600)	Laura York (A)	18.02	04/05	02/10/04
LJ	Marisa Butterfield (P)	4.50	97/98	15/11/97
SP	N Riley ( S)	8.70	92/93	06/ 2/93

TJ	N Riley ( S)	9.41	92/93	06/ 2/93
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