



**Celebrating Our 42<sup>nd</sup> Year  
of Family, Fun and Fitness**

**[www.chelsea.coolrunning.com.au](http://www.chelsea.coolrunning.com.au)**



Hardcopy Printed  
On Recycled Paper



## LITTLE ATHLETICS CHELSEA 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

LAV 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 it also recommended that they list these on the back of the Chest patch. To ensure long life of the patch, it is recommended that Velcro be purchased so the patch can be removed without damage and the clothing washed. If it is lost or damaged, please see the uniform co-ordinator for a replacement. Athletes without a chest patch may be prevented from competing as they are in breach of the LAV Competitive Members' membership requirements (section 1.8).



This handbook is also available online at : [www.chelsea.coolrunning.com.au/handbook.shtml](http://www.chelsea.coolrunning.com.au/handbook.shtml)

## PRESIDENT'S MESSAGE



**“WITH SUNNY CLEAR DAYS, WARM BREEZY NIGHTS AND A CERTAIN MAGIC IN THE AIR, THIS IS THE TIME OF YEAR WHEN ANYTHING SEEMS POSSIBLE!”**

**Hi There and Welcome to Our Little Athletics Families of Chelsea.**

How wonderful that you have chosen one of the oldest sports in the whole world. Athletics originated in 776 BC in Olympia, Greece. Today 2,786 years later the world still embraces this amazing sport with an array of events including running, jumping and throwing.

As Panthers, Roadrunners and Redbacks, under the umbrella of LAC, gather again for the 42<sup>nd</sup> year of competition, we do so with a renewed sense of sporting spirit, determination, optimism and positivity.

I mentioned this in my message of last year and it still remains relevant. The importance of having chosen athletics for your summer sport and fitness is that athletics is heaps of fun whilst working your whole body. The skills used are the foundation to many other sports. Through athletics you build fitness, strengthen your inner core, gain co-ordination, speed and agility. When the end of the season comes around your body will be ready for the rigors of Soccer, Netball, Aussie Rules and other sporting choices.

Having persistence and willpower coupled with being self-driven and trying your best, will see every one of you improve from the very first day of the season in October to the last day in March. Your personal bests in events including running, jumping and throwing should all advance. Not one of you will remain unchanged from the very first day. So look forward to an exciting season and feel encouraged that you will do well in either a small or large degree.

Excitingly The XIX Commonwealth Games in Delhi commences on the 3<sup>rd</sup> October the same weekend LAC sees its athletes return. You will see Scotty Martin (Shotput and Discus), Dani Samuels (Discus), Sally McLellan (Sprinter) and Steve Hooker (Pole Vault) compete. You'd expect them to win, but it will be tough competition, so let's cheer them on by making this a very special first weekend with much celebration whilst you compete at the same time as these world athletes.

Finally, I personally wish to thank the LAC Committees, Age Group Co-ordinators, Track Marshalls, Mums, Dads and Caregivers who have worked all year round and through the season to bring athletics to Chelsea. Without their commitment, support and hard work LAC would not exist, and could not run.

On behalf of us all, I wish our Athletes the very best season and can't wait to see the red, yellow and white flashing and darting around our track and field whilst being happy having fun and hearing the joyous sounds of cheers and laughter as you compete.

YOU GO CHELSEA 60!!!!

*Claudette MacDonald*

## LIFE MEMBERS OF LITTLE ATHLETICS CHELSEA

Little Athletics Chelsea wishes to recognise the following people and to thank them for all of the time and effort that they exerted to make the Centre what it is today.

**Mr Jim Rankin**

**Mr John Van Echteld**

**Mr Peter Richardson**

**Mr Lindsay Best**

**Mr Brian Gray**

**Mr Ian Brown**

**Mr John Ellem**

**Mr Frank Sullivan**

**Mr Doug Gittens**

**Mrs Ann Riley**

**Mr Paul Riley**

**Mrs Faye Cornwill**

**Mrs Carol Butterfield**

**Mr Greg Butterfield**

**Mr Ian Dornom**

**Mr Steve Downie**

**Mr Trevor Sasman**

**Mr Mark Thomas**

**Mrs Ros MacInnes**

**Mr Terry Clark**

**Mr Ray Fyans**

**Mrs Elaine Simpson**

**Mrs Sue Davis**

**Mrs Liz Scammell**

**Mr Alan Senior**

**Mr Michael Stock**

**Mrs Anne Mellett**

**Mr Carlo Ballerini**

**Mr Andrew Holten**

**Mr Peter Crawford**

## L.A. CHELSEA CONTACT DETAILS

Email Address : [chelsea@vlaa.asn.au](mailto:chelsea@vlaa.asn.au)

Website Address : [www.chelsea.coolrunning.com.au](http://www.chelsea.coolrunning.com.au)

Postal Address : P.O. BOX 87, CHELSEA, VICTORIA, 3196

Phone Number : See Committee Member

Centre Location : Edithvale Reserve, Edithvale Road, Victoria (Melways Map Ref: 93 C9)



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## CENTRE COMMITTEE EXECUTIVE 2010/2011 LITTLE ATHLETICS CHELSEA



### **PRESIDENT**

: **CLAUDETTE MacDONALD**      **0407 043 956**  
[claudettea@bigpond.com](mailto:claudettea@bigpond.com)



### **VICE PRESIDENT**

: **SCOTT BENTON**      **0401 402 150**  
[scott@diamondcomputingservices.com.au](mailto:scott@diamondcomputingservices.com.au)



### **SECRETARY**

: **GLEN WARD**      **0403 207 217**  
[g.ward@bigpond.net.au](mailto:g.ward@bigpond.net.au)



### **TREASURER**

: **RALPH HENDRICKS**      **0427 745 872**  
[ralph.hendricks@yahoo.com](mailto:ralph.hendricks@yahoo.com)



**CENTRE COLOURS** : YELLOW, WHITE, RED & BLACK SINGLET  
BLACK SHORTS / SPORTS BRIEFS

**CENTRE NUMBER** : 60

**COMMITTEE MEETINGS** : On the Wednesday after the 3<sup>rd</sup> Tuesday of the Month  
at 7.30pm in the LA Chelsea Clubrooms.  
ALL MEMBERS WELCOME

**For all your buying  
and selling needs,  
contact the community's  
*favourite* real estate agency -  
Ray White Chelsea**



***Ray White***<sup>TM</sup>

**Chelsea**

394-395 Nepean Highway, CHELSEA  
9772 5333    [www.raywhite.com](http://www.raywhite.com)    [chelsea.vic@raywhite.com](mailto:chelsea.vic@raywhite.com)

## CENTRE GENERAL COMMITTEE MEMBERS 2010/2011

### LITTLE ATHLETICS CHELSEA

CARLO BALLERINI 8787 7191, 0447 378 987  
[carlo.b2@bigpond.com](mailto:carlo.b2@bigpond.com)

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SUE HENDRICKS 0427 745 872  
[sue.hendricks@cba.com.au](mailto:sue.hendricks@cba.com.au)

DANI MACFARLANE 0411 594 168  
[dmac\\_72@bigpond.com](mailto:dmac_72@bigpond.com)

GEORGE VRYONIS 0417 533 312  
[georgevr@optusnet.com.au](mailto:georgevr@optusnet.com.au)

We welcome all members to our Monthly Committee Meetings, come along and be a part of the decision making process at the Centre. You may also wish to consider joining the Centre Committee, please feel free to ask any existing Committee member about what is involved and how you can help.

## SUB COMMITTEES

The Centre is actively seeking members for the following sub-committees listed below. Please feel free to ask any of the Centre executive or your Club committee members to express your interest in any of the areas. There is no restriction to the number of sub-committees that may be joined.

The Centre emphasizes the importance of being part of the decision making process that helps shape the Centre. Most communication is informal and can be conducted via email messages. The Centre values your input and thoughts, so please pass on any ideas that you may have for improvement.

### Sub Committees

- Open Day
- Arena Management
- Fund Raising/Sponsorship
- Handbook Management
- Coaching/Training Management
- Equipment Management
- Duty Roster Management
- Website Management
- Membership Retention / Growth
- Centre Promotion (Community Involvement, Schools, etc.)



## CENTRE ROLES & RESPONSIBILITIES LITTLE ATHLETICS CHELSEA

There are no paid positions or supplied officials at Centre level in Little Athletics. The Centre can only function with the assistance of volunteers, i.e. the parents.

A number of tasks are required to be performed each season to ensure that the Centre works efficiently resulting in maximum enjoyment for all participating. Many tasks whilst essential are quite simple and require minimal effort and time. If you believe that you can contribute in any area, your help would be greatly appreciated. Please contact a Committee member for further information.

The Centre extends a big Thanks to those people listed below.

Role	Responsible Person
Centre President	Claudette MacDonald
Centre Vice-President	Scott Benton
Secretary	Glen Ward
Treasurer	Ralph Hendricks
Registrar	Scott Benton
Kingston City Council Liaison	Stephen Blyth
Results/Event Sheets Coordinator	Richard Cullen
Canteen Manager	<b>VACANT</b>
BBQ Manager	Pauline Landt
WWC Registrar	Sue Hendricks
Facilities Manager	Andrew Holten
Bunnings BBQ Coordinator	George Vryonis
Handbook Editor	Anthony Cafarella
Equipment Manager	Andrew Holten
Uniform Coordinator	Sue Hendricks
Newsletter Editor	Jenny Shepherd
Starter's Coordinator	Richard Cullen
Open Day Manager	Anthony Cafarella
Sponsorship Manager	Claudette MacDonald
Media Manager	<b>VACANT</b>
Technical Advisor	Scott Benton
SMR Meeting Delegate	<b>VACANT</b>
Track Marker	Stuart Patton
Website Manager	Anthony Cafarella
Coaching Manager	Carlo Ballerini
Team Manager (Relays, T & F)	<b>VACANT</b>
Team Manager (Cross Country)	Prue Mitchell
On-Track Coordinator	Murray Smith
Ground Announcer	Michael Stock
Awards Coordinator	Claudette MacDonald
Awards Coordinator	Scott Benton
Off Season Promoter (LAPS, Schools/Sporting Clubs)	Prue Mitchell
Off Season Promoter (LAPS, Schools/Sporting Clubs)	Dani MacFarlane

## CLUB COMMITTEES AND COLOURS

### LITTLE ATHLETICS CHELSEA : CLUBS 2010 - 2011



#### ROADRUNNERS

**CLUB COLOURS** : **YELLOW T-SHIRT, BLACK SHORTS/SPORTS BRIEFS**

**PRESIDENT**



: MURRAY SMITH  
[mbstfs@iprimus.com.au](mailto:mbstfs@iprimus.com.au)  
 9773 0135, 0425 703 093



**SECRETARY**

: THERESE SMITH 0425 703 093  
[mbstfs@iprimus.com.au](mailto:mbstfs@iprimus.com.au)

**COMMITTEE**

: JAMIE FLEMING, CARLO BALLERINI, CAROL BENTON, LIAM KELLY



#### REDBACKS

**CLUB COLOURS** : **RED T-SHIRT, BLACK SHORTS/SPORTS BRIEFS**

**PRESIDENT**



: MICHAEL COCHRANE  
[cochrane@bigpond.net.au](mailto:cochrane@bigpond.net.au)  
 0427 400 349



**SECRETARY**

: RICHARD CULLEN 9580 6979, 0409 330 178  
[rich.susan@bigpond.com](mailto:rich.susan@bigpond.com)

**COMMITTEE**

: RACHAEL DICKINSON, RIA FORTUNE, PETER McVAY,  
 STUART PATTON



#### PANTHERS

**CLUB COLOURS** : **WHITE T-SHIRT, BLACK SHORTS/SPORTS BRIEFS**

**PRESIDENT**



: DEBORAH JONES  
[debrajones@optusnet.com.au](mailto:debrajones@optusnet.com.au)  
 9774 2335



**SECRETARY**

: PAULINDE LANDT  
[ppawsey@bigpond.net.au](mailto:ppawsey@bigpond.net.au)

**COMMITTEE**

: ANDREA HOLLAND, PRUE MITCHELL, KAIH MITCHELL,  
 JAKE MacDONALD

## UNIFORMS AND CLOTHING

Club and Centre uniforms are available in sizes to suit all - children and adults alike.

### PRICES

Centre Singlet.....	\$30.00 (Buy), \$10.00 (Hire)
Children’s Polo Club Shirts.....	\$30.00
Shorts (limited sizes).....	\$15.00
Black Centre Polo Shirts (limited sizes) .....	\$15.00

You can order all clothing through our Uniform Co-Ordinator Sue Hendricks.

It is recommended that Club & Centre Tops are purchased early in the season. Some orders may take a few weeks for delivery depending on stock on hand.



The Centre Uniform, pictured left, is to be worn at Regional and State Championships, Open Days and Medallion Day Only, i.e. Club uniforms are to be worn during regular weekly competition days.

## ADVERSE WEATHER

The Athletics Arena at Edithvale reserve incorporates a grass track. Drainage facilities are excellent and generally only the most severe conditions (e.g. continuous rain) result in a cancellation of the day’s competition. If the grass surface or LJ/TJ pits are overly wet, then Hurdles and LJ/TJ events if scheduled may be delayed or cancelled, to reduce the chance of injury.





























































Should you be concerned if competition may be cancelled, please call the Centre or Club Presidents to confirm. A decision is typically made by approx. 8.15am, after inspection of the arena. The Centre will endeavour to post any cancellation notice on the website.

## INSURANCE

Insurance cover is available to (provided by Willis (Brokers) Insurance Limited) all registered athletes and volunteer helpers (all of whom must sign the Register of Ordinary Members). Cover is provided for injuries solely caused by active participation in officially organised events, practice and training sessions and official functions, including when travelling to and from such events.

Claim forms may be obtained from the Centre Secretary, and must be submitted within 30 days of the injury occurring. Injuries should be reported to a Centre Official and documented in an accident/injury report form available from the Centre.

# SET-UP/PACK-UP CLUB DUTY ROSTER 2010/11

DATE	CLUB DUTY	
	SET-UP	PACK-UP
Week 1 – 02/10/2010	  	  
Week 2 – 09/10/2010		
Week 3 – 16/10/2010		
Week 4 – 23/10/2010		
Week 5 – 30/10/2010		
Week 6 – 13/11/2010		
Week 7 – 20/11/2010		
Week 8 – 27/11/2010		
Week 9 – 04/12/2010		
Week 10 – 10/12/2010	  	  
Chelsea Gift - 18/12/2010	  	  
Week 11 – 15/01/2011		
Week 12 – 21/01/2011	  	  
Week 13 – 29/01/2011		
Week 14 – 05/02/2011		
Week 15 – 12/02/2011		
Week 16 – 26/02/2011		
Week 17 – 05/03/2011		
Week 18 – 12/03/2011		
Medallion Day – 26/03/2011	  	  

The above table highlights the morning set-up and afternoon pack-up roster duties list for each Club. Set-up duties begin at about 7.30am, and contact your Club President for further information. In addition to the above, all members are expected to assist with Event Duties during the season.

# SEASON CALENDAR 2010/11

<b>SEPTEMBER 2010</b>	11 <sup>th</sup>	LAC REGISTRATION Day #1 (10.00am – 12.00pm)
	18 <sup>th</sup>	LAC REGISTRATION Day #2 (10.00am – 12.00pm)
<b>OCTOBER 2010</b>	2 <sup>nd</sup>	First week of 2010/11 Track & Field Season – Program 1
	9 <sup>th</sup>	Week 2 Competition – Program 2
	16 <sup>th</sup>	Week 3 Competition – Program 3
	23 <sup>rd</sup>	Week 4 Competition – Program 1
	30 <sup>th</sup>	Week 5 Competition – Program 2
<b>NOVEMBER 2010</b>	6 <sup>th</sup>	LA Chelsea Open Day Working Bee/Track Preparation – Parents/Officials ( <b>No Competition</b> )
	7 <sup>th</sup>	<b>LA Chelsea Open Day</b>
	13 <sup>th</sup>	Week 6 Competition – Program 3
	20 <sup>th</sup>	Week 7 Competition – Program 1
	27 <sup>th</sup>	Week 8 Competition – Program 2
<b>DECEMBER 2010</b>	4 <sup>th</sup>	Week 9 Competition – Program 3
	5 <sup>th</sup>	BBQ Day – Bunnings Mentone
	10 <sup>th</sup>	Week 10 Competition – Program 1 ( <b>Twilight Meeting – 5.30pm</b> )
	18 <sup>th</sup>	<b>Ray White Chelsea Gift Day</b>
<b>JANUARY 2011</b>	15 <sup>th</sup>	Week 11 Competition – Program 2
	21 <sup>st</sup>	Week 12 Competition – Program 3 ( <b>Twilight Meeting – 5.30pm</b> )
	29 <sup>th</sup>	Week 13 Competition – Program 1
<b>FEBRUARY 2011</b>	5 <sup>th</sup>	Week 14 Competition – Program 2
	12 <sup>th</sup>	Week 15 Competition – Program 3
	26 <sup>th</sup>	Week 16 Competition – Program 1
<b>MARCH 2011</b>	5 <sup>th</sup>	Week 17 Competition – Program 2
	18 <sup>th</sup>	Week 18 Competition – Program 3
	22 <sup>nd</sup>	Redbacks Presentation Night
	23 <sup>rd</sup>	Panthers Presentation Night
	24 <sup>th</sup>	Roadrunners Presentation Night
	26 <sup>th</sup>	<b>LA Chelsea Medallion Day (Centre Presentations &amp; AGM)</b>
	27 <sup>th</sup>	<i>Reserved (Medallion Day in case of washout on the 26<sup>th</sup>)</i>
<b>APRIL 2011</b>		Cross-Country Season Commences (Dates To be Confirmed)
<b>OTHER DATES OF NOTE</b> (Confirm With Committee Members, See Notice Board & Newsletters During Season)		
<b>OCTOBER 2010</b>	10 <sup>th</sup>	JDS Day 1 - Knox (Melway Ref: 73 D7)
	17 <sup>th</sup>	Introduction to Coaching Course (Chelsea)
	24 <sup>th</sup>	JDS Day 2 - Coburg (Melway Ref: 18 A10)
	31 <sup>st</sup>	LA Caulfield Open Day
<b>NOVEMBER 2010</b>	14 <sup>th</sup>	LA Box Hill Relay Open Day
	14 <sup>th</sup>	JDS Day 3 - Greensborough Melway Ref: 21 A4
	28 <sup>th</sup>	LA Mentone Relay Open Day
<b>DECEMBER 2010</b>	5 <sup>th</sup>	LA Waverley Open Day
	11 <sup>th</sup>	Southern Metropolitan Region Relay Championships – Springvale (U/9 – U/15)
	20 <sup>th</sup> & 21 <sup>st</sup>	State Multi-Event Championships – Shepparton
	18 <sup>th</sup>	LA Doncaster Open Day
<b>JANUARY 2011</b>	9 <sup>th</sup>	LA Southern Peninsula Open Day
	16 <sup>th</sup>	LA Whittlesea City Open Day
	16-19 <sup>th</sup>	Junior Development Squad Camp - Ormond College, Melbourne University, Mel Ref: 2B
	22 <sup>nd</sup>	LA Knox Open Day Twilight Meeting
	23 <sup>rd</sup>	SMR U6 - U8 Little Athlete's Carnival – LA Oakleigh/Skye Valley
<b>FEBRUARY 2011</b>	6 <sup>th</sup>	LAV State Relay Championships – Olympic Park
	6 <sup>th</sup>	Bayside Open Day – Sandringham ( <i>to be confirmed</i> )
	13 <sup>th</sup>	LA Seaford Open Day
	13 <sup>th</sup>	JDS Day 4 - Doncaster Melway Ref: 33 J11
	19-20 <sup>th</sup>	Southern Metropolitan Region Track & Field Championships – Frankston (U/9 – U/15)
	25-27 <sup>th</sup>	JDS Day 5 (2 Days) - Olympic Park Melway Ref 2G C9
<b>MARCH 2011</b>	19-20 <sup>th</sup>	LAV State Track & Field Championships – Melbourne

(Dates & Events are subject to change – please refer to website, noticeboards, or committee members for confirmation)



# Edithvale

## PHARMACY

**OPEN 7 DAYS**

MON – FRI	9 AM to 7 PM
SATURDAY	9 AM to 5 PM
SUNDAY	10 AM to 5 PM
PUB HOLS	10 AM to 1 PM

**240a NEPEAN HWY, EDITHVALE**

**Tel: 9772 2332**

Fax: 9773 3805

Email: [edithvale.pharmacy@nunet.com.au](mailto:edithvale.pharmacy@nunet.com.au)

***We proudly provide professional services to the local community***

Services:

- Professional Advice on medications
- **Cholesterol Screening Test**
- **FREE Blood Pressure Testing**
- Instant Passport Photos
- Ear Piercing
- FREE Local Delivery Service
- **Agent for Diabetes Australia ( NDSS )**

# LITTLE ATHLETICS CHELSEA 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.

The Codes Of Conduct for Athletes, Spectators, Parents, Coaches, Officials, and Administrators is available for viewing on the Centre website at: [www.chelsea.coolrunning.com.au/documents/Codes-of-Conduct.pdf](http://www.chelsea.coolrunning.com.au/documents/Codes-of-Conduct.pdf)

## SUN PROTECTION POLICY

The Centre is aware that children are especially susceptible to the sun's rays and that skin cancer can be prevented.

The health of our members is of primary concern for Little Athletics Chelsea.

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 Little Athletics Chelsea 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. Where possible, 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, including: shirts with long sleeves and a collar, wide brimmed or legionnaires hats, and sunglasses.
6. Athletes will be advised to take umbrellas, drink bottles and sunscreen to events. Hats and sunglasses may be worn during competition.
7. SPF 15+ or higher sunscreen will be promoted and made available by the Centre.
8. Event programs, newsletters and public announcements will be used to maintain awareness of and promote sun protection.
9. Centre Executive members, coaches and officials will act as sun protection role models

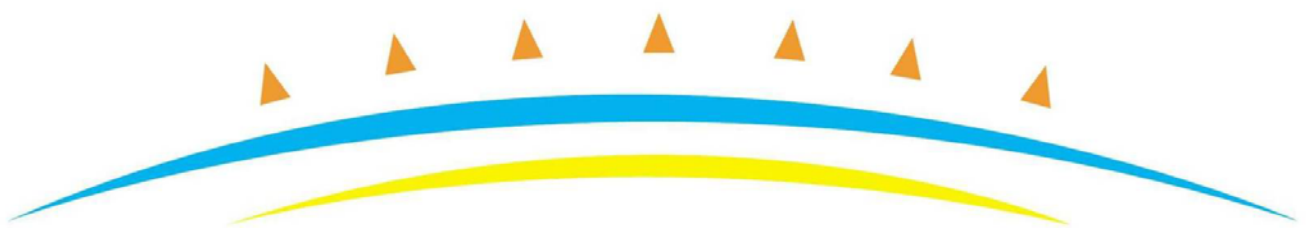
The sun protection policy will be reviewed annually to ensure that it remains relevant to the needs of the Centre.

*"Call in to the club with the friendly outlook"*

## **ASPENDALE-EDITHVALE R.S.L SUB BRANCH**

- ***Light Horse Bistro***
- ***Free Entertainment***
- ***Great Live Shows***
- ***Choose from our great menu or join us on one of our special nights***

***TUE-ROAST WED-STEAK THU-SCHNITZEL SUN-3 COURSE***



**ASPENDALE • EDITHVALE • RSL**

**111 Kinross Avenue,  
Edithvale, Victoria. 3196**

***TELEPHONE: (03) 9772 7217***

# **LITTLE ATHLETICS CHELSEA CENTRE POLICY**

## **WORKING WITH CHILDREN CHECK**

The Working with Children (WWC) Check is designed to help keep children safe. The Check was introduced in Victoria in 2006 and aims to prevent people who may pose a risk to the safety of children from working with them.

Under the “Working with Children Act 2005”, all people working or volunteering in all areas of administration, officiating, coaching and overnight supervision at camps and clinics relating to Little Athletics are required to hold a WWC card.

LAC are taking this very seriously and all key personnel including all committee members, officials and administration staff have applied for or hold a current WWC card.

Under the Act, a parent who volunteers in relation to an activity in which their child ordinarily participates is exempt from a WWC Check in respect of that work. For further information please visit [www.justice.vic.gov.au/workingwithchildren](http://www.justice.vic.gov.au/workingwithchildren)

## **HEALTHY FOOD CHOICE POLICY**

The Centre is aware that healthy eating is a vital part of good health. We recognise that lifestyle diseases such as heart disease, stroke, certain cancers, non-insulin dependent diabetes and obesity are all associated with the food we eat.

We acknowledge that healthy eating can have an impact on the lives of our members, and that the provision of healthy foods will contribute to better health for all. Enjoying a variety of foods from the different food groups is the key to healthy eating.

The Centre will ensure that a variety of healthy food choices are available at all its activities. This applies to all meetings, competitions, functions and events and to all members, officials, players, volunteers, spectators, visitors and any others taking part in activities.

The following strategies have been adopted to ensure that a variety of healthy food choices are available at all Centre activities:

1. The Centre canteen (where applicable) will provide a variety of healthy food choices.
2. Healthy food choices will be available at all Centre events and functions.
3. The enjoyment of healthy eating and the role of food in relation to health will be promoted at Centre activities and in Centre publications.
4. Healthy food choices will be displayed more prominently than other foods.
5. Healthy food choices will be priced competitively.
6. The variety of confectionery, potato chips, soft drinks and ice creams will be limited.
7. The Centre will attempt to introduce at least two new healthy food choices to the Centre, each season.

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

## **DOGS**

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

## **LITTLE ATHLETICS CHELSEA CENTRE POLICY**

### **RESPONSIBLE ALCOHOL MANAGEMENT POLICY**

The centre is aware that alcohol, when misused can cause harm to the drinker and others. A responsible drinking policy has been adopted so as to reduce risks and avoid problems.

The following strategies have been adopted:

1. There will be no sale or consumption of alcohol during the conduct of any Little Athletics events.
2. Where alcohol is consumed at a Centre function the following measures will be taken:
  - i. Alcohol will not be served to minors, or in front of minors
  - ii. Alcohol will not be served to any person who is intoxicated
  - iii. Low alcohol and non-alcoholic drinks will be available and promoted
  - iv. Water will be available at no cost at functions where alcohol is served
  - v. Healthy food options will be available when alcohol is served
  - vi. Members who have been drinking will be encouraged to pursue safe transport options
3. There will be no alcohol advertising at any venue used by the Centre.
4. The Centre will not accept any alcohol related sponsorship or use alcohol as a prize for fundraising activities.
5. The Centre will comply with Liquor Licensing Victoria (LLV) regulations.

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

### **SMOKE-FREE POLICY**

The Centre is aware that smoking endangers health and believes that all Little Athletics venues and functions should be Smoke-Free. In an open park the venue is defined as “the area inside an imaginary boundary 50 metres from the outside perimeter of the circular track”.

The following strategies have been adopted to promote a Smoke-Free environment:

1. Cigarettes shall not be sold at any venue used by Little Athletics Chelsea.
2. Executive members, coaches and officials will not smoke in view of the public or athletes during the lead up to and conduct of Little Athletics events.
3. All Centre meetings and functions will be smoke-free.
4. All areas within the Centre will be Smoke-Free, including: the clubrooms, canteen, changing room, toilet blocks, spectator areas and competing areas.
5. The Centre will place no smoking signs in prominent positions and remove ashtrays from all no smoking areas.
6. The Centre will ensure that smokers have a place outside the venue or out of public view, where they can smoke, and provide them with ashtrays/bins.
7. Reference will be made to the smoke-free policy in Centre publications
8. Regular announcements will be made to ensure that members and visitors are aware of the Centre’s Smoke-Free policy. Signs provided by the Association will be placed in the venue.
9. All visitors will be required to observe this policy.

Non-compliance with the policy will be handled by an explanation of the Centre’s Smoke-Free policy to the person, including identification areas in which smoking is allowed. In the case of continued non-compliance with the policy, Centre officials will use their discretion as to the steps to be taken, which may include asking the person to leave the premises or function.

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



## WHAT DO WE DO ON SATURDAY MORNINGS?

1. **At 7.30 am a hardy band of Rostered Centre & Club Committee members, Centre officials and Parents begin to set up the equipment, canteen, & clubrooms. Please 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 please 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 may start some senior age group events at 8.45 am, after a separate warm up. A timely start will assist in a timely finish.
6. U/8 and above age groups participate in up to 5 events per week, according to the Weekly Program. U/6 and U/7 age groups participate in 3 events per week.
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. Athletes or Age-group Co-ordinators should wait for the Ground Announcer to advise when their next event is to be conducted. Announcements will be made over the Public Address to direct age groups to their next event. This ensures that the program will run smoothly with all age groups completing the day's events at approximately the same time, with minimal clashing, and delays between events.  
**Important: Please wait to be called or check with the ground announcer that the venue is available for your age group before proceeding to the next event.**
9. Events are conducted under the COMPETITION/CENTRE RULES listed in a following section (but not limited to those listed).
10. Athletes, Parents, and Officials should show due consideration to events in progress, whether on the Track or Field. Be aware at all times when crossing the track of competing athletes, for their and your own protection. Crossing the path of the Long/Triple Jump runways when an event is in progress is not permitted. Also be aware of the throwing events areas, including Shot Put, as Discus and Javelins in particular may travel at very high speeds that can cause serious injury.
11. After finishing each event athletes receive a ticket showing their performance, and a STAR is printed/stamped on the ticket if a new PERSONAL BEST has been achieved. 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.
12. The recording sheets are input to our database to:
  - record athletes' PERFORMANCES
  - highlight and update PERSONAL BESTS
  - highlight and update CENTRE RECORDS
  - calculate INDIVIDUAL PERFORMANCE POINTS
  - calculate CLUB PERFORMANCE POINTS
13. We aim to finish each program by 12.30pm, after which many hands help to put away the equipment.
14. **Please note there must be at least one parent/guardian present at all times.**

## 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 all members are protected by insurance in case of an accident. 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

Age group co-ordinators and assistants will be appointed for each age group and gender up to under 14. The age group co-ordinators will be the central contact point for all athletes and parents in that age group as well as the contact person between that group and the announcer and key officials. They are responsible for preliminary marshalling for all events for that group. They will also encourage parents of athletes to help out with the events to ensure they run smoothly.

### COACHING



As at the time of printing, a training and coaching programme has not been finalised. Please refer to weekly newsletters and the centre website for updated information regarding the training schedule for this season. Coaching is for U8 age group and above.

Please refer to our newsletters, the notice board and the website for further details of what disciplines will be covered each week.

More details may be found here: [www.chelsea.coolrunning.com.au/coaching/](http://www.chelsea.coolrunning.com.au/coaching/)

### PERSONAL BEST ★STARS★ (PB's)



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 place in an event, but how well you perform against your best and the improvement gained.

For U/8 and above we have special **5 STAR** Awards for those fortunate enough to achieve 5 Personal Bests (PB's) on one day. For U/6 and U/7 we have **3 STAR** awards. If an Athlete gains 3 or more PB's on the one morning, their names are published in the local newspaper and the centre website in recognition of their effort.

**Personal Best performances are not tallied for end-of-season awards, even though they may occur, until the first three rounds of competition have been completed.** This is to be fair on all age groups so that there is no advantage to those who compete in the same event during the initial three week rotating program, **i.e. PB's are counted from Week 4 of competition onwards.**

### 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.** Books are returned at Club presentation nights.

### RAY WHITE CHELSEA GIFT



The Chelsea Gift, first run in 2008, is now an annual handicap event race held over 100m. The aim of the event is to give any athlete at the Centre the chance of winning the race. Both Senior and Junior categories for the event are available. The race is held on the last competition day before Christmas each year, and is one of the most keenly contested events at the Centre. The Gift is proudly sponsored by Ray White Chelsea.

## CENTRE RECORDS

These are the best recorded performances achieved by Chelsea Little Athletes at normal weekly Chelsea Centre Competitions only. Performances from the Open Day or other venues are not taken into account. Records published in this handbook are correct at time of printing, however the Centre reserves the right to amend any record. The Centre maintains a database of all current records which are published on the website.

**Centre Records must be validated by two Centre Committee Executive or authorised members.**

## PERFORMANCE POINTS - INDIVIDUAL & CLUB

Each athlete's performance is rated against set Victorian standards. 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 Premiership Shield.

## SMR, LAV

SMR is the Southern Metropolitan Region, which is the next organisation level up from our Centre. SMR is the largest of the regions, and is comprised of 15 Little Athletics Centre, and 5300 registered members. There are three other Metropolitan Regions and four Country Regions that are a part of Little Athletics Victoria or LAV. The Chelsea Centre uniform must be worn when competing at Region or State Level events.

## REGION & STATE CHAMPIONSHIPS

Competitions are conducted for Relays, Multi-Event, and individual Track and Field events. Registered athletes in the Under 9 to Under 15 age groups are eligible to enter. The Region Relay Championships will be held at Springvale, Region Track & Field Championships at Frankston, and State Finals will be held at Olympic Park. The State Multi-event Championships will be held at Shepparton. Check the Centre Newsletter closer to the event date for entry details.

These championships are run by volunteers and each Centre provides 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. This is a mandatory requirement and your child will not be able to compete if a duty cannot be performed. To be eligible to compete in any of the Championship events, an athlete must have competed in at least 50% of the available weekly Centre competition days since registering, and have registered at least two weeks prior to the SMR Championship event close of entries date.

## BRING A FRIEND DAY

On this day athletes are asked to invite their friends to come and try our activities at no cost, and then decide if they wish to join the Centre.

## SMR SKILLS 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 3<sup>rd</sup> December to Sunday 5<sup>th</sup> December 2010 at Merricks on the Mornington Peninsula. Entry forms will be available from our Centre Secretary. All eligible athletes are strongly encouraged to attend. The cost of the Camp is approx. \$70.

## LA CHELSEA OPEN DAY (entry included in annual fees)



Open Days are run for athletes of age groups U/6 – U/16 and invited from all Centres. We will hold our 31<sup>st</sup> Annual Open Day on Sunday, 7<sup>th</sup> November 2010.

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 strongly encourage all of our Chelsea Athletes to enter for some healthy competition, the chance to win a medal, and to help make this another successful day.

## MEDALLION DAY (entry included in annual fees)



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, with each athlete competing in five events. Each child will then be awarded a Bronze, Silver or Gold Medallion according to the total combined levels of performance achieved.

## END OF YEAR AWARDS

Centre awards are presented at the end of the season based on the number of Personal Bests, number of events completed, and performance points accumulated by the athletes during the season. Club awards are also presented at the end of the season at the discretion of the Club Committees and may be based on an entirely different system. Senior Age categories include U/13 - U/16, and the Junior Age category covers U/8 - U/12. Awards for On-Track are also presented for U6 - U7 athletes in track and field event categories. To be eligible for an end of year award an athlete must have competed in a minimum of 50% of the available Competition Days after the day of registration. Additionally no less than 2 weeks of Competition before Season end.

## 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. On Track is an athletics skills and modified event program

The On Track Levels:

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

Currently this modified event program, designed by LAV, is aimed at the U6's to U8's. At Little Athletics Chelsea, 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.

## 2010/2011 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.

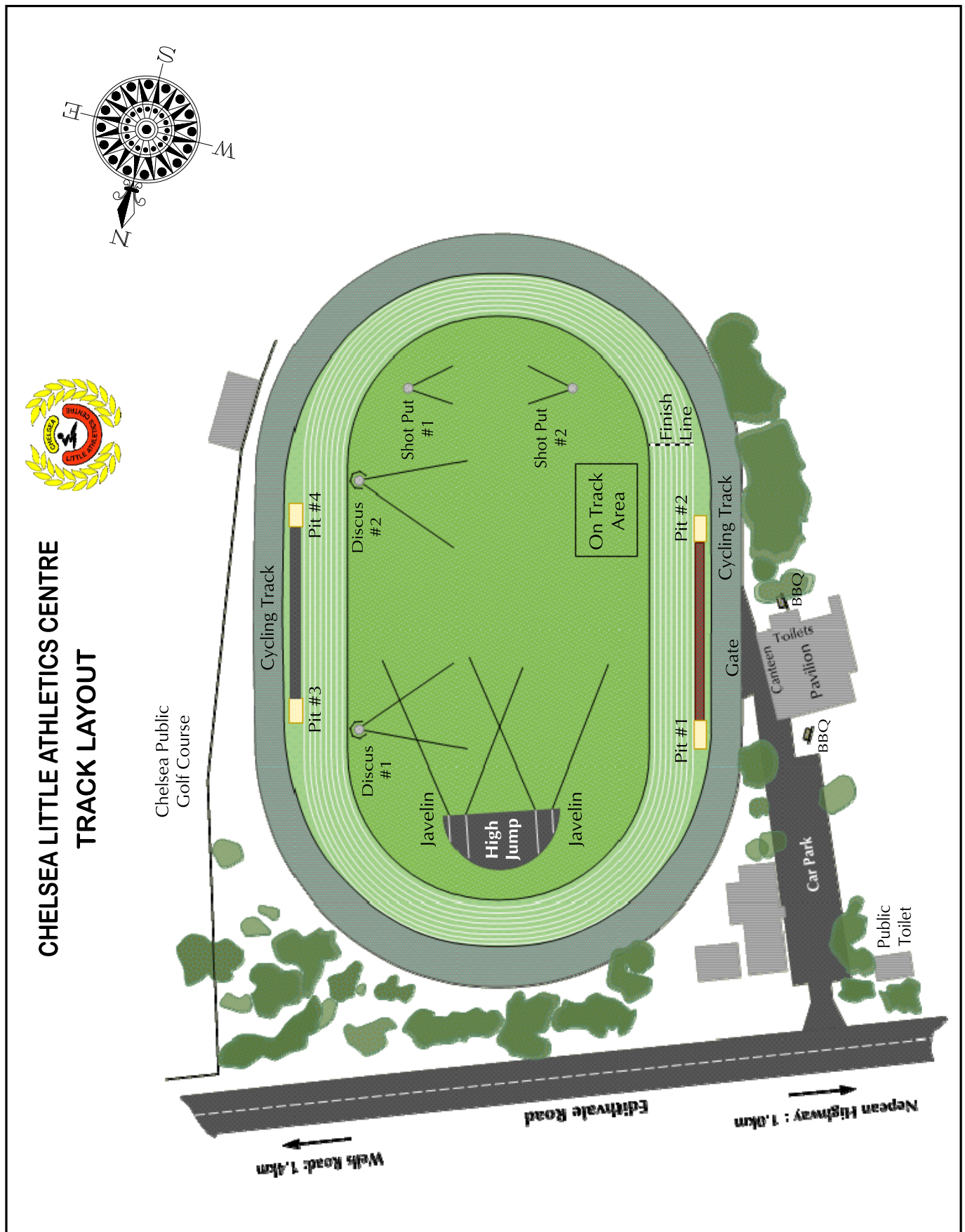
The squad is open to all registered athletes from U/12 to U/15 who achieve the performance criteria. Ranging from mid-October to March, the program consists of numerous activities including coaching days, alternate coaching sessions, coaching camp, education sessions, role model sessions with elite athletes,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

Full details are available on the LAV web site at:

[www.clubsonline.com.au/site/index.cfm?fuseaction=display\\_main&OrgID=3662](http://www.clubsonline.com.au/site/index.cfm?fuseaction=display_main&OrgID=3662)



# NORMAL COMPETITION DAY TRACK LAYOUT





### WEEKLY EVENT PROGRAM No. 1

Age Group	Event				
<b>U/6</b>	On Track	50m	Discus	100m	
<b>U/7</b>	On Track	50m	Discus	100m	
<b>U/8</b>	100m	50m	400m	Shot Put	Long Jump
<b>U/9</b>	100m	70m	400m	Long Jump	Shot Put
<b>U/10</b>	100m	70m	400m	Long Jump	Discus
<b>U/11</b>	100m	70m	400m	High Jump	Javelin
<b>U/12</b>	100m	70m	400m	High Jump	Javelin
<b>U/13</b>	100m	70m	400m	Triple Jump	Javelin
<b>U/14</b>	100m	70m	400m	Triple Jump	Javelin
<b>U/15</b>	100m	70m	400m	Triple Jump	Javelin
<b>U/16</b>	100m	70m	400m	Triple Jump	Javelin

### WEEKLY EVENT PROGRAM No. 2

Age Group	Event				
<b>U/6</b>	On Track	Long Jump	200m	Shot Put	
<b>U/7</b>	On Track	60m Hurdles	200m	Shot Put	
<b>U/8</b>	60m Hurdles	Long Jump	200m	Shot Put	Discus
<b>U/9</b>	60m Hurdles	800m	200m	High Jump	Discus
<b>U/10</b>	60m Hurdles	800m	200m	High Jump	Shot Put
<b>U/11</b>	60m Hurdles	800m	200m	Triple Jump	Shot Put
<b>U/12</b>	60m Hurdles	800m	200m	Triple Jump	Shot Put
<b>U/13</b>	300m Hurdles	800m	200m	Long Jump	Discus
<b>U/14</b>	300m Hurdles	800m	200m	Long Jump	Discus
<b>U/15</b>	300m Hurdles	800m	200m	Long Jump	Discus
<b>U/16</b>	300m Hurdles	800m	200m	Long Jump	Discus

### WEEKLY EVENT PROGRAM No. 3

Age Group	Event				
<b>U/6</b>	On Track	Long Jump	150m	70m	
<b>U/7</b>	On Track	Long Jump	150m	70m	
<b>U/8</b>	Javelin	81m Hurdles	150m	70m	Discus
<b>U/9</b>	Javelin	81m Hurdles	150m	Triple Jump	Shot Put / Discus
<b>U/10</b>	Javelin	81m Hurdles	150m	Triple Jump	Shot Put / Discus
<b>U/11</b>	Long Jump	81m Hurdles	150m	1500m	Discus
<b>U/12</b>	Long Jump	81m Hurdles	150m	1500m	Discus
<b>U/13</b>	Shot Put	81m Hurdles	150m	1500m	High Jump
<b>U/14</b>	Shot Put	81/90m Hurdles	150m	1500m	High Jump
<b>U/15</b>	Shot Put	90/100m Hurdles	150m	1500m	High Jump
<b>U/16</b>	Shot Put	90/100m Hurdles	150m	1500m	High Jump

Note: Programs Are Subject To Change

# EXPERIENCE AUSTRALIA'S LEADING PHYSIOTHERAPY AND WELLNESS GROUP



Back in Motion Health Group  
wants to help you and your  
kids stay healthy and active!

So we'd like to give you:

- \$40 voucher for each member and each member of their family
- Free Assessments at our clinic every Monday between 5-6pm
- Cost price sporting products to all members
- Free access to 24 hour injury advice line

Proudly Sponsoring  
Chelsea Little Athletics



**physiotherapy**  
massage **pilates**  
personal training

**Aspendale Gardens**  
**1 Forbes Drive**  
**Ph 9580 1985**

**1300 MY HEALTH**  
24 Hour Free Injury Advice - 0419 132 894  
[www.backinmotion.com.au](http://www.backinmotion.com.au)

## COMPETITION/CENTRE RULES

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. **A Parent or Guardian must be in attendance at all times.** Children should not be dropped off and left unsupervised. This is especially important if a competition day is cancelled or abandoned due to bad weather.
4. **Footwear:** Running shoes must be worn for all events, including training sessions. **Spikes** may be worn by the U12 age group 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.
5. **Clothing:** Club uniforms are to be worn on normal competition days. Shorts are to be to LAV requirements (10cm above the knee). The **Centre uniform** is to be **worn only** at **State** and **Regional** Championship events, **Open Day** or **Medallion Day** competition. Athletes wearing the Centre uniform on normal competition days may lose points accumulated on the day for their Club. Full length leggings, tracksuits (pants or tops), and windcheaters are not permitted. Athletes should remove these prior to an event, in the case of a field event they may re-apply them after each trial. All Centres have a responsibility to LAV's major sponsor to display their Brand.
6. Children **must** have their name and age group **clearly** displayed on their uniform using the LAV name tag supplied when registering. We would also recommend noting any allergies that your child has on the back of the tag.
7. **Hurdles** commence at Under 8, the **High Jump, Triple Jump, and 800m** events at Under 9, and the **1500m** event at Under 11. The walk event is no longer contested at Chelsea.
8. **Javelin** commences at Under 8, with Athletes using a lightweight plastic "Turbo-Jav" until Under 10. The Under 11 age group and upwards use a real javelin. The javelin event is considered to be dangerous, and only one javelin per group should be in use at any time to reduce the chance of an injury.
9. **Equipment:** The unsupervised use of any equipment on competition days is not permitted. If any breakage of equipment occurs or it is noted that equipment is missing, a Committee member should be notified so that this can be corrected prior to the next competition day.
10. **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. All events up to 400m are electronically timed. Hand timing applies for all other running events.
11. **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, i.e. between the marked lines.
12. **Starting:** Athletes in U/12 and above age groups must use a crouch start. Younger age groups may also use a crouch start however it is not a requirement.
13. **Coaches** for relay teams will be selected by the Centre Committee, based on nominations received.
14. **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.**
15. **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.
16. The **rules of a competition event** unless otherwise specified are those implemented by LAV. [https://console.clubsonline.com.au/customitem/attachments/VLAA REG8 Competition Regulations 2009.pdf](https://console.clubsonline.com.au/customitem/attachments/VLAA%20REG8%20Competition%20Regulations%202009.pdf)
17. **Centre Records must be validated** by two **Centre Committee Executive members, or** the following **authorised Centre Members;** Michael Stock, Andrew Holten, Carlo Ballerini, Richard Cullen, and Anthony Cafarella. Full electronic timing applies for track events up to 400m. Hand times apply for 800m and 1500m events. If a field event record is believed to have been broken then the spike marking the distance obtained **must** remain in place or the cross-bar must not be adjusted in the case of the High Jump, **until the measurement can be verified.** In the case of a throwing event, the discus, shot put, or javelin used by the athlete should be identified.

(The above is intended as a general set of Centre Rules only, and is not an exhaustive list.)





## *MACDONALD BATHROOM RESTORATIONS*

*(INCLUDING NEW AND REPAIRS)*

***Discount for centre members***

*CAMERON A. MACDONALD*

*2 KALANG COURT*

*PATTERSON LAKES VIC 3197*

*9772 2062 / 0418 313 668*



## LITTLE ATHLETICS CHELSEA - CENTRE CHAMPIONS HONOUR BOARD

Season	Boys	Girls
1969/70	K. Greenwood	D. Gail
1970/71	Peter Bresnanhan	Cathy Pert
1971/72	Andrew Sinclair	Melindy Davis
1972/73	Glen Philbey	Mandy Davidson
1973/74	Kevin Naismith	Melindy Davis
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 & Steven Connolly	Louise Macklin & Jemima Butterfield
1987/88	Brock Fletcher & 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 & Ruby Holten
2005/06	Thomas Senior	Madeline Dunne
2006/07	Trent Scheirs	Ruby Holten
2007/08	Sean Hendricks	Nicola Deacon
2008/09	Tristan Scheirs	Taylah Nelson
2009/10	Tristan Scheirs	Tiana Scheirs





## LITTLE ATHLETICS CHELSEA 2009/10 CENTRE AWARDS



**John Ellem Award**  
**Taylah Nelson**



**Boys Centre Champion**  
**Tristan Scheirs**



**Girls Centre Champion**  
**Tiana Scheirs**



**President's Award**  
**Jessica Crawford**



## LITTLE ATHLETICS CHELSEA 2009/10 CENTRE AWARDS



**Senior Boys  
Short Track**  
Trent Scheirs



**Senior Girls  
Short Track**  
Kirsten Holland



**Junior Boys  
Short Track**  
Tristan Scheirs



**Junior Girls  
Short Track**  
Tiana Scheirs



**Senior Boys  
Long Track**  
Lachlan Stock



**Senior Girls  
Long Track**  
Monique Meade



**Junior Boys  
Long Track**  
Daniel Vella



**Junior Girls  
Long Track**  
Tiana Scheirs



**Senior Boys  
Jumping**  
Trent Scheirs



**Senior Girls  
Jumping**  
Monique Meade



**Junior Boys  
Jumping**  
Tristan Scheirs



**Junior Girls  
Jumping**  
Bridie Kelly



**Senior Boys  
Throwing**  
Aaron MacDonald



**Senior Girls  
Throwing**  
Tamara Ballerini



**Junior Boys  
Throwing**  
Tristan Scheirs



**Junior Girls  
Throwing**  
Tiana Scheirs



**On Track - Boys  
Track Champion**  
Jonathan Mastorakos



**On Track - Girls  
Track Champion**  
Alex MacNab



**On Track - Boys  
Field Champion**  
Zakk Tsakoumangos



**On Track - Girls  
Field Champion**  
Claudia Cazaux



## LITTLE ATHLETICS CHELSEA 2009/10 CENTRE AWARDS

### John Ellem Award

Taylah Nelson

Panthers

44 PBs

### Centre Champions

Boys

Tristan Scheirs

Girls

Tiana Scheirs

### President's Award

Jessica Crawford

### Category Champions

#### SENIOR

Long Track  
Short Track  
Jumping  
Throwing

#### GIRLS

Monique Meade  
Kirsten Holland  
Monique Meade  
Tamara Ballerini

#### BOYS

Lachlan Stock  
Trent Scheirs  
Trent Scheirs  
Aaron MacDonald

#### JUNIOR

Long Track  
Short Track  
Jumping  
Throwing

#### GIRLS

Tiana Scheirs  
Tiana Scheirs  
Bridie Kelly  
Tiana Scheirs

#### BOYS

Daniel Vella  
Tristan Scheirs  
Tristan Scheirs  
Tristan Scheirs

#### ON TRACK

Field Champion  
Track Champion

#### GIRLS

Claudia Cazaux  
Alex MacNab

#### BOYS

Zakk Tsakoumangos  
Jonathan Mastorakos

### Recognition Plaque - 10 Years Of Competing

Tamara Ballerini  
Aaron MacDonald

Jessica Crawford  
Jessica Mellett



## LITTLE ATHLETICS CHELSEA CLUB PREMIERSHIP SHIELD

Season	Premier Club	Runner Up	Third
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
2006/07	Panthers	Roadrunners	Redbacks
2007/08	Panthers	Redbacks	Roadrunners
2008/09	Panthers	Roadrunners	Redbacks
2009/10	Panthers	Roadrunners	Redbacks



## LITTLE ATHLETICS CHELSEA 2009/10 CLUB AWARDS

### ROADRUNNERS

#### CLUB CHAMPIONS

Boys Jack Congues

Girls Erin Reilly

#### PRESIDENTS AWARD

Kyle Smith

#### P.B. AWARD

Chloe Ludwig

#### AGE CHAMPIONS

##### AGE GROUP

##### GIRLS

##### BOYS

U8

Erin Reilly

Max McCulloch

U9

Bridie Kelly

Jack Congues

U10

Elyse Congues

-

U11

Isabella Tritsinotis

Scot Lamont

U12

Alicia Menhennitt

Noah Fleming

U13

Justyna Cyza

Rhys Howlett

U14

Tamara Ballerini

-

U15

Jessica Patton

-





## LITTLE ATHLETICS CHELSEA 2009/10 CLUB AWARDS

### REDBACKS

#### CLUB CHAMPIONS

Boys Angus Scott

Girls Madison O'Reilly

#### PRESIDENTS AWARD

Jodie Cullen

#### P.B. AWARD

Tom Kercheval

#### AGE CHAMPIONS

##### AGE GROUP

##### GIRLS

##### BOYS

U8

Rachel Aitken

Alex Kubenko

U9

Maddalyn Eden-Willis

Max Sustar

U10

Tayla Tucker

-

U11

Madison O'Reilly

Bailey Carratello

U12

Abbey Kishere

Deen Roussety

U13

Hayley Farnan

-

U14

Alice Holten

Jack Holden

U15

Shaheera Crawford

Angus Scott



## LITTLE ATHLETICS CHELSEA 2009/10 CLUB AWARDS

### PANTHERS

#### CLUB CHAMPIONS

Boys                      Tristan Scheirs

Girls                      Tiana Scheirs

#### PRESIDENTS AWARD

Stuart Cafarella

#### P.B. AWARD

Taylah Nelson

#### AGE CHAMPIONS

##### AGE GROUP

##### GIRLS

##### BOYS

U8

Tiana Scheirs

Samson Melatua

U9

Ciara Murray

James Hendricks

U10

Taylah Nelson

Tristan Scheirs

U11

Courtney Smith

Jackson Connor

U12

Kirsten Holland

Trent Scheirs

U13

Caibiran Deas

Blake Anderson

U14

Caitlin Stiles

Lachlan Stock

U15

Jessica Mellett

Kyle Anderson

U16

Monique Made

Alexander Stock

# BOYS CENTRE RECORDS

UNDER 6	70m	Jeremy Ockerby (R)	13.16	2009/10	7/11/2009
	100m	Jay Tilley (P)	18.13	1985/86	
	150m	Jeremy Ockerby (R)	28.81	2009/10	28/11/2009
	400mW	A Dalrymple (P)	2:47.10	1981	
	50m	Travis Hopgood (R)	9.40	1981	
	DIS	D Costanzo (R)	14.03	1980	
	LJ	Chad Liddell (P)	2.78	1983	
	LJ	Martin Watts (A)	2.78	1985	
	SP	Jay Tilley (P)	5.39	1986	

UNDER 7	50m	Thomas Senior (R)	8.51	1997/98	29/03/1998
	60mH	D Costello (P)	12.10	1979	
	70m	Rod Ockerby (A)	11.20	1974	
	81mH (45cm)	James Norton (R)	18.09	1992/93	28/03/1993
	90mH	Ben Adams (P)	19.60	1988	
	100m	Kevin Naismith (A)	16.30	1972	
	150m	Ryan Green (R)	26.76	1991/92	
	200m	Brett Callaghan (A)	35.30	1981	
	400mW	M Aylen (A)	2:31.10	1978	
	DIS	Chad Liddell (P)	20.30	1984	
	JAV (Turbo)	Zachary Graham (A)	11.65	2001/02	24/11/2001
	LJ	Kevin Naismith (A)	3.48	1972	
	SP	Chad Liddell (P)	7.06	1984	

UNDER 8	60mH	A Sinclair (R)	10.90	1971	
	70m	Kevin Naismith (A)	11.00	1973	
	81mH (45cm)	Dylan Shiel (A)	16.66	2000/01	25/11/2000
	90mH	J Dowling (R)	17.80	1988	
	100m	A Mathers (R)	15.40	1972	
	200m	D Gill (A)	33.60	1977	
	400m	Kevin Naismith (A)	1:15.80	1973	
	150m	Mark Occhipinti (R)	24.40	1989	
	50m	Mark Occhipinti (R)	8.30	1989	
	700mW	A Snowden (R)	4:12.20	1981	
	DIS	Kallai Meehan (P)	25.26	1994/95	26/03/1995
	JAV (Turbo)	Tristan Scheirs (P)	17.06	2007/08	1/03/2008
	LJ	Kevin Naismith (A)	3.68	1973	
	SP	Matthew Johansson (A)	7.34	1999/2000	11/03/2000

# BOYS CENTRE RECORDS

UNDER 9	60mH	Trent Downie (A)	9.50	1990	
	70m	A Mathers (R)	10.10	1974	
	81mH (45cm)	L Taylor (A)	14.62	1992/93	28/03/1993
	90mH	Brock Fletcher (A)	15.90	1987	
	100m	R Carey (R)	15.10	1971	
	200m	D Eden (R)	29.70	1970/71	
	200m	Wayne Killender (R)	29.70	1970/71	
	400m	I Sykes (R)	1:14.00	1972	
	800m	S Gray (A)	2:39.00	1976	
	1100mW	Cameron Riley (A)	6:47.00	1987	
	150m	Mark Occhipinti (R)	23.50	1990	
	DIS	Kallai Meehan (P)	26.01	1995/96	2/12/1995
	HJ	Glen Philbey (P)	1.28	1972	
	JAV (Turbo)	Tristan Scheirs (P)	21.71	2008/09	23/01/2009
	LJ	Brett Callaghan (A)	4.05	1983	
	SP	Matthew Johansson (A)	8.38	2000/01	3/02/2001
	TJ	Brett Callaghan (A)	8.69	1983	

UNDER 10	60mH	Brett Callaghan (A)	9.70	1984	
	70m	S Mathers (R)	10.00	1972	
	81mH (60cm)	Tristan Scheirs (P)	15.36	2009/10	22/01/2010
	90mH	M Whitelaw (R)	15.10	1986	
	100m	Brett Callaghan (A)	14.50	1984	
	200m	S Imer (R)	29.90	1973	
	400m	Brett Callaghan (A)	1:08.60	1984	
	800m	A Best (A)	2:34.00	1977	
	1100mW	Matthew Jamieson (A)	6:28.10	1987	
	150m	M Jackson (R)	23.20	1990	
	DIS	Kallai Meehan (P)	31.92	1996/97	23/03/1997
	HJ	Glen Philbey (P)	1.38	1974	
	JAV (Turbo)	Tristan Scheirs (P)	28.55	2009/10	13/03/2010
	LJ	S Gray (A)	4.58	1977	
	SP	Geoff Deas (P)	9.26	1974	
	TJ	Tristan Scheirs (P)	9.44	2009/10	07/11/2009

UNDER 11	60mH	Brett Callaghan (A)	9.70	1985	
	70m	Jason Quinn (R)	9.40	1985	
	81mH (60cm)	Radel Fleming (R)	14.16	2004/05	27/11/2004
	90mH	Brett Callaghan (A)	14.90	1985	
	100m	Jason Quinn (R)	13.10	1985	
	150m	B Jackson (R)	21.41	1992/93	19/12/1992
	200m	Brett Callaghan (A)	28.30	1985	
	400m	Brett Callaghan (A)	1:01.40	1985	
	800m	Bradley Dick (P)	2:33.20	1986	
	1500mW	Steven Brown (R)	8:06.90	1983	
	1500m	Travis Johnstone (P)	5:15.20	1990/91	
	DIS	Eamon Mathieson (P)	32.40	1980	
	HJ	Glen Philbey (P)	1.49	1974	
	JAV (400gm)	Luke Smith (R)	33.70	2002/03	22/03/2003
	LJ	S Gray (A)	4.88	1978	
	SP (2kg)	Matthew Johansson (A)	10.52	2002/03	23/11/2002
	TJ	Brett Callaghan (A)	10.57	1985	

# BOYS CENTRE RECORDS

UNDER 12	60mH	Brett Callaghan (A)	9.50	1986	
	70m	Jason Quinn (R)	9.20	1986	
	90mH	Brett Callaghan (A)	14.10	1986	
	100m	Jason Quinn (R)	13.10	1986	
	150m	Radel Fleming (R)	20.67	2005/06	29/10/2005
	200m	Jason Quinn (R)	28.40	1986	
	400m	Jason Quinn (R)	1:01.90	1986	
	800m	Bradley Dick (P)	2:32.90	1987	
	1500m	R Elphinstone (R)	5:05.00	1971	
	1500mW	Bradley Dick (P)	7:35.20	1987	
	81mH	David Sparks (R)	13.73	1994/95	28/01/1995
	DIS	Kallai Meehan (P)	31.36	1998/99	27/02/1999
	HJ	Glen Philbey (P)	1.57	1975	
	JAV (400gm)	Luke Smith (R)	34.07	2003/04	4/10/2003
	LJ	S Gray (A)	5.11	1979	
	SP	Jason Quinn (R)	10.18	1986	
	TJ	Jason Quinn (R)	10.56	1986	

UNDER 13	60mH	Brett Callaghan (A)	9.40	1987	
	70m	Mark Occhipinti (R)	9.53	1993/94	26/02/1994
	90mH	Chris Ascuncion (R)	14.76	1991/92	
	100m	Brett Callaghan (A)	13.00	1987	
	150m	Chris Ascuncion (R)	19.83	1991/92	
	200m	Chris Ascuncion (R)	26.31	1991/92	
	300mH (68cm)	Sean Hendricks (P)	48.24	2006/07	14/10/2006
	400m	Sean Hendricks (P)	1:00.50	2006/07	24/02/2007
	800m	Jake Townley (P)	2:23.76	2006/07	24/03/2007
	1500mW	S Brown (R)	8:21.30	1984	
	1500m	Clinton Perrett (P)	5:05.01	1995/96	2/03/1996
	81mH (76cm)	David Sparks (R)	14.01	1995/96	24/03/1996
	DIS	Aaron MacDonald (P)	32.28	2006/07	24/03/2007
	HJ	Trent Downie (A)	1.60	1993/94	27/03/1994
	JAV (600gm)	Luke Smith (R)	39.71	2004/05	5/02/2005
	LJ	Luke Smith (R)	5.32	2004/05	10/12/2004
	SP	Aaron MacDonald (P)	11.21	2006/07	10/03/2007
	TJ	Chris Ascuncion (R)	11.27	1991/92	

UNDER 14	60mH	Brendon Bride (R)	9.80	1989/90	
	70m	Mark Occhipinti (R)	9.10	1994/95	26/03/1995
	90mH	Sean Hendricks (P)	13.80	2007/08	9/02/2008
	100m	Sean Hendricks (P)	12.59	2007/08	23/02/2008
	150m	Ryan Holt (R)	18.90	1990/91	
	200m	Mark Occhipinti (R)	25.68	1994/95	25/02/1995
	300mH	Sean Hendricks (P)	43.46	2007/08	2/02/2008
	400m	Sean Hendricks (P)	56.92	2007/08	8/12/2007
	800m	Jake Townley (P)	2:19.14	2007/08	1/03/2008
	1500mW	Steele Irish (R)	8:33.20	1988	
	1500m	Jake Townley (P)	4:56.33	2007/08	1/12/2007
	DIS	Aaron MacDonald (P)	39.98	2007/08	2/02/2008
	HJ	Laurence Angwin (R)	1.68	1996/97	23/03/1997
	JAV (600gm)	Jake MacDonald (P)	34.61	2009/10	30/01/2010
	LJ	Mark Occhipinti (R)	5.40	1994/95	11/03/1995
	SP	Jarrold Harris (R)	13.19	1994/95	26/03/1995
	TJ	Laurence Angwin (R)	11.59	1996/97	23/03/1997



# BOYS CENTRE RECORDS

<b>UNDER 15</b>	60mH	Leigh Harris (P)	9.60	1989/90	
	70m	Sean Hendricks (P)	8.56	2008/09	7/02/2009
	90mH	Brendon Bride (R)	14.20	1990/91	
	100m	Sean Hendricks (P)	12.33	2008/09	29/11/2008
	100mH	Sean Hendricks (P)	13.88	2008/09	14/03/2009
	200m	Brendon Bride (R)	25.10	1990/91	
	300mH	Sean Hendricks (P)	41.46	2008/09	7/03/2009
	400m	Brendon Bride (R)	56.30	1990/91	
	800m	Angus Scott (R)	2:15.49	2009/10	6/03/2010
	150m	Mark Occhipinti (R)	18.11	1995/96	9/12/1995
	1500mW	Steven Bown (P)	7:49.00	1989/90	
	1500m	Jake Townley (P)	4:50.05	2008/09	18/10/2008
	DIS (1kg)	Jarrold Harris (R)	42.82	1995/96	25/11/1995
	HJ	Laurence Angwin (R)	1.82	1997/98	22/11/1997
	JAV (600gm)	Jeffrey Jambu (P)	35.44	2006/07	18/11/2006
	LJ	Laurence Angwin (R)	5.67	1997/98	31/01/1998
	SP (4kg)	Jarrold Harris (R)	13.32	1995/96	24/03/1996
	TJ	Laurence Angwin (R)	12.35	1997/98	29/11/1997

<b>UNDER 16</b>	70m	Daniel Browne (RR)	8.88	2006/07	9/12/2006
	100m	Daniel Browne (RR)	12.23	2006/07	9/12/2006
	100mH	Daniel Browne (RR)	14.94	2006/07	10/02/2007
	150m	Thomas Senior (RR)	18.46	2006/07	3/03/2007
	150m	Daniel Browne (RR)	18.46	2006/07	3/03/2007
	200m	Brendon Bride (R)	25.29	1991/92	10/03/2007
	300mH	Brendon Bride (R)	42.80	1991/92	
	400m	Brendon Bride (R)	57.18	1991/92	
	800m	Brendon Bride (R)	2:21.00	1991/92	
	1500m	Andrew Fyans (A)	4:58.92	2004/05	18/12/2004
	DIS (1kg)	Aaron MacDonald (P)	47.41	2009/10	27/03/2010
	HJ	Laurence Angwin (R)	1.85	1998/99	5/12/1998
	JAV (600gm)	Jeffrey Jambu (P)	36.07	2007/08	23/02/2008
	LJ	Daniel Browne (RR)	5.94	2006/07	3/02/2007
	SP (4kg)	Jarrold Harris (S)	13.32	1996/97	2/11/1996
	TJ	Laurence Angwin (R)	12.70	1998/99	24/10/1998

Please let the Centre Committee know if you believe there should be a correction to a Centre Record.

# GIRLS CENTRE RECORDS

UNDER 6	70m	Catherine Jamieson (A)	13.60	1984/85	
	70m	B Harding (A)	13.60	1987	
	100m	Catherine Jamieson (A)	19.50	1984/85	
	200m	P Leeds (R)	42.20	1982	
	400mW	Ainsley Hudgson (A)	2:54.36	1991/92	
	150m	Caris Macinnes (A)	30.01	1994/95	26/03/1995
	50m	Madeleine Storan (P)	9.57	1995/96	4/11/1995
	DIS	Lauren Blunt (P)	11.95	1992/93	6/03/1993
	LJ	Catherine Jamieson (A)	2.99	1984/85	
	SP	Lauren Blunt (P)	4.64	1992/93	4/03/1993

UNDER 7	60mH	Leigh Davis (A)	12.80	1971	
	70m	Mandy Davidson (A)	11.60	1970	
	81mH (45cm)	Emily Johnston (R)	18.50	1998/99	28/03/1999
	90mH	Catherine Jamieson (A)	20.00	1985/86	
	100m	Mandy Davidson (A)	16.60	1970	
	150m	Emily Johnston (R)	28.06	1998/99	23/01/1999
	200m	P Leeds (R)	37.80	1983	
	400mW	A Mitchell (P)	2:32.00	1979	
	150m	Katrina Iles (P)	28.06	1993/94	18/12/1993
	50m	T Webb (P)	9.10	1980	
	50m	Catherine Jamieson (A)	9.10	1985/86	
	DIS	Lauren Blunt (P)	13.94	1993/94	27/03/1994
	JAV (Turbo)	Nicola Deacon (P)	7.35	2001/02	9/02/2002
	LJ	Catherine Jamieson (A)	3.26	1985/86	
	SP	Johanna Selhorst (R)	5.78	2007/08	3/11/2007

UNDER 8	60mH	N Clerke (P)	11.30	1979	
	70m	Mandy Davidson (A)	11.40	1971	
	81mH (45cm)	Kate Storan (P)	16.32	1998/99	5/12/1998
	90mH	Catherine Jamieson (A)	18.80	1986/87	
	100m	Mandy Davidson (A)	15.60	1971	
	150m	Megan Rosenbrock (A)	25.50	2000/01	10/03/2001
	200m	Mandy Davidson (A)	34.30	1971	
	400m	Tiana Scheirs (P)	1:21.64	2009/10	27/02/2010
	700mW	Catherine Jamieson (A)	4:41.60	1986/87	
	50m	Alicia Gray (A)	8.50	1981	
	DIS	Tamara Ballerini (R)	17.71	2003/04	
	JAV (Turbo)	Erin Reilly (RR)	12.05	2009/10	6/03/2010
	LJ	Alicia Gray (A)	3.45	1981	
	SP	Kylie Aburrow (A)	6.39	1985/86	

# GIRLS CENTRE RECORDS

UNDER 9	60mH	L Jellie (P)	10.80	1973	
	70m	Melindy Davis (R)	10.30	1971	
	81mH (45cm)	Rachael Evans (R)	15.29	1999/2000	26/03/2000
	90mH	Jemima Butterfield (P)	16.40	1985/86	
	100m	Mandy Davidson (A)	15.40	1972	
	150m	S Kilby (P)	25.90	1990/91	
	200m	J Bourne (R)	32.90	1979	
	400m	Alicia Gray (A)	1:17.10	1982	
	800m	K Mohr (R)	2:56.90	1973	
	1100mW	Carly Prosser (A)	6:28.10	1984	
	DIS (500gm)	Tamara Ballerini (R)	20.24	2004/05	11/03/2005
	HJ	Rebecca Deacon (P)	1.10	2001/02	9/02/2002
	HJ	C Joyce (A)	1.10	1980	
	HJ	K Lambert (A)	1.10	1982	
	HJ	Fiona Harris (R)	1.10	1986/87	
	HJ	Melissa Cordy (A)	1.10	1988/89	
	JAV (Turbo)	Tamara Ballerini (R)	14.36	2004/05	18/12/2004
	LJ	K Webb (P)	3.70	1980	
	SP	J Pinsent (A)	6.20	1972	
	TJ	Alicia Gray (A)	8.35	1982	

UNDER 10	60mH	J Egan (P)	10.00	1981	
	70m	A Ockerby (A)	10.30	1972	
	70m	Kim Rymer (P)	10.30	1972	
	70m	Melindy Davis (R)	10.30	1972	
	81mH (60cm)	Rachael Evans (R)	16.12	2000/01	17/03/2001
	90mH	Fiona Harris (R)	15.90	1987/88	
	100m	Mandy Davidson (A)	14.50	1973	
	150m	Belinda Gray (A)	23.70	1989/90	
	200m	Melindy Davis (R)	29.50	1972	
	400m	Alicia Gray (A)	1:12.10	1983	
	800m	Carly Prosser (A)	2:52.20	1984/85	
	1100mW	Carly Prosser (A)	6:10.10	1984/85	
	DIS (500gm)	Tamara Ballerini (R)	26.18	2005/06	12/03/2006
	HJ	Jacqui Dugdale (P)	1.24	1998/99	28/03/1999
	JAV (Turbo)	Tamara Ballerini (R)	17.61	2005/06	5/11/2005
	LJ	Alicia Gray (A)	4.05	1983	
	SP	Tamara Ballerini (R)	7.32	2005/06	28/01/2006
	TJ	Alicia Gray (A)	9.00	1983	

# GIRLS CENTRE RECORDS

UNDER 11	60mH	Alicia Gray (A)	10.30	1984	
	70m	Alicia Gray (A)	10.10	1984	
	90mH	Fiona Harris (R)	17.00	1988/89	
	100m	Jessica Dalton (A)	13.24	1996/97	23/03/1997
	200m	Kim Rymer (P)	31.30	1973	
	400m	Alicia Gray (A)	1:10.40	1984	
	800m	Carly Prosser (A)	2:45.00	1985/86	
	150m	Tegan Fletcher (A)	22.66	1994/95	11/02/1995
	1500m	J Franken (R)	5:36.20	1983	
	1500mW	Sarah Alexander (A)	8:27.06	1999/2000	22/10/1999
	81mH (60cm)	Anne Hibberd (A)	15.12	1993/94	27/03/1994
	DIS	Jaclyn Hles (P)	23.21	1994/95	11/03/1995
	HJ	C Joyce (A)	1.33	1982	
	JAV (400gm)	Emily Johnston (R)	21.76	2002/03	22/03/2003
	LJ	Alicia Gray (A)	4.44	1984	
	SP	Y Parker (R)	9.00	1982	
	TJ	Alicia Gray (A)	10.00	1984	

UNDER 12	60mH	K Kilpatrick (A)	9.70	1979	
	70m	Melindy Davis (R)	9.70	1974	
	70m	Kim Rymer (P)	9.70	1974	
	81mH (68cm)	Carly Chapman (A)	13.84	1997/98	29/03/1998
	90mH	Alicia Gray (A)	15.30	1985	
	100m	Melindy Davis (R)	13.70	1974	
	200m	Melissa Cordy (A)	29.46	1991/92	
	400m	Alicia Gray (A)	1:06.70	1985	
	800m	K Kilpatrick (A)	2:41.00	1979	
	150m	Tegan Fletcher (A)	21.66	1995/96	9/12/1995
	1500mW	J Sullivan (R)	8:25.00	1984	
	1500m	Carly Prosser (A)	5:29.30	1987	
	DIS	Melindy Davis (R)	31.30	1974	
	HJ	Jessica Dalton (A)	1.42	1997/98	29/03/1998
	JAV (400gm)	Emily Johnston (R)	26.02	2003/04	21/02/2004
	LJ	Alicia Gray (A)	4.74	1985	
	SP	Melindy Davis (R)	9.68	1974	
	TJ	Alicia Gray (A)	10.59	1985	

UNDER 13	60mH	Alicia Gray (A)	9.90	1986	
	70m	J Dalrymple (P)	9.90	1984	
	90mH	Alicia Gray (A)	14.70	1986	
	100m	Alicia Gray (A)	13.90	1986	
	150m	Carly Chapman (A)	20.71	98/98	28/11/1998
	200m	Carly Chapman (A)	28.51	1998/99	17/10/1998
	300mH	Marisa Butterfield (P)	50.70	1994/95	11/03/1995
	400m	K Thompson (A)	1:00.00	1979	
	800m	Marisa Butterfield (P)	2:39.83	1994/95	11/02/1995
	1500mW	S Prosser (A)	8:15.10	1985	
	1500m	Evette Cordy (A)	5:39.70	1986	
	81mH (76cm)	Marisa Butterfield (P)	14.46	1994/95	26/03/1995
	DIS	Tamara Ballerini (RR)	31.26	2008/09	7/02/2009
	HJ	Jessica Dalton (A)	1.44	1998/99	5/12/1998
	JAV (400gm)	Emily Johnston (R)	30.06	2004/05	5/02/2005
	LJ	Alicia Gray (A)	5.06	1986	
	SP	C Van Buren (P)	9.24	1984	
	TJ	Alicia Gray (A)	11.10	1986	



# GIRLS CENTRE RECORDS

UNDER 14	60mH	Evette Cordy (A)	9.60	1987	
	70m	Tegan Fletcher (A)	9.62	1997/98	29/03/1998
	90mH	K Scanlon (A)	14.70	1988	
	100m	Tegan Fletcher (A)	13.60	1997/98	21/02/1998
	200m	Alicia Gray (A)	27.70	1987	
	300mH	Marisa Butterfield (P)	49.83	1995/96	24/03/1996
	400m	Alicia Gray (A)	1:05.80	1987	
	800m	Natasha Riley (A)	2:34.50	1990/91	
	150m	Alicia Gray (A)	20.60	1987	
	1500mW	K Brown (R)	8:09.40	1984	
	1500m	Evette Cordy (A)	5:39.50	1987	
	81mH	Marisa Butterfield (P)	13.73	1995/96	24/03/1996
	DIS	Tamara Ballerini (RR)	30.72	2009/10	06/02/2010
	HJ	Fiona Harris (R)	1.53	1991/92	
	JAV (600gm)	Emily Johnston (R)	29.28	2005/06	12/11/2005
	LJ	Alicia Gray (A)	5.20	1987	
	SP	Heidi Weiland (P)	10.72	1985	
	TJ	Alicia Gray (A)	11.42	1987	

UNDER 15	60mH	Evette Cordy (A)	9.80	1988	
	70m	Evette Cordy (A)	9.50	1988	
	90mH	Evette Cordy (A)	14.20	1988	
	100m	Tegan Fletcher (A)	13.24	1998/99	6/03/1999
	150m	Tegan Fletcher (A)	19.72	1998/99	28/11/1998
	200m	Tegan Fletcher (A)	27.59	1998/99	27/02/1999
	300mH	Marisa Butterfield (P)	48.71	1996/97	14/12/1996
	400m	Natasah Riley (A)	1:04.48	1991/92	
	800m	Marisa Butterfield (P)	2:33.94	1996/97	8/03/1997
	1500m	Evette Cordy (A)	5:22.30	1988	
	1500mW	Elizabeth Dornom (A)	8:41.94	1994/95	29/10/1994
	DIS	Ruby Holten (R)	28.88	2007/08	2/02/2008
	HJ	Rebecca Deacon (P)	1.56	2007/08	20/10/2007
	JAV (600gm)	Melissa Cafarella (P)	23.58	2008/09	31/01/2009
	LJ	Fiona Harris (R)	5.33	1992/93	28/03/1993
	SP	Gemma Walter (R)	9.55	2006/07	24/02/2007
	TJ	Alicia Gray (A)	11.30	1988	

UNDER 16	70m	Marisa Butterfield (P)	9.72	1997/98	22/11/1997
	90mH	Ruby Holten (R)	14.60	2008/09	14/03/2009
	100m	Ruby Holten (R)	13.65	2008/09	25/10/2008
	150m	Ruby Holten (R)	20.48	2008/09	5/12/2008
	200m	Ruby Holten (R)	28.49	2008/09	23/01/2009
	300mH	Marisa Butterfield (P)	50.21	1997/98	15/11/1997
	400m	Natasha Riley (S)	1:07.18	1992/93	6/02/1993
	800m	Elizabeth Dornom (A)	2:47.97	1995/96	25/11/1995
	1500m	Monique Meade (P)	6:25.10	2009/10	13/02/2010
	DIS	Ruby Holten (R)	26.98	2008/09	5/12/2008
	HJ	Marisa Butterfield (P)	1.40	1997/98	22/11/1997
	HJ	Monique Meade (P)	1.40	2009/10	13/02/2010
	JAV (600gm)	Melissa Cafarella (P)	24.46	2009/10	30/01/2010
	LJ	Ruby Holten (R)	4.99	2008/09	11/10/2008
	SP	Natasha Riley (S)	8.70	1992/93	6/02/1993
	TJ	Ruby Holten (R)	10.03	2008/09	25/10/2008

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