

IPSWICH LITTLE ATHLETICS CENTRE

2024/2025 HANDBOOK



Family Fun and Fitness

Bill Paterson Oval
Lion Street, Ipswich

Commenced Ipswich: 1981
Established Bundamba: 1976

www.ipswichla.org.au

CODES OF CONDUCT

These Codes of Conduct have been developed for use in sporting programs with children. As a community activity utilising sport to foster the development of Australia's children, Little Athletics totally endorses these Codes for its participants. Winning, of course, is a vital part of that tradition - but not as important as the spirit in which the sport is played; that is, commitment to fair play. All members of Ipswich Little Athletics Centre are requested to read the Codes of Conduct and abide by their philosophy. For information on other policies please visit the Little Athletics Queensland website www.laq.org.au.

ATHLETE

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

COACH

- Actively discourage foul play and/or unsportsmanlike behaviour by athletes.
- Seek to maximise the participation and enjoyment of all athletes regardless of ability; avoid the tendency to over-use a talented athlete; treat all athletes as equals, regardless of their talent.
- Show concern and caution towards all sick and injured athletes. Follow the advice of a physician and/or sports trainer to the letter when determining when an injured athlete is ready to recommence training or competition.
- Teach athletes that an honest effort and competing to the best of their ability is as important as victory.
- Maintain a thorough knowledge of the rules of competition and keep abreast of current coaching methods.
- Maintain or improve your current accreditation level.
- Always consider the health, safety and welfare of the athletes.
- Teach young athletes to realise that there is a big gap between their ability and the professional athlete. Do not coach them as if they are professionals.
- Ensure that your coaching reflects the level of the competition being involved with and don't be a 'winner at all costs' coach.
- As coach, conduct yourself at all times, and in all situations, in a manner that shows leadership, respect for the sport of Little Athletics and respect for all those that are involved in the sport – athletes, officials, spectators, parents and the media.

OFFICIAL

- Be impartial! Also, be consistent, objective and courteous.
- Place the safety and welfare of the athletes above all else. Be alert to minimise dangerous physical play, fair or foul, especially during competition days.
- Accept responsibility for all actions taken.
- Avoid any form of verbal conflict with coaches, team officials, parents and spectators during competition.
- Avoid any situation which may lead to a conflict of interest, both on and off the field.
- Condemn all and every instance of unsportsmanlike, foul or unfair play.
- Set a good example by the way you dress, speak and act towards athletes, coaches, officials, parents and spectators.
- Show concern and caution towards sick and injured athletes.
- Officiate to the age and/or experience of the athletes.


PARENT / SPECTATOR

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

Breaching the Code of Conduct

The Code of Conduct for athletes must be followed by all athletes. The procedure for any breaches of this Code will be dealt with in the following manner. In the first instance, the Centre Manager will speak to the athlete's entire age group. In the second instance, the athlete and parent/carer will be spoken to by the Centre Manager. Ipswich Little Athletics will be guided by the Little Athletics Queensland Behavioural Management Policies (Complaints, Disputes and Discipline Policy, Member Protection Policy, and Child Safeguarding and Young People Policy) found at <https://laq.org.au/about-us-2/policies-and-plans/>.

IPSWICH LITTLE ATHLETICS SAFETY EMERGENCY PLAN

Evacuation process	<p>In the case of an emergency all persons present will be advised by public address system or megaphone to evacuate as quickly as possible to:</p> <ul style="list-style-type: none"> • Salisbury Road end of Bill Paterson Oval • Ipswich Netball carpark • Ipswich AFL carpark <p>STAY CALM</p>
Emergency Services	<div style="display: flex; align-items: center;">  <div> <p>Telephone 000 for Queensland Ambulance, Police Service or Fire Service</p> <p>Closest Hospitals: Ipswich General Hospital and St Andrews Hospital</p> <p>Emergency services may enter via Lion Street carpark and Salisbury Road entrance to oval</p> </div> </div>
Full details are displayed on the centre notice board outside the equipment building and inside the office and canteen	

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COMMITTEE MEMBERS

Ipswich Little Athletics			
Centre Manager	Dan Johnson	0477 366 728	ipsla1981@gmail.com or ipslatreasurer@akhanlon.com
Assistant Centre Manager	Amanda Leadbetter	0422 699 133	
Secretary	Alice Belfield	0427 112 661	
Treasurer	Andrew Hanlon	0407 829 992	
Records Officer	Kristie Parsons	0402 432 217	
Technical Officer	Barry Wenzel	5463 5794	
Registrar	Sam Hayne	0400 746 321	
Canteen Convener	Vacant		
Programs Officer	Jess Hanley	0427 112 661	
Coaching Officer	Cheryl Roney	0427 112 661	
Recorder	Carla Kalweit	0427 112 661	
Officials Officer	Josh Roney	0406 954 461	
Public Relations Officer	Crystal Goulding	0427 112 661	

The Little Athletics motto of 'Family, Fun and Fitness' highlights that it is a community activity involving the whole family on a weekly basis. All Little Athletics centres are volunteer organisations.

Calendar of Events 2024-2025

Month	Date	Day	Event	Location tes
August	20	Tuesday	Sign On and Pack Pick Up	Bill Paterson Oval, Lion St Ipswich
	23	Friday	Sign On and Pack Pick Up Age Marshall Orientation Night 6pm	Bill Paterson Oval, Lion St Ipswich
	25	Sunday	Volunteers Orientation – 9am – 12pm New Officials & Coaches	Bill Paterson Oval, Lion St Ipswich
	27	Tuesday	Sign on and Pack Pick Up Training commences Training continues every Tuesday until the Xmas break	Bill Paterson Oval, Lion St Ipswich
	30	Friday	Orientation Night NEW Families and U9 & U11 for NEW Events	Bill Paterson Oval, Lion St Ipswich
September	6	Friday	Competition	Bill Paterson Oval, Lion St Ipswich
	13	Friday	Competition	Bill Paterson Oval, Lion St Ipswich
	20	Friday	Competition	Bill Paterson Oval, Lion St Ipswich
	21	Saturday	<i>LAQ Coles Spring Carnival</i> Nominations in Results HQ - Close Monday 9th September 9:00am - No Late Nominations	Bundaberg
	27	Friday	Competition	Bill Paterson Oval, Lion St Ipswich
October	4	Friday	Competition	Bill Paterson Oval, Lion St Ipswich
	11	Friday	Competition (International Day of Girls)	Bill Paterson Oval, Lion St Ipswich
	19	Saturday	Ipswich Twilight Carnival Nominations in Results HQ - Close Friday 11th October Late Nominations \$50 - Close Friday 18th October	Bill Paterson Oval, Lion St Ipswich
	26	Saturday	<i>LAQ Coles Summer Carnival</i> Nominations in Results HQ – No Late Nominations Close Monday 14th October 9:00am	SAF, Nathan
	1	Friday	Competition (Halloween Night!)	Bill Paterson Oval, Lion St Ipswich
November	8	Friday	Relay Night – for athletes competing on Sunday	Bill Paterson Oval, Lion St Ipswich
	10	Sunday	<i>Regional Relays – UQ, St Lucia</i> Nominations to the office only - Close 15th October	University of Queensland, St Lucia Back-Up 17th November – Same Location
	15	Friday	Competition	Bill Paterson Oval, Lion St Ipswich
	22	Friday	Competition (World Television Day)	Bill Paterson Oval, Lion St Ipswich
	29	Friday	Competition	Bill Paterson Oval, Lion St Ipswich
December	30	Saturday	<i>McDonalds State Relays</i> For athletes who qualified through Regional Relays	State Athletics Facility, Nathan
	6	Friday	Competition	Bill Paterson Oval, Lion St Ipswich
	10	Tuesday	Final training session before Christmas break	Bill Paterson Oval, Lion St Ipswich
	13	Friday	Xmas Competition (Xmas Night)	Bill Paterson Oval, Lion St Ipswich
	10	Friday	Competition	Bill Paterson Oval, Lion St Ipswich
January	14	Tuesday	Training resumes every Tuesday from this date	Bill Paterson Oval, Lion St Ipswich
	17	Friday	Competition	Bill Paterson Oval, Lion St Ipswich
	24	Friday	Competition (Crazy Hair Night!)	Bill Paterson Oval, Lion St Ipswich
	31	Friday	Competition	Bill Paterson Oval, Lion St Ipswich
	8 & 9	Sat/Sun	Met West Regional Championships Nominations in Results HQ – No Late Nominations Close January 27th 9:00am	University of Queensland, St Lucia Back-Up 15th/16th February
February	14	Friday	Competition	Bill Paterson Oval, Lion St Ipswich
	22	Saturday	ILA Centre Championships - Day 1	Bill Paterson Oval, Lion St Ipswich
	1 & 2	Sat/Sun	LAQ Combined Events Championships Nominations through Results HQ – No Late Nominations Close Monday 17th February 9:00am	State Athletics Facility, Nathan
	8	Saturday	ILA Centre Championships - Day 2	Bill Paterson Oval, Lion St Ipswich
	15	Saturday	ILA Centre Championships - Day 3	Bill Paterson Oval, Lion St Ipswich
March	21, 22 & 23	Fri, Sat, Sun	McDonalds LAQ State Championships For athletes who qualified through Regional Championships	State Athletics Facility, Nathan
	29	Saturday	ILA Centre Championships - Back-Up Day	Bill Paterson Oval, Lion St Ipswich
	TBA	Sat/Sun	Coles ALA Championship - Date TBC	Adelaide
	27	Sunday	Presentation Day	Bill Paterson Oval, Lion St Ipswich
	20	Tuesday	Annual General Meeting - Date TBC	Bill Paterson Oval, Lion St Ipswich
May				

Special Events Information

Ipswich Competitions

Ipswich Little Athletics Twilight Carnival

This is the only fundraising carnival for our Centre. Athletes from other centres are invited to attend.

U6 - 4 events; U7-U17 may compete in 1 to 5 events against visiting athletes. Medals will be awarded to 1st, 2nd & 3rd placegetters in U9-U17 age groups. U6-U8 athletes will receive a participation medal only. Starting time is 1.30pm. Participation in all events at this carnival counts towards centre attendance and achievement points. Nominations are required via Results HQ. Flat nomination fee of \$25, Late nominations accepted for \$50 up until 24 hours prior to carnival.

Ipswich Little Athletics Centre Championships

All athletes are encouraged to nominate for the championships held on **Saturday mornings** as shown in the competition calendar. Ipswich Centre Best Performances (records) can only be recorded during the championships. Ribbons will be awarded on presentation day. Participation in all events at the championships count towards centre attendance and achievement points. Nomination and fee per Results HQ. **NO LATE NOMINATIONS.** See page 7 for further details of Centre Championships.

Regional Carnivals

Met West Relay Championships

Athletes U7-U17 compete against teams from Souths, Centenary, Providence, Kenmore, Rosewood, and Toowong Harriers (host centre). This is a **fun day** and **all Ipswich athletes are encouraged to participate** as representatives of the Centre. Athletes U9-U17 may nominate for a maximum of five events. U7 & U8 compete in four events.

Season centre best performances (up to nomination closing date) are used to place athletes in teams of four for track events. Teams are known as Ips A, Ips B, Ips C etc. In field events athletes compete on the day and then by using the relay day best performance are placed in Centre teams of two to determine the qualifiers for State Relay Championships.

U7 and U8 athletes receive a participation medallion.

In addition, Regional Relay teams will be selected to compete at State Relays. The top 3 track teams and the top 2 field teams will have the option to progress to the state championships. Athletes in U15-U17 interested in being considered for these teams should contact our Records Officer to nominate. Athletes may be required to run a 100m at the carnival, for selection times.

Met West Regional Championships

Athletes U7-U17 compete against athletes as per Relay Championships. All athletes may nominate for a **maximum of five events**.

Heats & finals will be run during the Saturday and Sunday competition.

Medals will be presented to athletes U9-U17 placed 1st, 2nd & 3rd. U7 and U8 athletes will receive a participation medallion.

U9-U17 athletes placed 1st 2nd 3rd & 4th in an event final qualify for State Championships. Additional entry may be available for athletes who achieve Qualifying Performance levels, as per LAQ website, however athletes can't complete in more than their quota of events. **NOTE: Athletes also MUST have done 4 competition nights to be eligible to nominate.**

LAQ registered U9-U17 Multi-Class classified (ambulant and wheelchair) athletes are eligible to compete.

All athletes who qualify will be invoiced for State nomination fees unless the Centre is notified of withdrawal within seven days of the Championships.

State Carnivals

LAQ Combined Event Championships

This championship event is for U9-U17 athletes and offers participation for U7-U8 athletes. Multi –Class Athletes may nominate in the multi-class combined event.

The number of combined events per age group is a graduated increase to reduce undue pressure on younger athletes and to encourage athlete's development. A strong emphasis is on the participation in a wider range of events.

The State Team Selectors will refer to the U15 Heptathlon results when selecting athletes for the state team.

U7-U12 athletes may nominate for one (1) combined event. U13-U17 may nominate for more than one, provided the two combined events are programmed on different days. U13 and U14 may nominate for the Pentathlon and one Triathlon or only two triathlons.

Nominations are via Results HQ.

For further information see LAQ website>state competitions.

LAQ Summer Carnival

All LAQ registered U7-U17 and LAA registered U13-U17 athletes are eligible to nominate for a maximum of five individual events.

LAQ and QA registered and classified ambulant and wheelchair athletes may nominate in their own events.

LAQ State Relays

All Ipswich teams U9-U17 placed 1st 2nd 3rd in track events and 1st and 2nd in field events at Regional Relay Championships will compete on this day in the Ipswich uniform. Teams must compete with the same team members as those who qualified from Regional Relays. U7 and U8 athletes are **not permitted** to compete at this event. State Relay fees are paid by the centre.

LAQ State Championships - Brisbane

Ipswich athletes U9–U17 who qualified from Regional Champs are eligible to compete in their Ipswich uniform against other qualifying athletes from Queensland. The U13 State team is selected at these championships.

Queensland Team Selection

The Coles Australian Little Athletics Championships is a national competition conducted by Coles Little Athletics Australia and comprises of athletes in the U13, U14 and U15 age groups as well as U15 Combined Event Athletes. To be eligible for selection for the Queensland Team **four (4) days attendance at Centre Competition is a requirement.** Whilst recognition is given to individual placegetters the emphasis is on Team Performance.

Events available

U13, 14 & 15 - 100m, 200m, 400m, 800m, 1500m, 1500m Walk, 80m/90m/100mH, 200mH, LJ, TJ, HJ, SP, Disc, Jav,

U13 ONLY - 4 x 100m Relay, Swedish Medley Relay (100m, 300m, 200m, 400m)

U13, 14, 15 Multi-Class Athletes – 100m, 200m, 400m, 800m, LJ, SP, Disc, Jav

U15B Combined Event – 100m, 100mH, 800m, HJ, LJ, Disc, Jav

U15G Combined Event – 200m, 90mH, 800m, HJ, LJ, SP, Jav

Note: selection for the State multi-event team is from results achieved at the Combined Event Championships or Winter Carnival.

Please keep an eye on Facebook and website for updates relating to these teams.

Centre Carnivals

Many Centres throughout South-East Queensland host additional carnivals. These are advertised via emails sent from Results HQ and other centre websites and Facebook pages. Nominations are handled directly through Results HQ.

	Prog 1	Prog 2	Prog 3	Prog 4	Prog 5	Prog 6	Xmas
U6	80m Long Jump 100m Discus	Vortex 70m 60m Hurd Shot Put	Discus 100m Long Jump 70m	60m Hurd Vortex 80m Discus	50m Long Jump 100m Shot Put	Vortex 50m 60m Hurd Shot Put	Long Jump 70 m 100 m
U7	80m Shot Put 100m Long Jump	100m Long Jump 60m Hurd Discus	200m Vortex 100m Shot Put	60m Hurd Shot Put 70m Vortex	70m Discus 200m Long Jump	80m Discus 60m Hurd Vortex	Discus 70 m 100 m
U8	Discus 200m Vortex 100m	500m Discus 60m Hurd Long Jump	200m Shot Put 100m Vortex	Shot Put 60m Hurd Long Jump 70m	Vortex 70m Discus 100m	80m Shot Put 60m Hurd Long Jump	70 m Shot Put 200 m
U9	High Jump 70m Turbo Jav 800m	60m Hurd Discus 100m Long Jump	High Jump 70m Shot Put 400m 700m Walk	Turbo Jav 200m 800m Long Jump	High Jump 100m Discus 400m	60m Hurd Shot Put 200m Long Jump 700m Walk	Shot Put 70 m 200 m
U10	Long Jump 70m Discus 800m	60m Hurd High Jump 100m Shot Put 1100m Walk	Turbo Jav 70m Long Jump 400m	High Jump 200m 800m Discus	Long Jump 100m Shot Put 400m 1100m Walk	60m Hurd High Jump 200m Turbo Jav	70 m 100 m Long Jump
U11	High Jump 200m 800m Discus	80m Hurd Long Jump 100m Shot Put 1100m Walk	1500m Triple Jump Javelin 400m	High Jump 100m Discus 800m	Shot Put Long Jump 200m 400m 1100m Walk	80m Hurd Javelin 1500m Triple Jump	800 m Long Jump 100 m
U12	Shot Put 200m Triple Jump 800m	Long Jump 80m Hurd Javelin 1500m	High Jump 100m 400m Discus 1500m Walk	Shot Put 200m Triple Jump 800m	Javelin 100m Long Jump 1500m	Discus 80m Hurd High Jump 400m 1500m Walk	800 m Discus 100 m
U13	100m Javelin 200m Long Jump 1500m Walk	Shot Put 80m Hurd Triple Jump 800m	Discus 1500m High Jump 100m	200m Hurd Long Jump Javelin 400m 1500m Walk	80m Hurd Shot Put 200m Triple Jump	High Jump 800m Discus 400m	800 m 100 m Discus
U14	100m Discus 200m High Jump 1500m Walk	Javelin 80/90m Hurd Triple Jump 800m	Shot Put 1500m 100m Long Jump	200m Hurd Discus High Jump 400m 1500m Walk	80/90m Hurd Javelin 200m Triple Jump	Long Jump 800m Shot Put 400m	800 m 100 m Shot Put
U15 U16 U17	100m Javelin 200m Triple Jump 1500m Walk	Discus 90-110m Hurd High Jump 800m	1500m Shot Put 100m Long Jump	300m Hurd Triple Jump Javelin 400m 1500m Walk	90-110m Hurd Discus 200m High Jump	Shot Put Long Jump 800m 400m	800 m 100 m Shot Put

All 400m events are laned
All 800m events are laned starts

Manual to electronic conversion: Under 200m - add 0.24 secs
200m to 400m - add 0.14 secs
Over 400 – 0

Ipswich Centre Championships Program of Events

Late nominations will not be accepted

DAY ONE

Under 6	Under 7	Under 8	Under 9	Under 10
Shot 70m 100m	Shot 70m 100m	L J 500m 70m Vortex	Discus 70m 200m 700m Walk	L J 70m 200m 1100m Walk
Under11	Under12	Under13	Under14	Under15-17
800m Shot 100m 1100m Walk	1500m L J 100m Discus 200m	1500m Javelin L J 200m	Javelin 800m T J 200m	800m Javelin T J 200m

DAY TWO

Under 6	Under 7	Under 8	Under 9	Under 10
Discus 80m 60m Hurdles	Discus 80m 60m Hurdles	Shot 100m 60m Hurdles	L J 800m Shot 60m Hurdles	800m Discus H J 60mHurdles
Under11	Under12	Under13	Under14	Under15-17
400m T J H J 80m Hurdles	Javelin 400m T J 80m Hurdles	Shot 800m 100m T J 200m Hurdles	1500m H J 100m Discus 200m Hurdles	1500m H J 100m Discus 300m Hurdles

DAY THREE

Under 6	Under 7	Under 8	Under 9	Under 10
L J 50m Vortex	L J Vortex 200m	Discus 80m 200m	400m 100m H J Turbo Jav	400m Turbo Jav 100m Shot
Under11	Under12	Under13	Under14	Under15-17
1500m Javelin Discus 200m L J	800m H J Shot 1500m Walk	H J 400m Discus 80m Hurdles 1500m Walk	Shot 400m L J 80/90m Hurdles 1500m Walk	Shot 400m L J 90/100/110m Hurdles 1500m Walk

Nominations are required via Results HQ. One nomination per athlete covers all three days. **LATE NOMINATIONS WILL NOT BE ACCEPTED.** See calendar of events for closing date.

The Centre Championships are open to all registered athletes who have competed at no less than four Ipswich centre competition nights/days prior to the Centre Championships and have competed in the programmed events at least once at a centre competition during the season. **A rained-out event is not considered as a participated event.**

An athlete may compete in any event not already competed in during the season to gain an achievement level for that event; however, Centre Best Performances are only recognised if the athlete is eligible for championship points.

The U6 Best Performance for each event held at the Championships will be recorded each season.

Athletes will be seeded in lanes and heats according to the best performance gained from centre competitions throughout the season.

In field events (except High Jump) three trials only are held. Heats only will be run for track events. Places are awarded from times recorded in the heats. Points are allocated for **U7-U17 girls and boys** for all track and field events, as follows: 9,7,6,5,4,3,2,1. At the conclusion of the championships the athlete with the most points in each of these age groups is the Age Champion.

1st, 2nd, and 3rd place ribbons will be awarded for each event final to girls and boys U7-U17. One "participation" ribbon only will be awarded to each athlete who participates in the championships. All trophies and ribbons will be awarded on presentation day.

Should an event have to be rerun for any reason the rerun shall take place on the same day. Athletes shall be given reasonable time to recover. The only exemption to this rule will be a walk event. Whilst the walks are the last track events programmed a cancelled walk event shall be rerun on a date as announced.

To enable lane draws and heats for the championships registration and fee must be submitted via Results HQ by the closing date. **LATE NOMINATIONS WILL NOT BE ACCEPTED.** A nomination form is not required.

Competition

Competition will be held on Friday nights with Centre Championships held on Saturday mornings at 8.30am. Refer to page four for competition dates. Any changes to these dates will be advertised through Facebook, Website and Results HQ.

START TIME FRIDAY NIGHTS:

U6, U7 & U8: 5.00pm – NEW for 2024-25 Season

U9-U17: 6:00pm

Arrival time: **15 minutes** prior to competition starting

Wet Weather: After 4pm, in the event of wet weather, as soon as a decision is made causing the cancellation of competition, a message will be placed on the website and Facebook. Should Friday night competition be cancelled, generally, the same program is conducted the following Friday night.

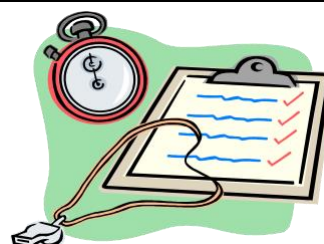


Training/Coaching - Tuesday Afternoons

U6, U7 & U8: 5.00pm to 6.00pm

U9-U17: 5.30pm to 7.00pm

Due to insurance requirements coaching is only available to registered athletes and trialists. Attendance at coaching sessions is encouraged as time is limited at Friday night competitions. A parent or guardian must sign the athlete attendance book which is placed outside the equipment shed. Parents must remain on the grounds.



Ipswich Centre Rules

- All athletes **MUST** have a parent or guardian present for the duration of competitions and coaching sessions.
- **U6, U7 & U8 are required to have a parent with them as they move around for events on Friday nights.**
- Full and correct uniform must be worn during competitions.
- Enclosed footwear is compulsory for all events.
- Spike shoes must be carried to each event and must be removed immediately on completion of that event.
- Little Athletics equipment only is allowed on the oval.
- Electronic devices are not permitted to be used while competing in an event and or in the competition area.
- Athletes are not permitted on tractors or trailers.
- Athletes are not permitted in the office or canteen until trading is completed.
- Spectators are not permitted inside of the running track.



From 1 September 2016, smoking was banned at sporting grounds during an organised sporting event or training session that is predominantly for under 18 year olds. The ban also applies during any intervals or breaks in play.

Athletes with Disabilities

Athletes with disabilities are welcome at Ipswich Little Athletics Centre. Every effort and modifications if necessary will be made to provide events suitable for each individual's needs. Para-Athletes are also welcome to nominate and compete at the Little Athletics Queensland nominated carnivals and State Championships. For more information please see the Little Athletics Qld website or contact LAQ on 3892 9400.

EQUIPMENT SPECIFICATIONS

Field

	GIRLS			BOYS		
Age Group	Discus	Shot Put	Vortex/Turbo Javelin/Javelin	Discus	Shot Put	Vortex/Turbo Javelin/Javelin
U6, U7	350g	1kg Blue	Vortex	350g	1kg Blue	Vortex
U8	500g	1.5kg Yellow	Vortex	500g	1.5kg Yellow	Vortex
U9, U10	500g	2kg Orange	300g Turbo Javelin	500g	2kg Orange	300g Turbo Javelin
U11	500g	2kg Orange	400g	500g	2kg Orange	400g
U12	750g	2kg Orange	400g	750g	2kg Orange	400g
U13	750g	3kg White	400g	750g	3kg White	600g
U14	1kg	3kg White	400g	1kg	3kg White	600g
U15	1kg	3kg White	500g	1kg	4kg Red	700g
U16	1kg	3kg White	500g	1kg	4kg Red	700g
U17	1kg	3kg White	500g	1.5kg	5kg	700g

Age Group	Long Jump
U6-U10 B/G	0.5m x 1.22m with sandy mat
U11-U17 B/G	0.2m x 1.22m

Age Group	High Jump
U9-U10 B/G	Scissors only onto scissors mats
U11-U17 B/G	Scissors or Flop onto appropriate density and thickness flop mats.

Hurdles

Age Group	Distance	Marking Colour	Height and Flights
U6, U7 B/G	60m	Blue	30cm x 6 flights
U8, U9 B/G	60m	Blue	45cm x 6 flights
U10 B/G	60m	Blue	60cm x 6 flights
U11 B/G	80m	White	60cm x 9 flights
U12 B/G	80m	White	68cm x 9 flights
U13 B/G, U14G	80m	White	76cm x 9 flights
U14B, U15G, U16G	90m	Red	76cm x 9 flights
U15B, U16B, U17G	100m	Yellow	76cm x 10 flights
U17B	110m	Orange	76cm x 10 flights
U13 B/G	200m	Green	68cm x 5 flights
U14 B/G	200m	Green	76cm x 5 flights
U15, U16, U17 B/G	300m	Green	76cm x 7 flights

FOOTWEAR

- Fully enclosed footwear must be worn** by all athletes while competing in any LAQ sanctioned track and field competition. Any person seeking exemption from wearing enclosed footwear must support their application with a relevant medical certificate on the day of competition, before competing.
 - No competitor may wear football boots or cleats in an event.
 - Competitors in the U7-U10 age groups must not wear spike shoes.
 - Competitors in the U11-U12 age groups may wear spike shoes in high jump, long jump, triple jump, javelin and track events run entirely in lanes.
 - Competitors in the U13-U17 age groups may wear spike shoes in high jump, long jump, triple jump, javelin and all track events (except walks).
 - Spike shoes with spikes removed shall not be worn by any competitors in events where they are not able to wear spike shoes.
 - Spike shoes must only be worn during an event and are not to be worn to and from an event.
 - Spiked shoes must not be worn in stands or outer areas of the track.
 - Spiked shoes should be carried in a suitable bag at all times and stored safely when not in use.
 - On synthetic track: spikes must be no longer than 7mm.**
 - On synthetic field: spikes must be no longer than 9mm.**
 - On grass track or field: spikes must be no longer than 12mm.**
 - Any number of spikes up to 11 may be accommodated on each shoe, but the number of spike positions shall not exceed 11.
 - Spike shoes must be worn with all holes filled with a complete set of spikes, with no more than two blanks / slugs installed.
- Any athlete not exercising care when using spikes may be disqualified from wearing them for the remainder of the competition.**

Events	U11	U12	U13	U14	U15	U16	U17
Track Laned	SWS	SWS	SWS	SWS	SWS	SWS	SWS
Track Unlaned	---	---	SWS	SWS	SWS	SWS	SWS
All Jumps & Jav	SWS	SWS	SWS	SWS	SWS	SWS	SWS



Legend: SWS = Spike shoes with spikes

Relays only: Athletes who are competing up in age groups are permitted to wear the footwear for that age group.

Starting Blocks: Starting blocks may be used by U11-U17 in laned events up to and including 400m. As Ipswich LA provides blocks athletes cannot supply their own.

Registration

Every athlete must be a registered member of LAQ before competing. The date of birth which is a requirement of the State Association will be recorded in the birth register. Parents of children not yet entered in the register are required to produce proof of age within 30 days of registering. Birth Certificates will be treated confidentially, sighted and returned. Children must be born in 2019 to be eligible to register as an Under 6 in the current season. Children who turn five in 2025, in the current season, must wait until the following season to be able to register. Age groups at Ipswich Little Athletics are Under 6 to Under 17.

Fees for the Season

Registration fees for U6 – U17 athletes: \$175.00 plus small online fee

Registration fees include:

- **membership** to Little Athletics Australia
- **membership** to Little Athletics Queensland
- **membership** to Ipswich Little Athletics Centre
- **all** weekly competition fees (Friday night competitions held at Ipswich Little Athletics)
- **all training/coaching** education fees (Tuesday night training/coaching sessions held at Ipswich Little Athletics)
- **insurance** coverage when training or competing at LAQ sanctioned competitions

Registration fees are non-refundable

Replacement registration number: a \$10.00 fee will apply

Trialists: All new members to Little Athletics may trial for two consecutive competition nights during September only. All U6, U7, and U8 new members may trial for two consecutive competition nights at any time during the season. A fee of \$10.00 per athlete will be charged. Should the athlete then register the \$10.00 will become part of the registration fee. This fee is non-refundable for athletes not wishing to register.

Uniform



For those wearing crop tops and singlets the age label should be attached to the left leg of black bottoms.

Uniform shirts, singlets, crop tops, shorts, bike pants, hats, logo patches for jackets and adult size supporters T shirts are available to purchase from the office.

Registered athletes will be supplied with a **registration number, age label and Coles patch**. The **registration number must** be attached to the front of the Centre shirt or singlet. The **age label must** be attached to the left sleeve of the shirt or to the left side of the lower garment if a singlet or crop top is worn. The **Coles patch must** be attached to the right front chest of shirt or singlet.

A choice of **plain black** shorts, runners, bike pants, short or full-length compression garments may be worn. Full length compressions garments must not be worn during a race walking event. Shorts must not display logos. Any uniform garment under shorts must be black.

A plain black hoodie or jacket may be purchased by athletes. The club's embroiderer can embroider the athletes name and an ILA logo patch on the jacket or an ILA logo patch may be purchased from the office and sewn onto the jacket. Athletes are encouraged to wear **sunscreen and hats for day competition**. Sunscreen is available at the office.

Uniform shirts and singlets must overlap shorts, runners or bike pants by at least 10 centimetres.

Centre Contact Details

Centre mobile: 0427 112 661 (incoming calls, emergency calls and wet weather details)

Secretary email: ipsla1981@gmail.com

Website: www.ipswichla.org.au

Written correspondence: Ipswich Branch Little Athletics Centre Inc

PO Box 2535

NORTH IPSWICH QLD 4305



Meetings

Committee meetings are held for committee members only during the second week of every month. Should parent/carer members have any problems or ideas please contact one of the committee members who will present the item at the next committee meeting or the parent/carer member may be invited to attend.

General meetings are held twice each season dates and times will be advertised throughout Facebook page and on Friday nights. All parent/carer members are welcome to attend general meetings.

An **Annual General Meeting** is held after the end of the season in April or May. Refer to Calendar of Events for date and time. Reports are presented and a new committee elected.

Parental Assistance

It is a requirement of the Ipswich Little Athletics Centre that a parent or guardian of each athlete **must** be present at all trainings and competitions. **For Under 6 – Under 8 athletes parents are required to be present at the events.** Every effort is made to provide the safest environment possible. However, in the event of an unforeseen occurrence it is the parent or guardian's responsibility to provide the necessary assistance to the athlete.

In order to provide the best possible competition, it is also important that **a family member from every Centre family assist at every competition.** Please be encouraged to volunteer whenever possible. Children will benefit by a well-run competition, an earlier finish, and your interest in their sport.

Officials Education

Get Official, Get into Little Athletics!

The Australian Athletics Officials Education Scheme (AAOES) is a joint initiative of Athletics Australia and Little Athletics Australia, Little Athletics Queensland providing a seamless and transparent education pathway for all Officials. Training under this scheme is now transitioning to World Athletics E-Learning.



For members previously qualified with the Little Athletics Qld scheme the following changes have been made. Eg Level D is now Level 1. Qualifications are not lost; just simply transferred to the AAOES level.

LAQ	Level D	Level C	Level B	Level A	-	-
AAOES/WA	Level 1	Level 2	Level 2	Level 3	Level 4	Level 5

For members and friends wishing to take the first step as an Accredited Official it is not necessary to complete the Australian Sports Commission Introduction to Officiating. For your first step please be encouraged to go to the Little Athletics Queensland (LAQ) home page <https://laq.org.au/officials/>. There are links in the Officials menu at the top of the page that also provide you with LAQ resources and information. Athletics Australia (AA) is moving towards using World Athletics E- Learning. You can find a link to these learning resources on the AA Technical Officiating page <https://www.athletics.com.au/get-involved-athletics/become-an-official/>.

Level 1: Candidates can complete the Technical Officials – Apprentice Level course first, or move straight to the Technical Officials – Level 1 course if they wish. The course comprises video and written instruction over 13 subjects, with quizzes, and a final assessment. This Level is suitable for Club/Centre/School Officials.

The Start	The Race	The Finish	Hurdles and Steeplechase	Long & Triple Jump	High Jump	Shot put
Combined Events	Relay Races	Pole Vault	Javelin Throw	Hammer Throw	Discus Throw	Assessment

This is a self-paced course and can be completed one subject at a time. If you need to leave a subject for any reason, you can come back to it and continue on from where you left. Resources for LA Officials can also be found on this page

<https://laq.org.au/resources/officials-resources/>.

Smoking

Organised under-age sporting events:

From 1 September 2016, smoking is banned at sporting grounds during an organised sporting event or training session that is predominantly for under 18 year olds. The ban also applies during any intervals or breaks in play.



Suitability Cards and Register

Government legislation states that any adult who assists at any event where children under eighteen years of age participate and that adult is not a registered parent or guardian of a participant, then a Suitability Card must be presented and signed off as sighted. All members seeking a committee position must have a Suitability Card **before** being elected. A register of sighted cards is kept by the Blue Cards Officer (the secretary). Cards must be sighted at the start of the season. If a Suitability Card is required, applications are to be completed online.

The Ipswich Little Athletics Centre is legally obliged to warn its members applying for a blue card that it is an offence for a disqualified person to sign a blue card application form. It is also an offence for the Centre not to provide this warning.

Publicity

The Public Relations Officer shall co-ordinate Facebook and Instagram. Facebook will be updated on a regular basis. The website www.ipswichla.org.au is also a means of information.

Nominations for LAQ carnivals may be made direct to LAQ via Results HQ. Regional relays nominations must be submitted at Ipswich Little Athletics Office by the closing date. Nominations for other carnivals may be via Results HQ.

Canteen

The canteen aims to be open on all competition nights and days, providing reasonable assistance is available. **Food** items (eg hamburgers, pies, sausage rolls, hot dogs, chicken burgers, fresh ham/chicken/salad rolls), **drinks** (eg sports, fizzy, poppers, water, tea and various coffees), **potato crisps**, **lollies** and **ice blocks** are available. Volunteers are required to assist with preparation and serving.



End of Season Trophies and Awards

Our season runs from September to March. At the end of each season a Trophy Presentation is held to which all registered children and their parents are invited. All athletes with a satisfactory attendance record throughout the season will receive a medallion and an Ipswich Centre Individual Best Performance Certificate.

All individual results are kept for each athlete by the Centre Recorders. Each improvement earns one point and the new performance becomes the new standard to better next time. The athlete, U6 - U17 with the highest number of improvement points is awarded the Robert Dickson Memorial. This athlete is then eliminated from the Junior Boy/Girl Centre Achievement Award. Similarly, a senior athlete U11 - U17 is eliminated from the Senior Boy/Girl Centre Achievement Award.

Following these awards, the athletes with the highest number of points scored in each U6 - U17 age group becomes the Most Improved Girl and Boy. The recipients of the Robert Dickson Memorial and the Centre Achievement Awards are automatically eliminated from selection for the Most Improved Trophy in each age group. The Robert Dickson Memorial and the Centre Achievement Awards cannot be won by the same athletes consecutively. Other selection criteria applies. U6 athletes are not eligible for any Championship and Encouragement Awards.

The following awards are presented:

Robert Dickson Memorial:

Girl or Boy - any age most improved

Girl and Boy - Junior & Senior Centre Achievement:

Robert Dickson Memorial winner is eliminated from these awards

Most improved Girl and Boy each age group:

Robert Dickson Memorial winner and Centre Achievement Award winners are eliminated from these awards

Age Champions Boy & Girl, U7 - U17:

1st trophy, 2nd & 3rd medals

Track Encouragement Award:

Girl and Boy

Field Encouragement Award:

Girl and Boy

Encouragement Award:

Girl and Boy - Junior & Senior

U6 - U17 registered at ILA:

Girls and Boys

State Team Members

Girls and Boys

U6 Athletes:

Girls and Boys

100% Attendance & Participation:

See below for eligibility



Championship ribbons awarded are:

First, second and third placegetters in each event: U7 - U17 girls and boys.

Participation ribbon: All U6 - U17 girls and boys who competed at the championships.

Attendance Medallions

A medallion is awarded to athletes with **100% attendance and 100% participation** in every event during the season including Twilight Carnival. This award is to encourage athletes to participate in every event regardless of ability.

Recording

Performances from all Ipswich Centre Competitions and Ipswich Centre Twilight Carnival are recorded for all competing age groups and count for the various awards at the Presentation. Performances at LAQ events are not recorded within the centre.

Ipswich Best Performances

IBP's can be broken or set at the Ipswich Little Athletics Centre Championships only.

Field event: On the day of competition the new IBP will be measured and verified by the Arena Manager or a nominated key official. Track event: Electronic timing will be used. In the case of a malfunction hand held times will be used with three clocks timing first place. The manual time will be compared to the previous Ipswich Best Performance manual time.

Achievement Awards - sponsored by McDonalds

Achievement Award cards are issued to every athlete in the U6 – U17 age groups to encourage improvement - the aim of Little Athletics.

Check the performance levels (Blue, Red and Green) of each event by checking the performance on the back of the card with the performance on the tickets.

- tick the corresponding circle in the event levels column on the front of the card.
- return the card to the office for the recorders to collect and add colour dots to the card **after the 5th competition night and whenever an athlete achieves a new level.**
- a McDonald's voucher will be issued when three group awards of the same level are achieved.
- collect card from the office the following week
- a maximum of three vouchers per athlete per season is obtainable ie one of each colour



Attendance Levels for this Season for U6-U17: Green: 10 days; **Red:** 14 days; **Blue:** 18 days

Attendance level at centre competitions is included in the McDonalds achievement levels.

Medallions: Medallions presented at Presentation Day are based on the McDonalds Award levels as shown below:

AGE GROUP	GOLD Medallion	SILVER Medallion	BRONZE Medallion
U6, U7	5 Blue Levels	5 Blue & Red Levels	All Others
U8	6 Blue Levels	6 Blue & Red Levels	All Others
U9, U10	8 Blue Levels	8 Blue & Red Levels	All Others
U11 – U17	9 Blue Levels	9 Blue & Red Levels	All Others

2023 – 2024

Trophy Presentation & Award Winners

ROBERT DICKSON MEMORIAL

Zachary Johnson & Eden Collett

CENTRE ACHIEVEMENT AWARDS

Junior	Evelyn Templeton	Austin Regeling
Senior	Audrey Templeton	Thomas Pearsall & Darcy Leadbetter

MOST IMPROVED	U6	Maddalena Smith, Atarah Huisman	Hank Madden
	U7	Madison McClelland	Tyler McDonald
	U8	Layla Harmon	Jett Hurlock, Grayson Pearsall, Darcy Fenn
	U9	Amalie Briggs	Connor Collett
	U10	Riley Kalweit, Grace Hanley, Georgie Bozhoff, Charlotte Roche	Angus Levack
	U11	Naomi Gak	Jack Taylor
	U12	Priya Kumar	Cooper Friend
	U13	Poppy Leadbetter	Daniel Phillips
	U14	Annika McAuley	Adam Muller
	U15	Lucie Goulding	Andrew Wilson
	U16	Charlotte Parsons, Tiana Parsons	Jaiden Suchting
	U17	Dejsa Elisaia	Lucas Streets

AGE CHAMPIONS		Age Champion	2 nd Place	3 rd Place
	U7 Girls	Madison McClelland	Emmi Lantinen	Indianna Coombes
	U7 Boys	Tyler McDonald	Mason Jesberg	Austin Regeling
	U8 Girls	Layla Harmon	Billie Rochford	Charlee Muhling, Willow Lynch
	U8 Boys	Darcy Fenn	Jack Toro	Jacob Phillips
	U9 Girls	Pippa Ellis	Stephanie Dunnett	Charlotte Toro
	U9 Boys	Cullen Piper	Connor Collett	George Creedy
	U10 Girls	Isla Adams-Wraight	Layla McGeehan	Jessica Gorham
	U10 Boys	Hugh Sedman	Mateo Elisaia	William Fenn
	U11 Girls	Piper Bozhoff	Haiyvn McConnachie	Milla Collett
	U11 Boys	Thomas Pearsall	Patrick Johnson	Darcy Leadbetter
	U12 Girls	Kiko Wilson	Priya Kumar	Sophie Allen
	U12 Boys	Cooper Friend	Jakub Mico	Hudson Severinsen & Zachary Johnson
	U13 Girls	Ebony Shields	Eden Collett	Poppy Leadbetter
	U13 Boys	Elias Marentis	Daniel Phillips	Alexander Marentis
	U14 Girls	Annika McAuley	Christina Tukuafu & Tahnee Beckers	
	U14 Boys			
	U15 Girls	Lucie Goulding	Jasmin Minton	Freya Schwarz
	U15 Boys			
	U16 Girls	Charlotte Parsons	Tiana Parsons	Adelaide Bailey
	U16 Boys	Tomas Jendra	Jaiden Suchting	
	U17 Girls	Abbie Severinsen	Deisha Elisaia	
	U17 Boys	Lucas Streets	Chayse Russell	

ENCOURAGEMENT AWARDS

Sponsored by Adaptit Group

TRACK	Madelyn Jones	Cohen Smith
FIELD	Heidi Sanday	Moana Elisaia
JUNIOR	Millie Dwyer	Edward Bozhoff
SENIOR	Sophie Carter	Ronan Levack

100% ATTENDANCE AND ALL EVENT PARTICIPATION

Layla Harmon	Billie Rochford	Evelyn Templeton	Piper Bozhoff
Jett Hurlock	Millie Dwyer	Kallum Dwyer	Zachary Johnson

UNDER 6 – UNDER 17 AT IPSWICH LITTLE ATHLETICS

Lily Goulding

UNDER 17 FAREWELL

Dejsa Elisaia	Abbie Severinsen	Coevinar Tukuafu
Carlee Smith	Lily Goulding	Lucas Streets
Chayse Russell	Rory Smith	

UNDER 6 ATHLETES 2023-2024

Shanvi Bhavsar	Payton Maloney	Noah Bromilow	Finn Powell
Georgia Bichel	Zahli McIver	Alexander Creedy	Austin Regeling
Kaycee Burrows	Billie Samanovic	Nathaniel Drabble	Ethan Rush
Riley Eggington	Willow Stewart	Sam Feeley	Blake Smith
Melanie Forrest	Olive Taylor	Joren Furnell	Leo Spurr
Isara Frank	Katinia Tukuafu	Benjamin Harvey	Cornelius Steenkamp
Thea Horrigan	Cobi Webster	Ryan Irving	Zavier Taylor
Madeleine Kennedy	Eniafe Atejioye	Cruz Kanofski	Lewis Verwimp
Lydia Kuchel	Trey Bennett-Williams	Emmanuel Kurene	Lucas Watts
Ava Lovell-Tame	Luke Billings	Tyler McDonald	Kalyn Williams
Primrose Lubbe	Edward Bozhoff	Jaxon Mills	

ATHLETES – LAQ 10 YEAR PARTICIPATION AWARD

2002	Hayley Cervetto, Kimberley Pamenter
2003	Jessica Birt, Jennifer Hollis, Riana Wilson, Kate Lutkins
2004	Stacey Wenzel
2005	Ashlee Joseph, Doug Amiss, Jonathon Birt, Scott Klaassen, Joel Swan
2006	Stephanie Hollis, Christopher Smith
2007	Kellie Jesberg, Nicholas Smailes, Daniel Swan
2010	Timothy Smailes
2011	Natalie Davison
2012	Tegan Hayley
2013	Felicity Cowan, Taylor Jordan-Mansell
2014	Tori Langton
2015	Tyla Stolberg
2016	Ella Milford
2018	Kaitlyn Furner, Liam Stolberg
2019	Kiara Condon, Lachlan Goulding, Jordan Unwin, Laylani Va'ai
2020	Ky Dalby, Krystal Smith, Taya Smith, Sophie Wilkins, Xavier Williams, Alexxah Johnson
2021	Mickeelie Johnson, Toby Stolberg, Taya Beckers
2022	Laura Fitzgerald, Lily Goulding, Emily Little, Danielle Little, Logan Hay, Jack Schodde
2023	Eliza Beckers, Olivia Windolf, Rylee Novinetz, Rachel Wilson
2024	Isabelle Schodde, Andrew Wilson, Abbie Severinsen, Lucie Goulding, Tiana Parsons, Charlotte Parsons, Tomas Jendra

BUNDAMBA & IPSWICH – QUEENSLAND STATE TEAM MEMBERS

Name	Year	Location	Name	Year	Location
Grant Colthrup	76/77	Melbourne	Brett Bennett	90/91	Canberra
Jeff Baldwin	76/77	Melbourne	Adam Connelly	90/91	Canberra
Todd Haywood	76/77	Melbourne	Andrew Curtis	91/92	Perth
Pauline Beckett	76/77	Melbourne	Andrew Curtis	92/93	Melbourne
Des Wozencroft	76/77	Melbourne	Rebecca McCamley	94/95	Darwin
Helen Walker	76/77	Melbourne	Michael Reeves	94/95	Darwin
Kym Wellen	76/77	Melbourne	Hayley Cervetto	99/00	Perth
Vicki Downie	77/78	Canberra	Tamara Grant	00/01	Melbourne
Sonya Gillece	77/78	Canberra	Lorin Ripley	00/01	Melbourne
Bradley Everton	77/78	Canberra	Madelyn Austin	02/03	Gold coast
Kyle Press	78/79	Perth	Timisha Wenck	02/03	Gold coast
Sandra Van Dijk	79/80	Darwin	Matthew Stuart	02/03	Gold coast
Raymond Edwards	79/80	Darwin	Renae Mitchell	03/04	Sydney
Peter Milford	79/80	Darwin	Lincoln Cory	03/04	Sydney
Gavin Bell	79/80	Darwin	Jade Dowling	09/10	Brisbane
Karen Toombes	80/81	Brisbane	Tanika Marshall	09/10	Brisbane
Michelle Page	80/81	Brisbane	Hayley Wright	13/14	Melbourne
Gary Carroll	81/82	Hobart	Joel Walk	13/14	Melbourne
Kylie Newton	81/82	Hobart	Casey Bell	14/15	Perth
Michelle Bolton	82/83	Canberra	Breeanna Betzold	15/16	Adelaide
Paul Statham	82/83	Canberra	Camryn Novinetz	16/17	Sydney
Theresa Martin	83/84	Perth	Erin Wright	16/17	Sydney
Sheree Newton	84/85	Melbourne	Calab Law	16/17	Sydney
Patricia Barclay	84/85	Melbourne	Charlize Goody	18/19	Tasmania
Kerri-Ann Lewis	84/85	Melbourne	Joel Jakimowicz	20/21	Not held
Kerryn Rowe	85/86	Adelaide	Archer Crowley	22/23	Melbourne
Lisa Ellis	86/87	Darwin	Hayley Windolf	22/23	Melbourne
Tony Cruice	86/87	Darwin	Abbey Crocker	23/24	Adelaide
Paul Lane	87/88	Sydney	Daniel Phillips	23/24	Adelaide
Mark Sills	88/89	Brisbane	Hayley Windolf	23/24	Adelaide
Andrew Mclean	88/89	Brisbane	Mia Kertesz	23/24	Adelaide
Sandra James	89/90	Hobart	Ruby Bohen	23/24	Adelaide
Davina Shearer	89/90	Hobart			

UNDER 15 PENTATHLON TEAM MEMBERS - QUEENSLAND

Name	Year	Location	Name	Year	Location
Gay-Leigh Schoenfisch	86/87	Darwin	George Wilson	90/91	Canberra
Theresa Martin	86/87	Darwin	Brett Bennett	93/94	Adelaide
Patricia Barclay	87/88	Sydney	Hayley Wright	15/16	Adelaide
Harold Shelton	88/89	Brisbane			

UNDER 15 HEPTATHLON TEAM MEMBERS - QUEENSLAND

Name	Year	Location	Name	Year	Location
Madison Wells	16/17	Sydney	Abbie Severinsen	21/22	Adelaide
Laylani Va'ai	18/19	Tasmania	Monique Williams	21/22	Adelaide
Charlize Goody	20/21	Not held	Dempsey Russell	21/22	Adelaide



GIRLS 2023/2024 STATE CHAMPIONSHIPS RESULTS (TOP 10)

U9 Girls				U14 Girls			
70m	2 nd	S Dunnett		100m	6 th	E Rolison	
100m	7 th	S Dunnett		200m	5 th	E Rolison	
200m	3 rd	S Dunnett		Discus	1 st	H Windolf	
800m	5 th	C Toro		Discus	2 nd	R Bohen	
Discus	2 nd	V Bohen		HJ	4 th	A Hayne	
HJ	1 st	S Dunnett		Jav	4 th	C Tukuafu	
LJ	1 st	P Ellis		Jav	1 st	R Bohen	
LJ	9 th	E Templeton		LJ	6 th	A Hayne	
SP	6 th	V Bohen		SP	3 rd	C Tukuafu	
Walk	10 th	C Nannes		SP	1 st	H Windolf	
U10 Girls				SP	4 th	R Bohen	
60m H	2 nd	L McGeehan		TJ	9 th	A Hayne	
HJ	3 rd	L McGeehan		U15 Girls			
LJ	1 st	L McGeehan		800	6 th	F Schwarz	
Walk	5 th	J Gorham		1500	5 th	F Schwarz	
Walk	6 th	G Bozhoff		LJ	9 th	T Bhatt	
U11 Girls				U16 Girls			
100m	2 nd	K Tulloch		400	4 th	C Parsons	
400m	2 nd	L Titley		400	2 nd	T Parsons	
400m	3 rd	H McConnachie		800	5 th	C Parsons	
800m	3 rd	L Titley		800	2 nd	E McAuley	
1500m	2 nd	L Titley		800	6 th	T Parsons	
LJ	2 nd	K Tulloch		1500	2 nd	E McAuley	
TJ	3 rd	K Tulloch		300m H	6 th	C Parsons	
TJ	6 th	L Titley		300m H	4 th	T Parsons	
Walk	9 th	E Kettlety		U17 Girls			
Walk	10 th	M Schodde		100	5 th	C Smith	
U12 Girls				100m H	3 rd	A Severinsen	
100m	5 th	S Allen		300m H	6 th	A Severinsen	
100m	6 th	S Whitfield		Discus	2 nd	C Tukuafu	
200m	5 th	S Allen		Discus	7 th	D Elisaia	
400m	5 th	S Allen		HJ	4 th	A Severinsen	
Discus	2 nd	A Wright		Jav	2 nd	A Severinsen	
Javelin	5 th	A Wright		LJ	4 th	A Severinsen	
LJ	4 th	K Wilson		LJ	2 nd	C Smith	
LJ	7 th	S Whitfield		SP	1 st	C Tukuafu	
SP	6 th	A Wright		SP	8 th	D Elisaia	
TJ	8 th	K Wilson		TJ	4 th	C Smith	
Walk	4 th	K Russell		Multi Class Girls			
U13 Girls				100m	2 nd	I Schodde	
80m H	5 th	I Snyman		100m	1 st	M Kertez	
200m H	7 th	L Hooper		200m	1 st	M Kertez	
200m	8 th	S McGeehan		400m	1 st	M Kertez	
Discus	1 st	A Crocker		Discus	2 nd	I Schodde	
Discus	2 nd	K Duncan		Discus	2 nd	M Kertez	
HJ	4 th	S McGeehan		Jav	1 st	I Schodde	
Javelin	1 st	A Crocker		Jav	1 st	M Kertez	
LJ	3 rd	L Hooper		LJ	3 rd	I Schodde	
SP	1 st	A Crocker		SP	2 nd	I Schodde	
TJ	10 th	S McGeehan					

Congratulations to all athletes who qualified to compete at the State Championships in the 2023/2024 season. Your efforts and sportsmanship were outstanding.

Every effort is made to ensure these results are correct. We apologise in advance if an athlete's top 10 result has been missed. Please ensure you advise our Recorder so we can update this document for historical purposes.

BOYS 2023/2024 STATE CHAMPIONSHIPS RESULTS (TOP 10)

U9 Boys				U12 Boys			
70	5 th	C Piper		1500	9 th	T Rundell	
100	6 th	C Piper		Discus	1 st	H Severinsen	
200	3 rd	J Anderson		Jav	9 th	Z Johnson	
400	3 rd	G Creedy		SP	2 nd	H Severinsen	
800	9 th	G Creedy		SP	1 st	J Tukuafu	
60m H	7 th	C Piper		U13 Boys			
HJ	10 th	G Creedy		1500m	5 th	C Mathewson	
HJ	10 th	J Anderson		U16 Boys			
LJ	4 th	C Piper		800	9 th	T Jendra	
LJ	8 th	K Tulloch		Jav	3 rd	T Jendra	
SP	3 rd	M Elisaia		U17 Boys			
U10 Boys				400	8 th	L Streets	
400m	6 th	H Sedman		1500	7 th	L Streets	
60m H	5 th	H Sedman		Discus	2 nd	R Smith	
Discus	10 th	H Sedman		Multi Class Boys			
U11 Boys				100	2 nd	D Philips	
Discus	3 rd	H Chrzescijanski		200	2 nd	D Philips	
Jav	7 th	D Leadbetter		400	2 nd	D Philips	
SP	3 rd	H Chrzescijanski		800	2 nd	D Philips	
				Discus	1 st	D Philips	

Congratulations to all athletes who qualified to compete at the State Championships in the 2023/2024 season. Your efforts and sportsmanship were outstanding.

Every effort is made to ensure these results are correct. We apologise in advance if an athlete's top 10 result has been missed. Please ensure you advise our Recorder so we can update this document for historical purposes.



IPSWICH CENTRE BEST PERFORMANCES - GIRLS

UNDER 6 (2023/2024 SEASON)				UNDER 9			
L Ellis	2023/24	60mH (30cm 6 fts)	14.39	C Tamate	2016/17	60mH (45cm 6fts)	11.61
L Potter	2023/24	50m	10.74	D Vaivela	2017/18	70m	11.16
L Potter	2023/24	70m	14.78	D Vaivela	2017/18	100m	15.53
L Potter	2023/24	80m	16.7	D Vaivela	2017/18	200m	33.33
L Potter	2023/24	100m	21.38	L McGeehan	2022/23	400m	1:17.87
L Potter	2023/24	LJ (.5m x 1m)	2.16	H-M Matthew	2016/17	800m	2:58.83
A Huisman	2023/24	Discus (350g)	5.46	K Stewart	2016/17	700m Walk	4:02.15
M Smith	2023/24	Shot Put (1kg)	2.67	L Hooper	2019/20	LJ (.5m x 1m)	3.61
				C Bell	2010/11	HJ Scissors	1.14
UNDER 7				E Griffiths	1996/97	Discus (500g)	23.96
M Learoyd	2017/18	60mH(30cm 6 fts)	11.52	A Wenzel	1994/95	Shot Put (2kg)	6.83
K Stewart	2014/15	70m	12.09	Best Performances for manual times & superseded events			
K Stewart	2014/15	80m	14.18	R Woolley	1989/90	60mH (45cm 5 fts)	11.03
K Stewart	2014/15	100m	17.51	E Cervetto	1999/00	60mH (45cm 6 fts)	11.35
M Learoyd	2017/18	200m	37.50	S James	1986/87	80m	12.79
M Learoyd	2017/18	LJ (0.5m x 1m)	3.22	S James	1986/87	100m	15.58
H Windolf	2017/18	Discus (350g)	15.85	S James	1986/87	200m	32.52
E Coyne	2006/07	Shot Put (1kg)	5.87	E Cervetto	1999/00	400m Pack Start	1:15.59
Best Performances for manual times & superseded events				H Wright	2009/10	400m Pack Start	e1:21.48
A Campbell	1992/93	60mH (30cm 5 fts)	11.95	L Ellis	1983/84	400m Laned	1:16.30
E Griffiths	1994/95	60mH (30cm 6 fts)	11.39	A Connellan	1992/93	800m	2:57.85
N Albury	1998/99	70m	11.95	D Duncan	1990/91	700m Walk	4:23.20
A Bagguley	1991/92	80m	13.30	T Van Dijk	1980/81	800m Walk	5:06.49
A Bagguley	1991/92	100m	16.91	L Ellis	1983/84	LJ (1m x 1m)	3.85
A Bagguley	1991/92	200m	36.49				
C Rowe	1986/87	LJ (1m x 1m)	3.18	UNDER 10			
A Pearson	1984/85	Discus (500g)	13.22	H Paea	2020/21	60mH (60cm 6 fts)	11.03
				K Stewart	2017/18	70m	10.83
UNDER 8				H Paea	2020/21	100m	14.65
E Wright	2011/12	60mH (45cm 6fts)	12.13	S Moore	2017/18	200m	31.68
K Stewart	2015/16	70m	11.89	S Moore	2017/18	400m	1:10.50
K Stewart	2015/16	80m	13.19	R Novinetz	2016/17	800m	2:46.62
K Stewart	2015/16	100m	16.23	I Kitching	2016/17	1100m Walk	6:38.42
K Stewart	2015/16	200m	35.67	S Moore	2017/18	LJ (0.5m x 1m)	3.98
E Wright	2011/12	500m	1:48.36	S Moore	2017/18	HI (scissors)	1.22
A Wenzel	1993/94	LJ (0.5m x 1m)	3.35	C Langbridge	2010/11	Discus (500g)	27.65
R Wilson	1995/96	Discus (500g)	18.86	H Paea	2020/21	Shot Put (2kg)	9.20
E Griffiths	1995/96	Shot Put (1.5kg)	7.19	Best Performances for manual times & superseded events			
Best Performances for manual times & superseded events				L Ellis	1984/85	60mH (45cm fts)	9.96
E Ball	1989/90	60mH (45cm 5fts)	11.59	S Fenn	1996/97	60mH (60cm x 6fts)	11.50
E Griffiths	1995/96	60mH (45cm 6 fts)	11.87	K Geddes	1998/99	70m	10.19
S Hermann	1998/99	70m	11.02	S Garrett	1986/87	80m	12.48
E Cervetto	1998/99	80m	12.97	S James	1987/88	100m	14.71
S Hermann	1998/99	100m	15.87	H Cervetto	1996/97	200m	31.42
A Bagguley	1992/93	200m	33.92	H Cervetto	1996/97	400m	1:11.25
G Schoenfisch	1979/80	400m	1:21.70	H Cervetto	1996/97	800m	2:44.78
M Cooke	2004/05	500m	1:51.14	N Brown	1991/92	700m Walk	3:53.17
T Wenck	1997/98	HJ (Scissors)	1.00	K Wright	1980/81	800m Walk	4:24.88
L Ellis	1982/83	LJ (1m x 1m)	3.62	E Smolenski	1998/99	1100m Walk	6:40.01
B Griffiths	1991/92	Discus (350g)	16.00	L Ellis	1984/85	LJ (1m x 1m)	4.27
R Smith	1989/90	Shot Put (1kg)	6.75	H Cervetto	1996/97	TJ (0.5m x 1m)	=8.41
N Blackman	1980/81	Shot Put (2kg)	4.84	D Henderson	2002/03	TJ (0.5m x 1m)	=8.41
				L Ellis	1984/85	TJ (1m x 1m)	8.90

IPSWICH CENTRE BEST PERFORMANCES - GIRLS

UNDER 11				Best Performances for manual times & superseded events			
H Paea	2021/22	80mH (60cm 9 fts)	14.11	P Barclay	1984/85	60mH (60cm 5 fts)	9.96
H Paea	2021/22	100m	14.25	T Wenck	2001/02	60mH (68cm 6 fts)	10.14
S Allen	2022/23	200m	30.25	E Wright	2015/16	60mH (68cm 6 fts)	e10.16
R Novinetz	2017/18	400m	1:08.76	K Newton	1981/82	70m	10.20
T Parsons	2018/19	800m	2:41.55	M Austin	2001/02	100m	13.53
T Parsons	2018/19	1500m	5:35.71	T Grant	1999/00	200m	28.14
C Novinetz	2014/15	1100m Walk	6:09.53	K Rowe	1985/86	400m	1:04.97
M Green	2016/17	HJ Flop	1.39	M Bolton	1982/83	800m	2:30.79
S Allen	2022/23	LJ (.2m x 1.2m)	4.38	S Newton	1984/85	1500m	5:25.21
H Paea	2021/22	TJ (.2m x 1.2m)	9.55	S Newton	1984/85	1500m Walk	8:57.91
H Windolf	2020/21	Discus (500g)	31.93	K Lewis	1984/85	LJ (1m x 1m)	=4.70
C Langbridge	2011/12	Javelin (400g)	25.97	L Kathage	1993/94	LJ (1m x 1m)	=4.70
H Paea	2021/22	Shot Put (2kg)	11.30	V Henderson	2003/04	LJ (.5m x 1m)	4.75
Best Performances for manual times & superseded events				K Lewis	1984/85	TJ (1m x 1m)	9.62
S Hayne	1983/84	60mH (60cm 5fts)	10.57	C Bell	2015/16	TJ (.5m x 1m)	9.77
T Wenck	2000/01	60mH (60cm 6 fts)	10.37				
C Langbridge	2011/12	60mH (60cm 6 fts)	e10.33	UNDER 13			
P Barclay	1983/84	70m	10.25	E Wright	2016/17	80mH (76cm 9 fts)	13.50
V Henderson	2002/03	100m	14.25	E Wright	2016/17	200mH (68cm 5 fts)	32.19
T Wenck	2000/01	200m	30.16	C Bell	2014/15	100m	13.70
M Cooke	2007/08	400m	1:08.38	T Chaplin	2013/14	200m	27.93
H Cervetto	1997/98	800m	2:40.49	C Parsons	2020/21	400m	1:04.77
M Bolton	1981/81	1500m	5:26.73	E Taylor	2013/14	800m	2:34.19
S Lang	1994/95	1100m Walk	6:30.87	C Novinetz	2016/17	1500m	5:20.79
R Duncan	1991/92	1500m Walk	9:42.81	B Betzold	2015/16	1500m Walk	7:06.52
H Tierney-Williams	2012/13	High Jump Scissors	=1.26	T Brown	1989/90	High Jump Flop	=1.60
C Bell	2012/13	High Jump Scissors	=1.26	J Griffin	2004/05	High Jump Flop	=1.60
K Condon	2014/15	High Jump Scissors	=1.26	C Bell	2014/15	LJ (.2 x 1m)	4.82
S James	1988/89	LJ (1m x 1m)	4.49	H Cervetto	1999/00	TJ (.2 x 1m)	=10.62
V Henderson	2002/03	LJ (0.5 x 1m)	4.48	T Grant	2000/01	TJ (.2 x 1m)	=10.62
E Edwardson	1984/85	TJ (1m x 1m)	9.24	H Windolf	2022/23	Discus (750g)	40.89
V Henderson	2002/03	TJ (.5m x 1m)	9.31	T Rogers	2005/06	Javelin (400g)	36.40
C Langbridge	2011/12	Discus (750g)	28.00	H Windolf	2022/23	Shot Put (3kg)	11.27
				Best Performances for manual times & superseded events			
UNDER 12				M Hayne	1983/84	60mH (76cm 5 fts)	9.61
S Allen	2023/24	80mH (68cm 9 fts)	14.52	T Wenck	2002/03	80mH (76cm 9 fts)	13.60
S Allen	2023/24	100m	13.73	R Thompson	1987/88	90mH (76cm 9 fts)	16.41
S Allen	2023/24	200m	28.49	S James	1990/91	200mH (60cm 5 fts)	33.38
S Moore	2018/19	400m	1:06.59	T Grant	2000/01	200mH (68cm 5 fts)	29.63
R Novinetz	2018/19	800m	2:37.48	L Edwards	1983/84	70m	9.74
T Parsons	2019/20	1500m	5:32.89	T Grant	2000/01	100m	12.80
K Stewart	2018/19	1500m Walk	9:05.87	T Grant	2000/01	200m	26.56
S Hollis	2002/03	HJ Flop	1.46	T Grant	2000/01	400m	1:01.86
M Green	2017/18	LJ (0.2m x 1.2m)	4.30	H Cervetto	1999/00	800m	2:27.71
S Allen	2023/24	TJ (0.2m x 1.2m)	9.82	G Schoenfisch	1984/85	1500m	5:08.41
A Crocker	2022/23	Discus (750g)	38.72	D Schoenfisch	1985/86	1500m Walk	8:19.99
A Crocker	2022/23	Javelin (400g)	34.54	M Hayne	1983/84	LJ (1m x 1m)	4.81
A Crocker	2022/23	Shot Put (2kg)	13.49	K Newton	1982/83	TJ (1m x 1m)	9.84
				R McCamley	1994/95	Discus (1kg)	30.66
				P Barclay	1985/86	Javelin (600g)	30.46
				T Brown	1989/90	Shot Put (2kg)	12.23

IPSWICH CENTRE BEST PERFORMANCES - GIRLS

UNDER 14				UNDER 16			
H Wright	2014/15	80mH (76cm 9 fts)	13.35	H Wright	2016/17	90mH (76cm 9fts)	13.69
H Wright	2014/15	200mH (76cm 5 fts)	32.03	H Wright	2016/17	300mH (76cm 7fts)	50.64
C Fraser	2015/16	100m	13.25	L Chambers	2011/12	100m	12.65
T Chaplin	2014/15	200m	28.13	H Wright	2016/17	200m	27.47
M Wells	2015/16	400m	1:03.04	L Chambers	2011/12	400m	1:03.29
T Parsons	2021/22	800m	2:32.53	T Parsons	2023/24	800m	2:32.41
C Parsons	2021/22	1500m	5:13.99	C Novinetz	2018/19	1500m	5:18.96
C Novinetz	2017/18	1500m Walk	7:07.80	C Novinetz	2018/19	1500m Walk	7:07.97
J Griffin	2005/06	High Jump Flop	1.70	C Goody	2021/22	HJ Flop	1.60
C Bell	2015/16	LJ (.2m x 1m)	5.05	S Wilkins	2020/21	LJ (.2m x 1m)	4.87
C Bell	2015/16	TJ (.2m x 1m)	10.88	S Wilkins	2020/21	TJ (.2m x 1m)	10.35
S Fraser	1997/98	Discus (1kg)	36.34	C Goody	2021/22	Discus (1kg)	44.47
H Windolf	2023/24			C Goody	2021/22	Javelin (500g)	47.61
O Windolf	2021/22	Javelin (400g)	37.39	S Wilkins	2020/21	Shot Put (3kg)	12.10
O Windolf	2021/22	Shot Put (3kg)	12.64	Best Performances for manual times & superseded events			
Best Performances for manual times & superseded events							
S Hayne	1986/87	80mH (76cm 9 fts)	13.58	B Mary	2012/13	200m	34.18
T Brown	1990/91	90mH (76 cm 9 fts)	15.60	A Kelly	2011/12	200mH(76cm 5 fts)	e34.90
J Power	1990/91	200mH (60cm 5 fts)	32.07	F Cowan	2011/12	Javelin (600g)	24.91
T Grant	2001/02	200mH (76cm 5 fts)	31.22	J Cullen	2010/11	Shot Put (4kg)	7.84
T Grant	2001/02	100m	12.88				
T Grant	2001/02	200m	26.96	UNDER 17			
D Thompson	1986/87	400m	1:01.54	C Goody	2022/23	100mH (76 10fts)	16.70
G Schoenfisch	1985/86	800m	2:24.34	H Webber	2018/19	300mH (76cm 7fts)	=54.69
G Schoenfisch	1985/86	1500m	5:09.35	CJ Hay	2019/20	300mH (76cm 7fts)	=54.69
L Treacy	1997/98	1500m Walk	8:03.19	H Webber	2018/19	100m	13.17
S Fraser	1997/98	Javelin (600g)	32.58	H Webber	2018/19	200m	28.42
UNDER 15				T Beckers	2020/21	400m	1:06.08
H Wright	2015/16	90mH (76cm 9 fts)	13.66	C Novinetz	2019/20	800m	2:42.76
C Goody	2020/21	300mH (76cm 7 fts)	49.77	CJ Hay	2019/20	1500m	6:12.76
H Wright	2015/16	100m	13.04	J Cullen	2011/12	1500m Walk	8:44.30
M Wells	2016/17	200m	27.54	J Unwin	2018/19	HJ Flop	1.60
M Wells	2016/17	400m	1:00.86	J Unwin	2018/19	LJ (0.2m x 1m)	4.87
T Parsons	2022/23	800m	2:29.02	H Webber	2018/19	TJ (0.2m x 1m)	10.23
C Parsons	2022/23	1500m	5:09.20	C Goody	2022/23	Discus (1kg)	47.22
L Goulding	2021/22	1500m Walk	8:35.92	C Goody	2022/23	Javelin (500g)	46.76
T Stolberg	2020/21	High Jump Flop	1.62	C Goody	2022/23	Shot Put (3kg)	13.59
H Cervetto	2001/02	LJ (.2 x 1m)	5.31	Best Performances for manual times & superseded events			
H Cervetto	2001/02	TJ (.2 x 1m)	10.78	A List	2014/15	90mH (76cm 9fts)	e15.46
S Fraser	1998/99	Discus (1kg)	40.02	A Chambers	2011/12	200mH (76cm 5fts)	e32.60
C Goody	2020/21	Javelin (500g)	41.82	N Davison	2012/13	200m	28.78
C Goody	2020/21	Shot Put (3kg)	13.44	A Kelly	2012/13	1500m Walk	9:05.38
Best Performances for manual times & superseded events				A Chambers	2011/12	Javelin (600g)	26.23
T Martin	1986/87	80mH (76cm 9 fts)	=13.20	J Cullen	2011/12	Shot Put (4kg)	8.68
G Schoenfisch	1986/87	80mH (76cm 9 fts)	=13.20				
H Cervetto	2001/02	90mH (76cm 9 fts)	14.37				
H Cervetto	2001/02	200mH (76cm 5 fts)	30.04				
H Wright	2015/16	200mH (76cm 5 fts)	E29.67				
S Page	1990/91	200mH (60cm 5 fts)	32.67				
K Triasmono	1999/00	100m	12.80				
T Martin	1986/87	200m	27.06				
D Thompson	1987/88	400m	1:02.35				
G Schoenfisch	1986/87	800m	2:27.64				
C Ogden	2004/05	1500m	5:02.84				
S Newton	1987/88	1500m Walk	8:27.88				
T Wenck	2004/05	Javelin (600g)	35.80				



IPSWICH CENTRE BEST PERFORMANCES - BOYS

UNDER 6 (2023/2024 SEASON)				UNDER 9			
D Konstanciak	2023/24	60mH (30cm 6 fts)	13.65	S Morris	2016/17	60mH (45cm 6fts)	10.99
B Roche	2023/24	50m	10.38	N Grant	2008/09	70m	10.86
H Madden	2023/24	70m	14.05	N Grant	2008/09	100m	15.43
H Madden	2023/24	80m	15.99	N Grant	2008/09	200m	32.26
H Madden	2023/24	100m	20.47	G Creedy	2023/24	400m	1:15.88
C Piper	2023/24	LJ (.5m x 1m)	2.36	C Mathewson	2019/20	800m	2:39.94
C Piper	2023/24	Discus (350g)	9.94	T Manteit	2015/16	700m Walk	3:59.77
C Piper	2023/24	Shot Put (1kg)	4.31	M Sills	1985/86	HJ Scissors	1.25
UNDER 7				D Coles	2007/08	LJ (0.5m x 1m)	3.96
J Richardson	2014/15	60mH (30cm 6 fts)	11.41	B Toombes	1980/81	Discus (500g)	26.52
M Jasberg	2023/24	70m	12.00	M Fagan	2000/01	Shot Put (2kg)	8.32
M Jasberg	2023/24	80m	13.82	Best Performances for manual times & superseded events			
J Mason	2023/24	100m	17.26	B Ballinger	1987/88	60mH (45cm 5 fts)	9.86
B Colburn	2014/15	200m	37.32	B Ballinger	1994/95	60mH (45cm 6fts)	10.74
N Stevenson	1994/95	LJ (0.5m x 1m)	3.29	B Bennett	1987/88	70m	10.28
C Griffiths	1992/93	Discus (350g)	20.74	M Sills	1985/86	80m	12.06
B Scanlan	1994/95	Shot Put (1kg)	6.65	A Curtis	1988/89	100m	14.55
Best Performances for manual times & superseded events				A Simpson	1992/93	200m	29.94
C Griffiths	1992/93	60mH (30cm 5fts)	10.69	N Grant	2008/09	400m Pack Start	e1:20.25
N Stevenson	1994/95	60mH 30cm 6 fts)	11.05	M Woods	1993/94	400m Pack Start	1:11.76
G Sorensen	1988/89	70m	11.58	B Toombes	1980/81	400m Laned	1:09.89
G Sorensen	1988/89	80m	12.99	B Toombes	1980/81	800m	2:34.97
N Stevenson	1994/95	100m	16.44	D Walker	1990/91	700m Walk	4:11.68
A Connelly	1985/86	200m	34.33	S Methewson	1989/90	800m Walk	4:45.59
G Sorensen	1988/89	LJ (1m x 1m)	3.46	A Simpson	1992/93	LJ (1m x 1m)	4.33
M Andrews	1990/91	Discus (500g)	17.24				
				UNDER 10			
UNDER 8				R Smith	2016/17	60mH (60cm 6 fts)	11.73
S Morris	2015/16	60mH (45cm 6fts)	11.78	N Grant	2009/10	70m	=10.66
P Krause	2014/15	70m	11.74	B Heilbronn	2018/19	70m	=10.66
C Piper	2022/23	80m	13.04	N Grant	2009/10	100m	14.83
N Shiner	2015/16	100m	16.38	N Grant	2009/10	200m	31.64
J Law	2016/17	200m	35.25	C Mathewson	2020/21	400m	1:10.22
C Mathewson	2018/19	500m	1:40.32	C Mathewson	2020/21	800m	2:32.33
A Crisp	2007/08	LJ (0.5m x 1m)	3.73	C Mathewson	2020/21	1100m Walk	7:02.72
M Woods	1992/93	Discus (500g)	21.14	M Sills	1986/87	HJ Scissors	1.28
B Scanlan	1995/96	Shot Put (1.5kg)	7.35	M Woods	1994/95	LJ (.5m x 1m)	4.28
Best Performances for manual times & superseded events				M Fesolai	2005/06	Discus (500g)	31.20
B Bennett	1986/87	60mH (45cm 5 fts)	10.64	B Markey	1994/95	Shot Put (2kg)	9.76
Z Thorne	1993/94	60mH (45cm 6 fts)	11.55	Best Performances for manual times & superseded events			
D Best	1983/84	70m	10.64	G Sorensen	1991/92	60mH (45cm 5 fts)	9.42
B Bennett	1986/87	80m	11.91	M Fesolai	2005/06	60mH (60cm 6 fts)	10.73
B Bennett	1986/87	100m	15.27	M Fesolai	2005/06	70m	10.16
G Sorensen	1989/90	200m	32.78	A McLean	1986/87	80m	11.66
B Toombes	1979/80	400m	1:15.00	M Sills	1986/87	100m	14.00
B Chant	2004/05	500m	1:48.37	A Curtis	1989/90	200m	29.26
N Furlong	1979/80	High Jump Scissors	1.14	A Curtis	1989/90	400m	1:07.17
M Sills	1984/85	LJ (1m x 1m)	3.90	P Lane	1985/86	800m	2:31.65
J Ekert	1991/92	Discus (350g)	21.52	Z Theile	1991/92	700m Walk	3:55.69
J Cruice	1989/90	Shot Put (1kg)	8.45	C Foote	1982/83	800m Walk	5:02.83
A Millard	1985/86	Shot Put (2kg)	7.09	A Andersen	1993/94	1100m Walk	6:14.43
				B Bennett	1988/89	LJ (1m x 1m)	4.87
				S Fenn	1997/98	TJ (0.5m x 1m)	8.63
				A Curtis	1989/90	TJ (1m x 1m)	9.56

IPSWICH CENTRE BEST PERFORMANCES - BOYS

UNDER 11				UNDER 13			
T Pearsall	2023/24	80mH (60cm 9flts)	15.45	J Jakimowicz	2020/21	80mH (76cm 9 flts)	13.36
J Grey	2018/19	100m	13.65	D Russell	2019/20	200mH(68cm 5 flts)	31.15
J Grey	2018/19	200m	27.59	J Carrick	2015/16	100m	12.98
C Mathewson	2021/22	400m	1:08.67	J Carrick	2015/16	200m	26.95
C Mathewson	2021/22	800m	2:34.08	A Crowley	2022/23	400m	1:03.24
C Mathewson	2021/22	1500m	4:59.92	D Stewart	2020/21	800m	2:23.26
C Mathewson	2021/22	1100m Walk	6:33.94	D Stewart	2020/21	1500m	5:03.13
M Sills	1987/88	HJ Flop	1.37	J Manteit	2017/18	1500m Walk	9:24.39
J Grey	2018/19	LJ (0.2m x 1m)	4.44	M Sills	1989/90	HJ Flop	1.70
H Cooper	2018/19	TJ (0.2m x 1m)	8.95	N Smailes	2004/05	LJ (.2m x 1m)	5.51
J Tukuafu	2022/23	Discus (500g)	40.66	N Smailes	2004/05	TJ (.2m x 1m)	11.27
W Shillito	1991/92	Javelin (400g)	34.10	A Crowley	2022/23	Discus (750g)	40.74
M Stewart	2000/01	Shot Put (2kg)	13.78	T Rogers	2001/02	Javelin (600g)	41.44
Best Performances for manual times & superseded events				L Cory	2003/04	Shot Put (3kg)	14.65
G Sorensen	1992/93	60mH (60cm 5flts)	9.94	Best Performances for manual times & superseded events			
J Sandry	1994/95	60mH (60cm 6flts)	10.30	W Kappu	1983/84	60mH (76cm 5 flts)	9.32
K Colburn	2014/15	60mH (60cm 6flts)	e=10.65	T Griffiths	1994/95	80mH (76cm 9 flts)	13.80
R Aliva	2014/15	60mH (60cm 6flts)	e=10.65	A Connelly	1991/92	90mH (76cm 9 flts)	14.80
J Knack	1981/82	70m	10.13	A Curtis	1992/93	200mH (60cm 5flts)	29.22
J Sandry	1989/90	100m	13.65	A Reeves	1998/99	200mH (68cm 5flts)	28.50
M Sills	1987/88	200m	27.21	J Knack	1983/84	70m	9.56
A Curtis	1990/91	400m	1:04.49	A Reeves	1998/99	100m	12.62
P Lane	1986/87	800m	2:28.84	A Reeves	1988/89	200m	25.90
P Lane	1986/87	1500m	5:04.56	A Curtis	1992/93	400m	57.92
A Anderson	1994/95	1100m Walk	6:11.57	M Reeves	1994/95	800m	2:16.39
B Dixon	1987/88	1500m Walk	8:43.31	M Reeves	1994/95	1500m	4:43.25
A Curtis	1990/91	HJ Scissors	1.35	J Birt	2002/03	1500m Walk	8:29.86
B Bennett	1989/90	LJ (1m x 1m)	=4.94	T Mears	1981/82	LJ (1m x 1m)	5.10
A Curtis	1990/91	LJ (1m x 1m)	=4.94	J Knack	1983/84	TJ (1m x 1m)	10.58
M Andrews	1994/95	LJ (0.5m x 1m)	4.66	L Suter	2002/03	Discus (1kg)	43.84
A Curtis	1990/91	TJ (1m x 1m)	10.10				
S Fenn	1998/99	TJ (0.5m x 1m)	9.73	UNDER 14			
C Berry	2004/05	Discus (750g)	32.17	J Jakimowicz	2021/22	90mH (76cm 9 flts)	13.99
S Deviney	1992/93	Shot Put (3kg)	8.03	D Russell	2020/21	200mH (76cm 5flts)	30.52
UNDER 12				A Afoakwah	2012/13	100m	12.31
J Jakimowicz	2019/20	80mH (68cm 9flts)	14.27	D Russell	2020/21	200m	25.81
C Law	2015/16	100m	13.56	D Russell	2020/21	400m	1:00.56
J Carrick	2014/15	200m	28.04	D Stewart	2021/22	800m	2:17.90
C Mathewson	2022/23	400m	1:02.74	A Davies	2015/16	1500m	5:12.12
C Mathewson	2022/23	800m	2:20.88	J Manteit	2018/19	1500m Walk	8:39.64
C Mathewson	2022/23	1500m	4:53.43	S Johnson	1985/86	HJ Flop	=1.83
J Patrick	2014/15	1500m Walk	9:24.66	M Sills	1990/91	HJ Flop	=1.83
N Lax	2006/07	HJ Flop	1.58	N Smailes	2005/06	LJ (0.2m x 1m)	6.02
H Cooper	2019/20	LJ (0.2m x 1m)	4.59	N Smailes	2005/06	TJ (0.2m x 1m)	12.19
H Cooper	2019/20	TJ (0.2m x 1m)	9.80	L Suter	2003/04	Discus (1kg)	46.78
H Severinsen	2023/24	Discus (750g)	38.59	T Rogers	2002/03	Javelin (600g)	59.38
T Smailes	2006/07	Javelin (400g)	38.55	J Foster	2012/13	Shot Put (3kg)	13.47
H Severinsen	2023/24	Shot Put (2kg)	13.58	Best Performances for manual times & superseded events			
Best Performances for manual times & superseded events				C Candevilla	1986/87	80mH (76cm 9 flts)	14.04
A Connelly	1990/91	60mH (60cm 5 flts)	9.45	G Wynne	1999/00	90mH (76cm 9 flts)	13.40
B Matmann	2000/01	60mH (68cm 6flts)	9.87	M Sills	1990/91	200mH (60cm 5flts)	26.01
C Law	2105/16	60mH (68cm 6flts)	e10.57	A Curtis	1993/94	200mH (76cm 5flts)	28.65
D Page	1983/84	70m	9.77	M Sills	1990/91	100m	11.72
B Mastmann	2000/01	100m	12.57	M Sills	1990/91	200m	24.26
B Mastmann	2000/01	200m	27.11	J Knack	1984/85	400m	54.39
A Curtis	1991/92	400m	1:00.79	M Reeves	1995/96	800m	2:1059
A Curtis	1991/92	800m	2:24.73	M Reeves	1995/96	1500m	4:30.39
P Lane	1987/88	1500m	4:55.91	J Dickson	1999/00	1500m Walk	8:01.04
C Foote	1984/85	1500m Walk	8:27.59	L Suter	2003/04	Shot Put (4kg)	15.46
A Curtis	1991/92	LJ (1m x 1m)	5.15				
B Mastmann	2000/01	LJ (0.5m x 1m)	5.31				
A Curtis	1991/92	TJ (1m x 1m)	10.45				
J Penn	2015/16	TJ (0.5m x 1m)	10.25				
L Suter	2001/02	Shot Put (3kg)	10.73				

IPSWICH CENTRE BEST PERFORMANCES - BOYS

UNDER 15				UNDER 17			
J Jakimowicz	2022/23	100mH (76cm 10fts)	14.60	N Grant	2016/17	110mH (76cm 10fts)	18.95
D Stewart	2022/23	300mH (76cm 7fts)	44.98	L Hay	2021/22	300mH (76cm 7fts)	46.56
D Russell	2021/22	100m	12.25	N Grant	2016/17	100m	11.92
N Grant	2014/15	200m	24.93	N Grant	2016/17	200m	24.20
D Stewart	2022/23	400m	56.59	J White	2022/23	400m	56.64
D Stewart	2022/23	800m	2:07.31	N Egberts	2019/20	800m	2:27.62
D Stewart	2022/23	1500m	4:28.84	N Egberts	2019/20	1500m	5:28.05
T Jendra	2022/23	1500m Walk	8:40.59	J Schodde	2022/23	1500m Walk	8:31.08
M Sills	1991/92	HJ Flop	1.94	J Crilly	2014/15	HJ Flop	1.66
A Curtis	1994/95	LJ (.2m x 1m)	6.02	N Grant	2016/17	LJ (.2m x 1m)	6.10
A Curtis	1994/95	TJ (.2m x 1m)	12.76	T Finlayson	2011/12	TJ (.2m x 1m)	11.77
N Smailes	2006/07	Discus (1kg)	51.31	K Dalby	2021/22	Discus 1.5kg	39.55
D Stewart	2022/23	Javelin (700g)	39.09	L Hay	2021/22	Javelin (700g)	47.08
R Farley	1988/89	Shot Put (4kg)	14.66	N Grant	2016/17	Shot Put (5kg)	11.36
Best Performances for manual times & superseded events				Best Performances for manual times & superseded events			
P Haywood	1986/87	80mH (76cm 9fts)	13.62	E Tavendale	2012/13	100mH (76cm 10fts)	e16.32
A McLean	1991/92	90mH (76cm 9fts)	13.19	T Finlayson	2011/12	200mH (76cm 5fts)	e31.10
B Alloway	1995/96	100mH (76cm 10fts)	14.39	M Todd	2012/13	200m	24.75
G Wilson	1990/91	200mH (60cm 5fts)	27.13	E Tavendale	2012/13	1500m Walk	11:42.35
M Sills	1991/92	200mH (76cm fts)	26.65	T Finlayson	2011/12	Discus (1kg)	48.71
B Williams	2015/16	200mH (76cm 5 fts)	e30.46	D Kraut	2011/12	Shot Put (4kg)	10.98
A Curtis	1994/95	100m	11.62				
M Sills	1991/92	200m	23.26				
A Curtis	1994/95	400m	53.51				
M Reeves	1996/97	800m	2:06.56				
M Reeves	1996/97	1500m	4:22.51				
M Woods	1999/00	1500m Walk	7:10.00				
T Rogers	2003/04	Javelin (600g)	56.17				
UNDER 16							
D Russell	2022/23	100mH (76cm 10 fts)	14.86				
J Jakimowicz	2023/24	300mH (76cm 7 fts)	46.55				
N Grant	2015/16	100m	11.48				
N Grant	2015/16	200m	24.67				
J Suchting	2023/24	400m	56.13				
J Suchting	2023/24	800m	2:17.31				
R Griffin	2016/17	1500m	4:54.37				
T Jendra	2023/24	1500m Walk	8:25.68				
B VanWyk	2009/10	HJ Flop	1.90				
R Bavister	2012/13	LJ (.2m x 1m)	5.83				
R Bavister	2012/13	TJ (.2m x 1m)	12.41				
R Smith	2022/23	Discus (1kg)	52.56				
T Jendra	2023/24	Javelin (700g)	35.92				
N Grant	2015/16	Shot Put (4kg)	12.28				
Best Performances for manual times & superseded events							
N Grant	2015/16	200mH (68cm 5 fts)	e28.60				
R Bavister	2012/13	200m	25.32				
N Smailes	2007/08	Javelin (600g)	39.09				

CURRENT QUEENSLAND & AUSTRALIAN BEST PERFORMANCES - GIRLS									
INDIVIDUAL					RELAYS				
Girls									
T Wenck	U11	60mH	2000/01	=9.96	A Crocker/T Hanlon	U11	Discus	2021/22	58.82m
A Crocker	U11	Javelin	2021/22	30.48m	W Bopf/K Lewis	U14	HJ	1986/87	=3.12m
T Stolberg	U16	HJ	2021/22	1.75m	C Bell/J Unwin	U14	HJ	2015/16	=3.12m
C Goody	U16	Discus	2021/22	45.67m	S Wilkins / C Goody	U16	SP	2020/21	24.73m
C Goody	U16	SP	2021/22	14.34m	S Wilkins/E Gallagher	U17	SP	2021/22	23.89m
C Goody	U14	Triathlon Throws	2019/20	1282pts					
C Goody	U15	Heptathlon	2020/21	4958pts					
C Goody	U17	Javelin	2022/23	47.27m					
T Stolberg	U17	HJ	2022/23	1.76m					
Boys									
M Sills	U14	HJ	1990/91	1.89m	J Luhrman/M Sills	U10	HJ	1986/87	2.56m
M Sills	U15	HJ	1991/92	2.10m*	T Regeling/M Sills	U11	HJ Flop	1987/88	2.73m
N Grant	U17	LJ	2016/17	6.93m	R Bell/A Connelly	U15	LJ	1993/94	12.31m
C Mathewson	U12	1500m	2022/23	4:35.66	J Tukuafu and H Severinsen	U12	Discus	2023/24	72.52m
D Stewart	U15	1500m	2022/23	4:10.66					

*Denotes Australian Best Performance



IPSWICH LITTLE ATHLETICS – ADULT AWARD RECIPIENTS			
Little Athletics Queensland Life Member:		2009	Robert Dickson, Michelle Smailes
2013	Ann Bell	2011	Andrea Davison, Peter Grant, Kilie Haley
Ipswich Little Athletics Life Members:		2015	Kristina Milford, Theresa Stolberg
1992	Greg Bell		Sheryl Langton
1993	John Newton	2011	Michael Smolenski
1999	Ann Bell	2019	Paul Langton
2000	Betty Wilson	2022	Steve Warner
2006	Mellisa Hollis	2023	Theresa Stolberg
2009	Barry Wenzel		
Australian Sports Medal:		2005	Des Lang
2001	Ann Bell	2006	Mellisa Hollis
ICC Australia Day Medal:		2008	Barry Wenzel
2002	Ann Bell	2010	Chris Perry
ICC Coach of the Year:		2011	Michael Smolenski
2014	Theresa Stolberg	2019	Paul Langton
		2020	Theresa Stolberg
		2020	Steve Warner
Rotary Club North Ipswich Award:		20 Years:	
2010	Ann Bell	2005	Ann Bell
Little Athletics Queensland Awards:		2013	Barry Wenzel
Service Award:		2014	Chris Perry
1999	Ann Bell	2016	Michael Smolenski
Volunteer of the Year:		2023	Paul Langton
2004	Barry Wenzel	25 Years:	
2010	Ann Bell	2005	Greg Bell
Official of the Year:		2005	John Newton
2019	Paul Langton	2010	Ann Bell
Coach of the Year:		2018	Barry Wenzel
2010	Theresa Stolberg	2021	Michael Smolenski
CAPS Co-ordinator of the Year:		30 Years:	
2014	Theresa Stolberg	2009	Greg Bell
2015	Theresa Stolberg	2015	Ann Bell
CAPS Participant of the Year:		2023	Barry Wenzel
2012	Kara-Lynn Hodges	35 Years:	
2014	Tori Langton	2016	Greg Bell
George Harvey Award:		2020	Ann Bell
2014	Tori Langton	40 Years:	
Little Athletics Queensland - Centre Awards:		2018	Greg Bell
Administration:		Little Athletics Queensland Distinguished Merit Awards:	
2002, 2004, 2005, 2006, 2009, 2010, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019		1986	Cliff Darbey
Publicity:		1995	John Newton
1998, 2002, 2014		1996	Greg Bell
CAPS:		2000	Ann Bell
2012, 2015		2014	Barry Wenzel
Little Athletics Queensland Service Badges:		2021	Paul Langton
10 Years:		Little Athletics Queensland Merit Awards:	
2000	Ann Bell, Greg Bell, Noel Mathewson, Frank Molloy	1986	Greg Bell, Wendy Bell, Margaret Schoenfisch
	John Newton, Adrian Pamerter, Amanda Pamerter	1988	John Newton, Sandra Newton, Geoff Barclay,
	Betty Wilson, George Wilson		Stella Barclay
2001	David Walpole	1989	Arthur Rowe
2002	Paul Cervetto, Paula Cervetto, Mellisa Hollis	1991	Ann Bell
2003	Daryl Birt, Paula Smith, Chris Wilson, Pamela Wilson	1992	Barry Bennet
2004	Sharon Joseph, Janet Klaassen, Barry Wenzel	1993	Barry Goodman
	Leanne Wenzel, Carmel Brown, Chris Perry	1996	Pat Bell
2005	Michael Smolenski	1998	Betty Wilson
		1999	Lindsay Ekert
		2001	Adrian Pamerter
		2002	Barry Wenzel
		2003	Chris Perry
		2004	Michael Smolenski
		2006	Robert Dickson
		2014	Paul Langton
		2015	Theresa Stolberg
		2018	Melissa Smith
		2019	Crystal Goulding
Little Athletics Queensland Honour Certificates:		Little Athletics Queensland Honour Certificates:	
		1993	Pat Bell, Robyn Dixon, Joe Drake, Barry Goodman,
			Robyn Hine, Gary James, Lorraine James,
			Neil Sheppard
		1994	Diane Curtis, Lyn Klan, George Wilson, Betty Wilson
		1995	Judy Andrews, Christine Bryant, Lindsay Ekert,
			Noel Mathewson, Ailsa Lee, Amanda Pamerter
		1996	Lynne Bagguley, Lorelle Ekert, Frank Molloy
			Adrian Pamerter
		1997	Paul Griffiths
		1998	Paul Fenn, Margaret Glass, Ross Glass, Helen Johns
			Steve Johns

IPSWICH LITTLE ATHLETICS – ADULT AWARD RECIPIENTS

Little Athletics Queensland Honour Certificates cont..		2008	Carolyn Cluderay, Karen Eves
1999	Jan Boekel, Paul Cervetto, Paula Cervetto, Des Lang, Meggs Fenn, Jan Lang, Rose-Marie Woolley	2009	David Eves
2000	Ernie Brunjes, Mellisa Hollis, Diane McPherson, Chris Perry, Barry Wenzel, Leanne Wenzel, Rebecca Wilson, Gail Woods, Kevin Woods	2010	Paul Langton, Sheryl Langton
2001	Karen Hounslow, Brad Wolens, Geoff Hounslow, Chris Wilson	2011	Andrea Davison, Peter Grant, Kilie Haley, Cassie Hodges, Theresa Stolberg
2002	Daryl Birt, Sharon Joseph, Janet Klaassen, Lisa Stevens, David Walpole	2012	Stan Kraut, Fiona McQueen, Bruce Tavendale, Noelene Trebbin, Jason Trebbin
2003	Carmel Brown, Gary Charlick, Bob Dickson, Michael Smolenski, Pamela Wilson	2014	Annette Battensby, Steve Warner
2004	Robyn Dickson, David Lister, Ellenore Lister, Neale Rogers	2015	Crystal Goulding, Melissa Smith, Charman Tupper, Brynn Williams
2005	Len Arnold	2016	Amy Buhse, Leonie Wilkins
2006	Peter Hall	2018	Bonny Manteit, Troy Smith
2007	Sharon Brieschke, Shaun Brieschke, John Burrridge, Lesley Burrridge, Greg Dowling, Rachel Gettons, Michelle Smailes	2019	Paul Shard
		2020	Samantha Hayne
		2021	Kate Wilson, Kristie Parsons, Andrew Hanlon
		2022	Leanne Hay, Kylie Little, Bobbi Schodde
		2024	Kate Beckers, Jodie Beer, Dan Johnson, Amanda Leadbetter

2023/2024 Committee Appreciation

Mel Smith, Bobbi Schodde and Matt McAuley

The Ipswich Little Athletics Centre offers a special thank you to the committee members listed above who left the committee during or after last season. These people have been dedicated volunteer members to a cause they believed in - fun and fitness for young people through athletics.



Ipswich & District Athletics Club

Ipswich athletes are very well catered for after they leave Little Athletics. Athletes are welcome to join the Ipswich & District Athletic Club Inc which provides all athletics facilities to them. The clubhouse facilities are shared with Ipswich Little Athletics at Bill Paterson Oval.

LAQ is offering free registration (LAQ Component) for any U16 & U17 athletes who dual register with Queensland Athletics.

The athlete is able to register with a Little Athletics Centre first before registering with Queensland Athletics. For any dual registrations the athletes name, birthdate and confirmation of registration with Queensland Athletics must be provided to Ipswich Little Athletics within 3 weeks of registering. This confirmation can be a receipt of payment, registration confirmation or athlete's registration number with Queensland Athletics

Training sessions are held on Monday and Wednesday nights from 6.30pm to 8.30pm supervised by qualified coaches. All track and field events are catered for. Training is restricted to athletes 10 years of age and older.

For further information:

Please contact **President: Vic Pascoe 0409 754 884**
Or visit **IDAC Website: www.ipswichathletics.org.au**



SPONSORS

Ipswich Little Athletics Centre Sponsors and partners

The Ipswich Little Athletics Centre committee extends its gratitude and appreciation to the following sponsors and acknowledges their support during the 2023/24 season and to those continuing to sponsor in the 2024/25 season:

- **Adaptit Group:** Encouragement Award Vouchers
- **Robyn Dickson:** Robert Dickson Memorial Award
- **Other businesses and members:** Raffle prizes and items to assist the centre

THANK YOU



LITTLE ATHLETICS QUEENSLAND



CORPORATE PARTNERS



*Thank you
to LAQ Corporate partners for assisting LAQ and Centres*

HISTORY OF LITTLE ATHLETICS

Little Athletics evolved, like most voluntary community organisations, through the mind and conscience of one man. Trevor Billingham followed the pattern set by many pioneers in the field of community service. He recognised a need and introduced an idea designed to meet that need.

On an October day in 1963 three boys turned up at an athletics meeting in Geelong, Victoria. They were ready to compete. On approaching an official they were told that they were too young to take part. That official was Trevor Billingham.

The disappointment, evident in the boys, left a marked impression on his mind. The thought was forgotten; it came alive again several months later. At a coaching clinic designed for secondary school students it was noted that the majority of children were of primary school age. Reminded of his earlier experience, Trevor Billingham had an idea. The answer to the need expressed in the children would be a simple Saturday morning competition.

On the first Saturday of October 1964, he met with a small group of children on a Geelong oval. They took part in a short program of running events.

From that simple beginning, athletics for under 12 boys and girls was developed at a phenomenal rate. Little Athletics created tremendous interest; by 1967 the Victorian Little Athletics Association was formed.

The Australian Little Athletics Union was formed in Perth on the 31st of March 1972.

Victoria, New South Wales, Northern Territory & Western Australia were the founding members.

South Australia, Queensland & Australian Capital Territory joined in the 1973/74 season.

Tasmania joined in the 1974/75 season.

Australian Little Athletics Union became Australian Little Athletics (ALA) during the 1992/93 season.

2008/09 season there were approximately 98,000 Little Athletes competing throughout Australia on a regular basis and in the 2012/13 season over 104,000 Little Athletes participated across the country.

PHILOSOPHY OF LITTLE ATHLETICS

Little Athletics was originally formed to provide athletic track and field competition for younger children because the senior clubs did not cater for children younger than twelve in their regular events. Little Athletics is not essentially here to produce highly skilled specialist athletes, but to provide the basic athletic grounding and competitions for that large number of children not adequately catered for by any other body. Generally, it must be accepted that specialisation is unwise until at least the mid-teens. Specialists also can be better serviced if they are trained and perfected by specialist coaches. Our Centre and Little A's in general, cannot claim large numbers of these coaches and probably never will. Nor should we invest our few coaches on a few specialist athletes at the expense of the majority.

Thus, we will be attempting to provide many events for many children and will attempt to teach as many of those children as many of those things as we are able. We will do a better job if we get more parental support to help supervise/coach the very basics with us on training days. Small groups behave better, learn more, and get more turns at practicing a set task. As a result, when these children reach an age where their physique starts to stabilise, they may then start to specialise in the events in which they are good and to which they are physically suited. The Ipswich & District Athletics Club has a good record of helping these older athletes (See separate note in this book).

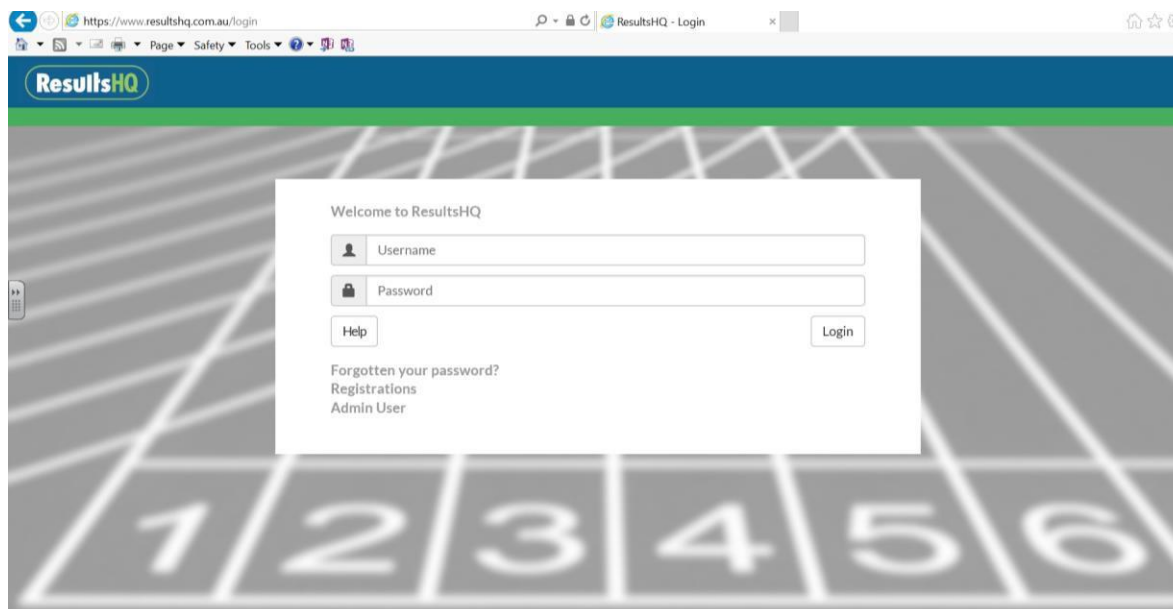
Competition is the driving force behind sports people trying to improve and improving is the glue that keeps together the effort that any one person may require to stick with the sport in which they are currently involved. Therefore, any sport requires a mixture of "Family, Fun and Fitness" and "Competition". We should as parents or as committee members, guide all the children to their own level of needs and as long as they are enjoying themselves we have been successful.

We must also provide competitions sufficient to cater for the better athletes who constantly strive to improve his/her performance and thus feed the natural wish to succeed. By providing this level of competition, we are in fact character building and this is important and provides the springboard from which the senior athletes of tomorrow may be drawn. However, we are aware that the greater the degree of competition, the greater the discrimination in favour of a specialist minority. **As parents, you are free to choose all, some or none of the competitions provided.** Our Friday night and Saturday competitions are designed to encourage self-improvement as the important yardstick and we would urge parents to explain to their children the meaning of such a system. Encourage them to collect their tickets, enter them into their books and watch the steady improvement in each event. We may also need to help them to cope with not winning some of the time or even never winning. We believe it is important also to help some children to cope with always winning if they are to develop a personality acceptable to their friends.

All children benefit by parental involvement. Our Centre cannot succeed at training or in conducting the Friday nights or Saturday competitions without parental involvement. **WE ARE NOT A CHILD MINDING ORGANISATION** but a co-operative community project to provide an organised fun sport for a large group of children. Please adhere to our motto of **"FAMILY, FUN & FITNESS"**.

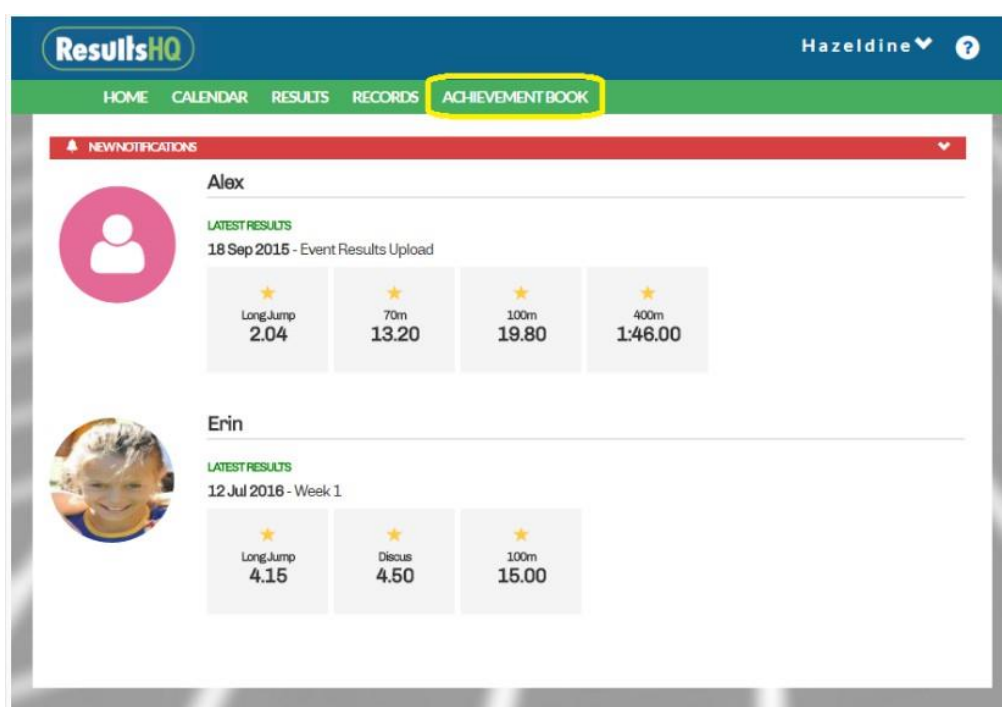
How to access your athlete's results on Results HQ

1. Visit <https://www.resultshq.com.au/login>
2. Enter your username and password and click login
Username is the email you used for registration. If you can't remember your password, click "Forgotten your password?"



You will then be able to access results, calendar and achievement book by clicking on the tabs across the top.

You can also update profile details by clicking the arrow beside your family name. Please ensure all details are up to date as we may need to contact you throughout the season.



Coles LAQ Summer Carnival

Saturday 26th October 2024

**Nominations are via Results HQ – Closing Date: Monday 14th October 2024 at 8:59am
NO LATE NOMINATIONS**

To foster team spirit, all athletes registered with a LAQ centre, through their competing will earn points toward the Competitions Centre Weighted Points trophy.

100m Handicap races are also included in the program. The first placed athletes in the U9-U17 age groups are offered an opportunity to compete in the Handicap Races, using handicapped starting distances calculated on each competing athlete's 100m time.

Multi-Class Athletes are encouraged to participate and compete in mainstream opportunities where appropriate.

**Nomination fee: \$20 per athlete plus small online fee
Further information will be advised by newsletter to be posted on the noticeboard**

Ipswich Twilight Carnival

Saturday 19th October 2024 – 1:30pm Start

Nominations are via Results HQ – Closing Date: Friday 11th October 2024

Attendance and participation in all events on this day counts towards end of season awards.

**Nomination fee: \$25 per athlete plus small online fee
Further information will be advised on Facebook and website**

Late nominations: \$50 per athlete, closing 24 hours prior to the event start time

Nordic Sport Summer Regional Champs

Saturday 8th & Sunday 9th February 2025

**Nominations are via Results HQ – Closing Date: 27th January 2025 at 8:59am
NO LATE NOMINATIONS**

U7 to U17 athletes may nominate to compete in a maximum of 5 events.

**Nomination fee: \$20 per athlete plus small online fee
Further information will be advised by newsletter to be posted on the noticeboard**

McDonalds Regional Relays

Sunday 10th November 2024

**Nominations are to be submitted at the ILA office
Closing Date – 15th October 2024 - TBC via Facebook and website
NO LATE NOMINATIONS**

Name: _____ Reg No: _____ Under: _____ Girl / Boy

I wish to compete in the following events: NB U7 & U8 B & G compete in four programmed events

1. _____ 2. _____ 3. _____ 4. _____ 5. _____

Parent Assistance: Name _____ Preferred Duty _____ AM/PM/ALL DAY

For Office Use: \$5.00 per event	Fees Received \$ _____	Receipt No _____	Date _____
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McDonalds LAQ Combined Events Championships

Saturday 1st March, Sunday 2nd March 2025

**Nominations are via Results HQ – Closing Date: Monday 17th February 2025 at 8:59am
NO LATE NOMINATIONS**

Athletes must compete in all programmed events for their selected group.
U15 athletes please note: selection for the LAQ State team multi event is now from results achieved at this
Combined Event Championships.

Nomination fee: \$20 per athlete plus small online fee
Further information will be advised by newsletter to be posted on the noticeboard or via the LAQ website

McDonalds Little Athletics Queensland State Championships

Friday 21st, Saturday 22nd, Sunday 23rd March 2025

Following the Regional Summer Championships an invoice indicating the cost of the State Championship fees will be issued to all qualifying athletes. The invoice must be paid at the office by the due date on the invoice or the withdrawal form below must be submitted at the office within 7 days of the Regional competition.

Name: _____ Reg No: _____ Under: _____ Girl / Boy

My athlete ***does not*** wish to compete in the following event/s which has/have been qualified for:

1 _____ 2 _____ 3 _____ 4 _____ 5 _____

Signature of Parent: _____ Date: _____

Ipswich Little Athletics Centre Supporters



Heritage City
Photos
Ipswich Photo Specialists



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