



IPSWICH LITTLE ATHLETICS CENTRE

HANDBOOK 2025/2026

*All Little Athletics centres are **volunteer** organisations
'Family, Fun and Fitness' a weekly community activity involving the whole family*



www.ipswichla.org.au



Ipswich Little Athletics



ipsla1981@gmail.com

Bill Paterson Oval
Lion Street, Ipswich

Commenced Ipswich: 1981
Established Bundamba: 1976

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.

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.

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.

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	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: • Salisbury Road end of Bill Paterson Oval • Ipswich Netball carpark • Ipswich AFL carpark STAY CALM
Emergency Services	 Telephone 000 for Queensland Ambulance, Police Service or Fire Service Closest Hospitals: Ipswich General Hospital and St Andrews Hospital Emergency services may enter via Lion Street carpark and Salisbury Road entrance to oval
Full details are displayed on the centre notice board outside the equipment building and inside the office and canteen	

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IPSWICH LITTLE ATHLETICS

Centre Manager	Joshua Roney	Programs Officer	Jess Hanley
Assistant Centre Manager	Crystal Goulding	Coaching Officer	Vacant
Secretary	Alice Belfield	Recorder	Carla Kalweit
Treasurer	Carmen McDonald	Recorder	Jess Hanley
Records Officer	Kristie Parsons	Officials Officer	Vacant
Technical Officer	Barry Wenzel	Public Relations Officer	Crystal Goulding
Canteen Convener	Vacant	Multi-Class Coordinator	Cheryl Roney
www.ipswichla.org.au			
 Ipswich Little Athletics			
email: ipsla1981@gmail.com			
Postal Address: PO Box 2535, North Ipswich 4305			

CALENDAR OF EVENTS 2025-2026

This Calendar should be used as a guide only.

Please follow our Facebook page for any changes and up-to-date information throughout the season.

Month	Date	Day	Event	Location
August	22	Friday	Office Open: 5pm – 7pm Registration assistance and uniform purchases	Bill Paterson Oval
	26	Tuesday	Training Commences & Office Open Training continues every Tuesday until the Xmas break	Bill Paterson Oval
	29	Friday	Athlete Orientation: NEW and U9 & U11 for NEW Events Volunteer Orientation: Age Marshalls, Parent Helpers, Officials and Coaches	Bill Paterson Oval
September	5	Friday	Competition 1	Bill Paterson Oval
	12	Friday	Competition 2	Bill Paterson Oval
	20	Saturday	LAQ Coles Spring Carnival	BRAF, Bundaberg
	26	Friday	Competition 3	Bill Paterson Oval
October	3	Friday	Competition 4	Bill Paterson Oval
	11	Saturday	Ipswich Twilight Carnival – Commence 1pm <i>Nominations \$25 – Close 9am Monday 6 October</i> <i>Late Nominations \$50 – Close 1pm Friday 10 October</i>	Bill Paterson Oval
	17	Friday	Competition 5	Bill Paterson Oval
	25	Saturday	LAQ Coles Summer Carnival – Series 1	SAF, Nathan
	31	Friday	Competition 6 – 'Halloween' 🎃	Bill Paterson Oval
November	2	Sunday	LAQ HART Met West Regional Relays	UQ, St Lucia
	7	Friday	Competition 7	Bill Paterson Oval
	14	Friday	Competition 8 – 'Coles Round' 🏊	Bill Paterson Oval
	21	Friday	Competition 9	Bill Paterson Oval
	23	Sunday	LAQ Coles Summer Carnival – Series 2	GCPC, Runaway Bay
	28	Friday	Competition 10	Bill Paterson Oval
December	5	Friday	Competition 11	Bill Paterson Oval
	9	Tuesday	Final training session before Christmas break	Bill Paterson Oval
	12	Friday	Competition 12 – 'Xmas Night' 🎄	Bill Paterson Oval
	13	Saturday	LAQ McDonald's State Relay Championships <i>For athletes who qualified through Regional Relays</i>	SAF, Nathan
January	16	Friday	Competition 13	Bill Paterson Oval
	20	Tuesday	Training resumes every Tuesday from this date	Bill Paterson Oval
	23	Friday	Competition 14	Bill Paterson Oval
	30	Friday	Competition 15 – 'Crazy Hair'	Bill Paterson Oval
	31	Saturday	LAQ McDonald's Combined Event Championships – Day 1	SAF, Nathan
February	1	Sunday	LAQ McDonald's Combined Event Championships – Day 2	SAF, Nathan
	6	Friday	Competition 16	Bill Paterson Oval
	14 & 15	Saturday & Sunday	LAQ HART Met West Regional Championships	UQ, St Lucia
	20	Friday	Competition 17	Bill Paterson Oval
	28	Saturday	Centre Championships – Day 1	Bill Paterson Oval
March	1	Sunday	Centre Championships – Day 2	Bill Paterson Oval
	7	Saturday	Centre Championships – Day 3	Bill Paterson Oval
	8	Sunday	Centre Championships – Back-Up	Bill Paterson Oval
	20, 21 & 22	Friday, Saturday & Sunday	LAQ McDonald's State Championships <i>For athletes who qualified through Regional Championships</i>	QSAC, Nathan
April	TBA		Coles Australian Little Athletics Championships	Brisbane
	19	Sunday	Presentation Day 🏆	Bill Paterson Oval
April / May	TBA		Annual General Meeting	Clubhouse

Coles Spring Carnival BRAAF, Bundaberg	Saturday 20th September 2025 \$22.50 / athlete U7 – U17 athletes - maximum four (4) events Closing Date: 11:59pm Monday 8th September
Coles Summer Carnival Series 1 State Athletics Facility, Nathan	Saturday 25th October 2025 \$22.50 / athlete U9 – U17 athletes - maximum three (3) events Closing Date: 11:59pm Monday 13th October
HART Met West Regional Relays University of Qld, St Lucia	Sunday 2nd November 2025 \$6.00 / athlete / event U7 – U17 athletes - maximum five (5) events e-noms submitted by Centres Closing Date: 11:59pm Friday 17th October
Coles Summer Carnival Series 2 Gold Coast Performance Centre, Runaway Bay	Sunday 23rd November 2025 \$22.50 / athlete U9 – U17 athletes - maximum three (3) events Closing Date: 11:59pm Monday 10th November
McDonald's State Relay Championships State Athletics Facility, Nathan	Saturday 13th December 2025 \$28.00/track team/event & \$14.00/field team/event U9 to U17 Summer Centre teams via Region qualification All nominations submitted via Centres Closing Date: 11:59pm Monday 1st December
McDonald's Combined Event Championships State Athletics Facility, Nathan	Saturday 31st Jan and Sunday 1st February 2026 \$22.50 / athlete U9 to U17 athletes Closing Date: 11:59pm Monday 19th January
HART Met West Regional Championships University of Qld, St Lucia	Saturday 14th and Sunday 15th February 2026 \$22.50 / athlete U7 to U17 - maximum five (5) events Closing Date: 11:59pm Monday 2nd February TBC
McDonald's State Championships QSAC, Nathan	Friday 20th to Sunday 22nd March 2026 \$7.00 / event U9 to U17 via Region qualification U9 to U17 MC via Region participation for direct nomination Closing Date: 11:59pm Monday 2nd March

Nominations: are submitted via Sport:80 Family or Centre profiles, unless stated otherwise

Nomination Fee: includes GST and an online processing fee will be applied to payments

Closing Date: defined as no later than 11:59pm on the designated closing date

Late Nominations: are NOT accepted after the set date for close of nominations

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 and Multi-Class may compete in up to 4 events; U7-U17 may compete in up to 5 events. 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 1.00pm. Participation in all events at this carnival counts towards centre attendance and achievement points. Nominations are required via Sport:80. Nomination fee of \$25 plus small processing fee. 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/Sunday 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 counts towards centre attendance and achievement points. Nominations and fees via Resultshq or Sports80 and further information will be advised at a later date.

NO LATE NOMINATIONS.

See page 8 for further details of Centre Championships.

Regional Carnivals

Met West Relay Championships

Athletes U7-U17 compete against teams from Souths, Centenary, Providence, Kenmore (host centre), Rosewood, and Toowong Harriers. 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**. **NOTE: Athletes also MUST have done 4 competition nights to be eligible to nominate.**

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 and 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.

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

All athletes who qualify will be liable 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 online via Sport:80. For further information see <https://laq.org.au/competition/state-competitions/>

LAQ Summer Carnival

All LAQ registered U7-U17 and LAA registered U13-U17 athletes are eligible to nominate for a maximum of 3 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/100m H, 200m H, 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, 100m H, 800m, HJ, LJ, Disc, Jav

U15G Combined Event - 200m, 90m H, 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 on Little Athletics QLD website <https://laq.org.au/competition/centre-competitions/>, other centre websites and Facebook pages.

Competition Program of Events

	Program 1	Program 2	Program 3	Program 4	Program 5	Program 6	Xmas
U6	Discus 50m Shot Put 60m Hurdles	80m Long Jump 100m Discus	Shot Put 60m Hurdles Discus 70m	Shot Put 100m Long Jump 70m	Long Jump 60m Hurdles Discus 80m	50m Long Jump 100m Shot Put	Long Jump 70m 100m
U7	Long Jump 80m Discus 60m Hurdles	80m Shot Put 100m Long Jump	Long Jump 100m 60m Hurdles Shot Put	200m Discus 100m Shot Put	Discus 60m Hurdles Shot Put 70m	70m Discus 200m Long Jump	Discus 70m 100m
U8	Shot Put 80m 60m Hurdles Long Jump	Discus 200m Shot Put 100m	500m Discus 60m Hurdles Long Jump	Long Jump 200m Discus 100m	Shot Put 60m Hurdles Long Jump 70m	Shot Put 70m 100m Discus	70m Shot Put 200m
U9	60m Hurdles Long Jump 200m Shot Put 700m Walk	High Jump 70m Turbo Jav 800m Shot Put	60m Hurdles 70m Discus 100m Long Jump	High Jump 70m 400m Shot Put 700m Walk	Turbo Jav 200m 100m 800m Long Jump	High Jump 100m Discus 400m Turbo Jav	Shot Put 70m 200m
U10	60m Hurdles High Jump 200m Turbo Jav Discus	100m Long Jump 70m Discus 800m	60m Hurdles High Jump 100m Shot Put 1100m Walk	Turbo Jav 70m Long Jump 400m Shot Put	High Jump 200m 70m 800m Discus	Long Jump 100m Shot Put 400m 1100m Walk	70m 100m Long Jump
U11	80m Hurdles Javelin 200m Long Jump 1500m	High Jump 200m Shot Put 800m Discus	80m Hurdles Long Jump 100m Shot Put 1100m Walk	1500m Triple Jump 100m Javelin 400m	High Jump 100m Discus 800m Long Jump	Shot Put Triple Jump 200m 400m 1100m Walk	800m Long Jump 100m
U12	Discus 80m Hurdles High Jump 400m 1500m Walk	Shot Put 200m 100m Triple Jump 800m	Long Jump 80m Hurdles Javelin Discus 1500m	Discus 100m 400m High Jump 1500m Walk	Shot Put 200m Triple Jump 800m High Jump	Javelin 100m 200m Long Jump 1500m Walk	800m Discus 100m
U13	High Jump 800m Discus 200m 400m	100m Javelin 200m Long Jump 1500m Walk	Shot Put 80m Hurdles Triple Jump 800m Javelin	1500m High Jump 100m Discus Long Jump	200m Hurdles Long Jump Javelin 400m 1500m Walk	80m Hurdles 100m Shot Put 200m Triple Jump	800m 100m Discus
U14	Long Jump 800m Shot Put 200m 400m	100m Discus 200m High Jump 1500m Walk	Javelin 80/90m Hurdles Triple Jump 800m Discus	1500m Shot Put 100m Long Jump Javelin	200m Hurdles Discus 400m High Jump 1500m Walk	80/90m Hurdles 100m Javelin 200m Triple Jump	800m 100m Shot Put
U15	Shot Put 800m	100m Javelin	100m Discus	1500m Shot Put	300m Hurdles Triple Jump	90-110m Hurdles Discus	800m 100m
U16	200m	200m	90-110m Hurdles	100m	400m	200m	Shot Put
U17	Long Jump 400m	Triple Jump 1500m Walk	High Jump 800m	Long Jump Discus	Javelin 1500m Walk	High Jump Shot Put	
M-C*	Hurdles Discus Shot Put	200m Jav / Turbo Jav Long Jump Discus	Discus Shot Put 100m	Jav / Turbo Jav Discus Shot Put Long Jump	100m Shot Put 400m Jav / Turbo Jav	Hurdles Discus Long Jump Shot Put	Discus 100m Shot Put
*Must elect to compete in age group or in multi-class group for the season. Please refer to page 9 for further information.							

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 Put 70m 100m	Long Jump 500m 70m	Discus 70m 200m 700m Walk	Long Jump 70m 200m 1100m Walk
Under 11	Under 12	Under 13	Under 14	Under 15-17
800m Shot Put 100m 1100m Walk	1500m Long Jump 100m Discus 200m	1500m Javelin Long Jump 200m	Javelin 800m Triple Jump 200m	800m Javelin Triple Jump 200m

DAY TWO

Under 6	Under 7	Under 8	Under 9	Under 10
Discus 80m 60m Hurdles	Discus 80m 60m Hurdles	Shot Put 100m 60m Hurdles	Long Jump 800m Shot Put 60m Hurdles	800m Discus High Jump 60m Hurdles
Under 11	Under 12	Under 13	Under 14	Under 15-17
400m Triple Jump High Jump 80m Hurdles	Javelin 400m Triple Jump 80m Hurdles	Shot Put 800m 100m Triple Jump 200m Hurdles	1500m High Jump 100m Discus 200m Hurdles	1500m High Jump 100m Discus 300m Hurdles

DAY THREE

Under 6	Under 7	Under 8	Under 9	Under 10
Long Jump 50m	Long Jump 200m	Discus 80m 200m	400m 100m High Jump Turbo Jav	400m Turbo Jav 100m Shot
Under 11	Under 12	Under 13	Under 14	Under 15-17
1500m Javelin Discus 200m Long Jump	800m High Jump Shot Put 1500m Walk	High Jump 400m Discus 80m Hurdles 1500m Walk	Shot Put 400m Long Jump 80m/90m Hurdles 1500m Walk	Shot Put 400m Long Jump 90m/100m/110m Hurdles 1500m Walk

Online nominations via Resultshq or Sport:80. 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 Sport:80 by the closing date.

LATE NOMINATIONS WILL NOT BE ACCEPTED.

Competition - Friday Nights

Competition will be held on Friday nights with Centre Championships held on Saturday/Sunday mornings at 8.30am. Refer to page four for competition dates. Any changes to these dates will be advertised through Facebook. **All athletes must have a parent or guardian present at the field for the duration of competitions and if your athlete needs to leave early, you must notify the age marshal. If we can not locate a child, we will enact our lost child process, which includes calling the police. U6, U7 & U8 are required to have a parent with them on the outside of the track as they move around for events on Friday nights.**

START TIME FRIDAY NIGHTS

U6 - U8: 5.00pm

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.

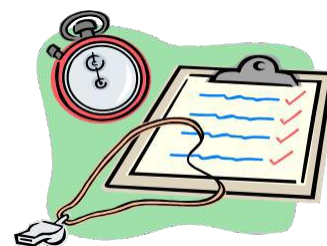


Training / Coaching - Tuesday Afternoons

U6 – 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. **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.

Multi - Class Athletes

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 <https://laq.org.au/competition/multi-class/> or contact our **Multi-Class Coordinator, Cheryl Roney, ipsla1981@gmail.com. At the start of the season all multi-class athletes must elect, in consultation with the Multi-Class Coordinator, to participate in their age group or together with the multi-class group. This election applies for the entire season.**

EQUIPMENT SPECIFICATIONS

FIELD

	GIRLS			BOYS		
Age Group	Discus	Shot Put	Turbo Jav/Javelin	Discus	Shot Put	Turbo Jav/Javelin
U6, U7	350g	1kg Blue	n/a	350g	1kg Blue	n/a
U8	500g	1.5kg Yellow	n/a	500g	1.5kg Yellow	n/a
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

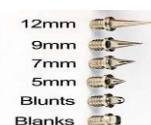
Age Group	Distance	Marking Colour	Height and Flights
U6, U7 B/G	60m	Blue	30cm x 6 flights
U8, U9 B/G	60m	Blue	45cm x 6 flights
U10 B/G	60m	Blue	60cm x 6 flights
U11 B/G	80m	White	60cm x 9 flights
U12 B/G	80m	White	68cm x 9 flights
U13 B/G, U14G	80m	White	76cm x 9 flights
U14B, U15G, U16G	90m	Red	76cm 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	S⚡S	S⚡S	S⚡S	S⚡S	S⚡S	S⚡S	S⚡S
Track Unlaned	---	---	S⚡S	S⚡S	S⚡S	S⚡S	S⚡S
All Jumps & Jav	S⚡S	S⚡S	S⚡S	S⚡S	S⚡S	S⚡S	S⚡S



Legend: S⚡S = 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. Athletes must use Ipswich LA blocks.

Registration

Every athlete must be a registered member of LAQ before competing. The date of birth which is a requirement of Little Athletics Qld will be verified by uploading a birth certificate or passport in Sport:80 or recorded in the birth certificate register. Parents of children 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 2020 to be eligible to register as an Under 6 in the current season. Children who turn five in 2026, 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: \$180 plus a small online processing fee. Registration fees are non-refundable.

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

Replacement or duplicate registration numbers:

\$5 each Sport:80/Athletes/Select Athlete/Additional Purchases/Add. These bibs will be posted directly to the postal address in Sport:80 so please check your postal address is correct and update if necessary. Bibs may take up to three weeks to arrive.

Trialists: All new members to Little Athletics may trial for two consecutive competition nights during September only. A fee of \$10 per athlete applies. Online trialist registrations and payments are via Sport:80. 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



**ALL ATHLETES MUST COMPETE IN THE
CORRECT CENTRE UNIFORM**

Uniform shirts, singlets and crop tops are available to purchase at the office.

Registered athletes will be supplied with a **registration bib** posted directly to their postal address. A **Coles patch** is available for collection from the office. The **registration bib** must be attached to the front of the Centre shirt, singlet or crop top. The **Coles patch must** be attached to the right front chest.

A choice of **plain black** shorts, runners, bike pants, short or full-length compression garments must be worn. Full length compressions garments must not be worn during a race walking event. One logo is permitted provided it is no larger than 5cm x 5cm. Any uniform garment under shorts must be black.

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

Athletes are encouraged to wear **sunscreen and hats for day competition**. Sunscreen is available at the office.

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.

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 Facebook for an update on the date and time of the AGM. Reports are presented and a new committee is elected.

Officials Education

Get Official, Get into Little Athletics!

Take your officiating to the next level

LAQ offers Workshops and Seminars which are generally open to anyone that has an interest in officiating regardless of skill level or affiliated Centre; however, age or accreditation level restrictions may apply. Instruction on track and field events combining the theory of rules with their practical application form the framework for most Workshops or Seminars which can be offered for different levels. Depending on the level and delivery of the Workshop or Seminars, attendance can assist in various pathways or needs e.g. maintaining current level of accreditation, gaining higher accreditation level, or simply used as an introduction to officiating or as a refresher for the experienced Official.

LAQ Workshops and Seminars are flexible in format and normally offer at least three (3) event modules (Throws, Jumps, Track). Some Workshops and Seminars offer modules for Recording, Race Walk Judging, EDM and Photo Finish. Most will have sessions run concurrently or consecutively depending on the number of attendees and Presenters. **All LAQ Workshops and Seminars are offered free of charge; however, registration is essential. Registration can be completed online through the relevant link(s) at <https://laq.org.au/officials-education-and-learning>. Any Officials Workshops and Seminars conducting by LAQ, or available to LAQ members will be promoted on this page.**

Online Officials learning is also available through the Australian Athletics Officials Education Scheme AAOES. The LAQ Workshops and Seminars would be a useful tool prior to completing the online learning.

Introduction to Officiating Workshop (IOW)

The LAQ IOW is ideal for parents / guardians or athletes looking for a solid introduction to officiating (helping) at Centre meets or Regional competitions. These can also be a lead-in to gaining AAOES Level 1 accreditation. If you are considering participating in this level of instruction, you may like to start your pathway by participating in the online Australian Sports Commission Course, Level O at <http://learning.ausport.gov.au/login/index.php>, it's a great way to start. Use the relevant 'Register Now' button to sign-up for an upcoming IOW. Please note, registrations for each IOW will close on the Monday leading into the Workshop date.

Specialty Officials Workshop

Specialty Workshops are ideal for parents, guardians and officials looking for specific information on specific event/area rules, roles or processes that would be relevant to officiating (helping out) at Centre meets, Regional and State competitions. Various modules will be offered during the 2025/26 season.

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

Junior & Senior Centre Achievement Girl and Boy:

Robert Dickson Memorial winner is eliminated from these awards

Most improved Girl and Boy each age group:

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

Multi-Class Most Improved:

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

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

Trophy Presentation & Award Winners

2024 – 2025

ROBERT DICKSON MEMORIAL

Evie Leadbetter

CENTRE ACHIEVEMENT AWARDS

JUNIOR	Billie Rochford	Oliver Cameron & Austin Regeling
SENIOR	Clarah Turnbull	Nate Johnson

MOST IMPROVED	U6	Bria Lougheed & Eleanor Creedy	Joshua Ninnes
	U7	Ryleigh Briggs	Hank Madden
	U8	Jayda McKendry	Jaxon Minett
	U9	Harriet Sanday	Jett Hurlock
	U10	Brielle Schloss	George Creedy
	U11	Verity Knowles	Jett Mills
	U12	Audrey Templeton	Darcy Leadbetter
	U13	Lily-May Minett	Zachary Johnson
	U14	Eden Collett	Connor Hounslow
	U15	Addison Hayne	Ryan Connell
	U16	Lucie Goulding	Andrew Wilson
	U17	Adelaide Bailey	Jaiden Suchting

AGE CHAMPIONS		Age Champion	2nd Place	3rd Place
	U7 Girls	Lilianna Potter	Margot Fabish-Wood	Grace Merritt
	U7 Boys	Hank Madden	Dylan Konstanciak	Coah Piper & Boston Roche
	U8 Girls	Riley Eggington & Jayda McKendry		Willow Anderson
	U8 Boys	Mason Jesberg	Tyler McDonald	Curtis Dunnnett
	U9 Girls	Layla Harmon	Billie Rochford	Evie Leadbetter
	U9 Boys	Darcy Fenn	William McConnachie	Freddie Woodall
	U10 Girls	Stephanie Dunnnett	Pippa Ellis	Amalie Briggs & Evelyn Templeton
	U10 Boys	Cullen Piper	George Creedy	Jack Anderson
	U11 Girls	Isla Adams-Wraight	Jessica Gorham	Charlotte Roche
	U11 Boys	Mateo Elisaia	Hugh Sedman	Nate Johnson
	U12 Girls	Kaylee Shuttlewood	Haivyn McConnachie	Karter Tulloch
	U12 Boys	Thomas Pearsall	Darcy Leadbetter	Dominic Chircop
	U13 Girls	Sophie Whitfield	Kayla Kinchela	Abbey Wright
	U13 Boys	Cooper Friend	Zachary Johnson	Hudson Severinsen
	U14 Girls	Eden Collett	Poppy Leadbetter	Ivanna Misihairabwi
	U14 Boys	Thomas Berry		
	U15 Girls	Olivia Agiannitis	Hayley Windolf	Mia Kertesz
	U15 Boys			
	U16 Girls	Jasmin Minton	Lucie Goulding	Mya Braban
	U16 Boys	Jack Berry		
	U17 Girls	Adelaide Bailey		
	U17 Boys	Jaiden Suchting	Joel Jakimowicz	

ENCOURAGEMENT AWARDS

TRACK ENCOURAGEMENT	Sienna Hunter	Bailey Parfitt
FIELD ENCOURAGEMENT	Maddalena Smith	Kyren Smith
JUNIOR ENCOURAGEMENT	Millie Dwyer	Cohen Smith
SENIOR ENCOURAGEMENT	Ashlyn Schloss	

100% ATTENDANCE AND ALL EVENT PARTICIPATION

Archie Hurlock	Hank Madden	Finn Rochford	Elliot Templeton	Jaylen Burgel
Austin Regeling	Jett Hurlock	Billie Rochford	Millie Dwyer	Evelyn Templeton
Sophie Carter	Audrey Templeton	Ella Page		

UNDER 17 FAREWELL

Adelaide Bailey	Joel Jakimowicz	Jaiden Suchting
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UNDER 6 ATHLETES 2024-2025

Zara Acaon	Ava McGuiness	Patrick Angeles	Luca Hunt	Joshua Ninnes
Amarni Aiulu	Whitney Nadzielski	Edan Bishop-Olsen	Archie Hurlock	Oliver Rush
Amarni Baker	Mickayla-rose Palamountain-Morfee	Jaxon Blackman	Henry James	Hudson Sanday
Chelsey Bakes	Alida Rose	Elijah Clarke	Oliver Jeffreys	Jack Schilf
Angel-rose Carius-Harris	Olivia Steenkamp	Louis Collett	Noah Jones	Archer Sippel
Eleanor Creedy	Savannah Stephenson	Jack Coogan	Malakai Keen	Shaun Steel
Harper Feldhake	Malia Sylvaster	Luca Courtney	Jacob Krieger	Charles Sullivan
Phoebe Hagstrom	Maria Ta'ufou	Fletcher Eggington	Toby Leask	Kylo Viliamu
Lysandra Hay	Evie Usher	Ethan Grounds	Louie Madden	Darcy Walker
Georgia Leatch	Zola Wauchope	Roy Henry	Te Mana Martin- Pearson	Teddy Walker
Bria Loughheed	Alexa Wilson	Ranger Hinds	Finley Muhling	Blake Weatherhog
Lacey McGinn		Luke Hughes	Ajay Naidu	Malakai Wilson

LAQ 10 YEAR PARTICIPATION AWARD

2002	Hayley Cervetto, Kimberley Pamerter
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
2025	Addison Hayne, Mia Kertesz, Jasmin Minton

BUNDAMBA & IPSWICH – QUEENSLAND STATE TEAM MEMBERS

Name	Year	Location	Name	Year	Location
Grant Colthrup	76/77	Melbourne	Rebecca McCamley	94/95	Darwin
Jeff Baldwin	76/77	Melbourne	Michael Reeves	94/95	Darwin
Todd Haywood	76/77	Melbourne	Hayley Cervetto	99/00	Perth
Pauline Beckett	76/77	Melbourne	Tamara Grant	00/01	Melbourne
Des Wozencroft	76/77	Melbourne	Lorin Ripley	00/01	Melbourne
Helen Walker	76/77	Melbourne	Madelyn Austin	02/03	Gold Coast
Kym Wellen	76/77	Melbourne	Timisha Wenck	02/03	Gold Coast
Vicki Downie	77/78	Canberra	Matthew Stuart	02/03	Gold Coast
Sonya Gillece	77/78	Canberra	Renae Mitchell	03/04	Sydney
Bradley Everton	77/78	Canberra	Lincoln Cory	03/04	Sydney
Kyle Press	78/79	Perth	Jade Dowling	09/10	Brisbane
Sandra Van Dijk	79/80	Darwin	Tanika Marshall	09/10	Brisbane
Raymond Edwards	79/80	Darwin	Hayley Wright	13/14	Melbourne
Peter Milford	79/80	Darwin	Joel Walk	13/14	Melbourne
Gavin Bell	79/80	Darwin	Casey Bell	14/15	Perth
Karen Toombes	80/81	Brisbane	Breeanna Betzold	15/16	Adelaide
Michelle Page	80/81	Brisbane	Camryn Novinetz	16/17	Sydney
Gary Carroll	81/82	Hobart	Erin Wright	16/17	Sydney
Kylie Newton	81/82	Hobart	Calab Law	16/17	Sydney
Michelle Bolton	82/83	Canberra	Charlize Goody	18/19	Tasmania
Paul Statham	82/83	Canberra	Joel Jakimowicz	20/21	Not held
Theresa Martin	83/84	Perth	Archer Crowley	22/23	Melbourne
Sheree Newton	84/85	Melbourne	Hayley Windolf	22/23	Melbourne
Patricia Barclay	84/85	Melbourne	Abbey Crocker	23/24	Adelaide
Kerri-Ann Lewis	84/85	Melbourne	Daniel Phillips	23/24	Adelaide
Kerryn Rowe	85/86	Adelaide	Hayley Windolf	23/24	Adelaide
Lisa Ellis	86/87	Darwin	Mia Kertesz	23/24	Adelaide
Tony Cruice	86/87	Darwin	Ruby Bohen	23/24	Adelaide
Paul Lane	87/88	Sydney	Sophie Whitfield	24/25	Adelaide
Mark Sills	88/89	Brisbane	Minaya Wohlsen	24/25	Adelaide
Andrew Mclean	88/89	Brisbane	Abbey Wright	24/25	Adelaide
Sandra James	89/90	Hobart	Cooper Friend	24/25	Adelaide
Davina Shearer	89/90	Hobart	Hudson Severinsen	24/25	Adelaide
Brett Bennett	90/91	Canberra	Sophie McGeehan	24/25	Adelaide
Adam Connelly	90/91	Canberra	Ruby Bohen	24/25	Adelaide
Andrew Curtis	91/92	Perth	Addison Hayne	24/25	Adelaide
Andrew Curtis	92/93	Melbourne	Mia Kertesz	24/25	Adelaide
			Hayley Windolf	24/25	Adelaide

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

STATE CHAMPIONSHIPS 2024 – 2025
GIRLS TOP 10 RESULTS

UNDER 9			UNDER 14		
Layla Harmon	1st	Discus	Emily Bolden	4th	Shot Put
Layla Harmon	2nd	Walk	Teagan Hanlon	7th	Triple Jump
Layla Harmon	3rd	Shot Put	Teagan Hanlon	9th	Discus
Layla Harmon	6th	Long Jump	Poppy Leadbetter	7th	Javelin
Keeley Hicks	6th	Shot Put	Sophie McGeehan	1st	Triple Jump
Keeley Hicks	9th	Discus	Sophie McGeehan	2nd	High Jump
UNDER 10			Sophie McGeehan	6th	Long Jump
Violet Bohen	2nd	Discus	UNDER 15		
Violet Bohen	3rd	Shot Put	Olivia Agiannitis	6th	1500m
Stephanie Dunnett	2nd	High Jump	Ruby Bohen	1st	Javelin
Stephanie Dunnett	2nd	Long Jump	Ruby Bohen	3rd	Shot Put
Stephanie Dunnett	3rd	70m	Ruby Bohen	4th	Discus
Stephanie Dunnett	3rd	100m	Addison Hayne	1st	Long Jump
Stephanie Dunnett	3rd	200m	Addison Hayne	3rd	Triple Jump
Pippa Ellis	6th	Walk	Addison Hayne	4th	High Jump
Charlotte Toro	4th	400m	UNDER 16		
Charlotte Toro	4th	800m	Jenali Bolden	1st	Discus
UNDER 11			Jenali Bolden	4th	Shot Put
Isla Adams-Wraight	1st	Javelin	UNDER 17		
Isla Adams-Wraight	5th	Discus	Adelaide Bailey	5th	Triple Jump
Isla Adams-Wraight	10th	Triple Jump	MULTI-CLASS UNDER 9 – UNDER 10		
Georgie Bozhoff	7th	Walk	Vanessa Duffin	1st	100m
Jessica Gorham	6th	Walk	Vanessa Duffin	1st	200m
Layla McGeehan	1st	Triple Jump	Vanessa Duffin	1st	Discus
Layla McGeehan	2nd	High Jump	Vanessa Duffin	1st	Long Jump
Layla McGeehan	4th	80m Hurdles	Vanessa Duffin	1st	Shot Put
Layla McGeehan	4th	Long Jump	MULTI-CLASS UNDER 13 – UNDER 14		
Charlotte Roche	9th	Long Jump	Ella Page	3rd	Discus
UNDER 12			Ella Page	4th	Shot Put
Piper Bozhoff	8th	Walk	Ella Page	6th	Long Jump
Haivyn McConnachie	6th	400m	Ella Page	7th	Javelin
Matilda Schodde	6th	Discus	Ella Page	7th	100m
Kaylee Shuttlewood	8th	High Jump	MULTI-CLASS UNDER 15 – UNDER 17		
Liliana Titley	1st	800m	Mia Kertesz	1st	Javelin
Liliana Titley	1st	1500m	Mia Kertesz	1st	Shot Put
Liliana Titley	7th	400m	Mia Kertesz	2nd	100m
Karter Tulloch	4th	Triple Jump	Mia Kertesz	2nd	200m
Karter Tulloch	6th	Long Jump	Mia Kertesz	2nd	400m
Karter Tulloch	8th	100m	Isabelle Schodde	1st	Discus
UNDER 13			Isabelle Schodde	2nd	Javelin
Sophie Allen	7th	Long Jump	Isabelle Schodde	2nd	Shot Put
Harmony Mills	9th	Javelin			
Sophie Whitfield	2nd	200m			
Sophie Whitfield	2nd	200m Hurdles			
Sophie Whitfield	3rd	100m			
Sophie Whitfield	5th	80m Hurdles			
Kiko Wilson	8th	Long Jump			
Minaya Wohlsen	1st	Long Jump			
Minaya Wohlsen	4th	200m Hurdles			
Minaya Wohlsen	4th	Triple Jump			
Abbey Wright	2nd	Discus			
Abbey Wright	3rd	Shot Put			

Congratulations to all athletes who qualified to compete at the State Championships in the 2024-2025 season.

Every effort is made to ensure these results are correct. We apologise in advance if an athlete's result has been missed.

Please ensure you advise our Recorder so we can update this document for historical purposes.

**STATE CHAMPIONSHIPS 2024 – 2025
BOYS TOP 10 RESULTS**

UNDER 9			UNDER 13		
William McConnachie	7th	60m Hurdles	Cooper Friend	2nd	High Jump
Jack Toro	9th	800m	Cooper Friend	7th	80m Hurdles
Cooper Vayro	10th	Discus	Cooper Friend	8th	Shot Put
UNDER 10			Zachary Johnson	6th	Javelin
Charles Andrew	10th	Discus	Hudson Severinsen	1st	Discus
George Creedy	5th	60m Hurdles	Hudson Severinsen	1st	Shot Put
Moana Elisaia	4th	Discus	Hudson Severinsen	2nd	Javelin
UNDER 11			UNDER 15		
Mateo Elisaia	5th	Discus	Ryan Connell	5th	Discus
Mateo Elisaia	6th	Shot Put	Ryan Connell	7th	Javelin
Hugh Sedman	4th	80m Hurdles	UNDER 16		
UNDER 12			Jack Berry	6th	1500m
Muanu Elisaia	6th	Shot Put	UNDER 17		
Muanu Elisaia	9th	Discus	Joel Jakimowicz	3rd	110m Hurdles
Darcy Leadbetter	3rd	Javelin	Joel Jakimowicz	4th	300m Hurdles
Thomas Pearsall	9th	1500m	Joel Jakimowicz	5th	Triple Jump
Heath Rotbauer	7th	Discus	MULTI-CLASS UNDER 15 – UNDER 17		
Heath Rotbauer	9th	Shot Put	Jett Schroeder	1st	Discus
			Jett Schroeder	1st	Shot Put
			Jett Schroeder	5th	Long Jump

Congratulations to all athletes who qualified to compete at the State Championships in the 2024-2025 season
Every effort is made to ensure these results are correct. We apologise in advance if an athlete's result has been missed.
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IPSWICH CENTRE BEST PERFORMANCES – GIRLS

UNDER 6 (2024/2025 SEASON)				UNDER 9			
Malia Sylvaster	2024/25	60mH (30cm 6 fts)	14.81	C Tamate	2016/17	60mH (45cm 6fts)	11.61
Zara Acason	2024/25	50m	11.12	D Vaivela	2017/18	70m	11.16
Malia Sylvaster	2024/25	70m	13.73	D Vaivela	2017/18	100m	15.53
Malia Sylvaster	2024/25	80m	16.68	D Vaivela	2017/18	200m	33.33
Malia Sylvaster	2024/25	100m	20.31	L McGeehan	2022/23	400m	1:17.87
Zara Acason	2024/25	LJ (.5m x 1m)	2.40m	H-M Matthew	2016/17	800m	2:58.83
Zara Acason	2024/25	Discus (350g)	8.07m	K Stewart	2016/17	700m Walk	4:02.15
Zara Acason	2024/25	Shot Put (1kg)	4.48m	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 5 fts)	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				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
K Tulloch	2024/25	LJ (0.2m x 1.2m)	4.46	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				B Mary	2012/13	200m	34.18
S Hayne	1986/87	80mH (76cm 9 fts)	13.58	A Kelly	2011/12	200mH (76cm 5 fts)	e34.90
T Brown	1990/91	90mH (76 cm 9 fts)	15.60	F Cowan	2011/12	Javelin (600g)	24.91
J Power	1990/91	200mH (60cm 5 fts)	32.07	J Cullen	2010/11	Shot Put (4kg)	7.84
T Grant	2001/02	200mH (76cm 5 fts)	31.22				
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 (2024/2025 SEASON)				UNDER 9			
Hudson Sanday	2024/25	60mH (30cm 6 fts)	14.55	S Morris	2016/17	60mH (45cm 6fts)	10.99
Hudson Sanday	2024/25	50m	10.62	N Grant	2008/09	70m	10.86
Hudson Sanday	2024/25	70m	14.38	N Grant	2008/09	100m	15.43
Hudson Sanday	2024/25	80m	16.76	N Grant	2008/09	200m	32.26
Hudson Sanday	2024/25	100m	20.75	G Creedy	2023/24	400m	1:15.88
Kylo Viliamu	2024/25	LJ (.5m x 1m)	2.36m	C Mathewson	2019/20	800m	2:39.94
Archie Hurlock	2024/25	Discus (350g)	10.13m	T Manteit	2015/16	700m Walk	3:59.77
Hudson Sanday	2024/25	Shot Put (1kg)	3.46m	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 8				UNDER 10			
S Morris	2015/16	60mH (45cm 6fts)	11.78	R Smith	2016/17	60mH (60cm 6 fts)	11.73
M Jesberg	2024/25	70m	11.65	N Grant	2009/10	70m	=10.66
C Piper	2022/23	80m	13.04	B Heilbronn	2018/19	70m	=10.66
N Shiner	2015/16	100m	16.38	N Grant	2009/10	100m	14.83
J Law	2016/17	200m	35.25	N Grant	2009/10	200m	31.64
C Mathewson	2018/19	500m	1:40.32	C Mathewson	2020/21	400m	1:10.22
A Crisp	2007/08	LJ (0.5m x 1m)	3.73	C Mathewson	2020/21	800m	2:32.33
M Woods	1992/93	Discus (500g)	21.14	C Mathewson	2020/21	1100m Walk	7:02.72
B Scanlan	1995/96	Shot Put (1.5kg)	7.35	M Sills	1986/87	HJ Scissors	1.28
Best Performances for manual times & superseded events				M Woods	1994/95	LJ (.5m x 1m)	4.28
B Bennett	1986/87	60mH (45cm 5 fts)	10.64	M Fesolai	2005/06	Discus (500g)	31.20
Z Thorne	1993/94	60mH (45cm 6 fts)	11.55	B Markey	1994/95	Shot Put (2kg)	9.76
D Best	1983/84	70m	10.64	Best Performances for manual times & superseded events			
B Bennett	1986/87	80m	11.91	G Sorensen	1991/92	60mH (45cm 5 fts)	9.42
B Bennett	1986/87	100m	15.27	M Fesolai	2005/06	60mH (60cm 6 fts)	10.73
G Sorensen	1989/90	200m	32.78	M Fesolai	2005/06	70m	10.16
B Toombes	1979/80	400m	1:15.00	A McLean	1986/87	80m	11.66
B Chant	2004/05	500m	1:48.37	M Sills	1986/87	100m	14.00
N Furlong	1979/80	High Jump Scissors	1.14	A Curtis	1989/90	200m	29.26
M Sills	1984/85	LJ (1m x 1m)	3.90	A Curtis	1989/90	400m	1:07.17
J Ekert	1991/92	Discus (350g)	21.52	P Lane	1985/86	800m	2:31.65
J Cruice	1989/90	Shot Put (1kg)	8.45	Z Theile	1991/92	700m Walk	3:55.69
A Millard	1985/86	Shot Put (2kg)	7.09	C Foote	1982/83	800m Walk	5:02.83
				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	80m (60cm 9fts)	15.45	J Jakimowicz	2020/21	80mH (76cm 9 fts)	13.36
J Grey	2018/19	100m	13.65	D Russell	2019/20	200mH (68cm 5 fts)	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 5fts)	9.94	Best Performances for manual times & superseded events			
J Sandry	1994/95	60mH (60cm 6fts)	10.30	W Kappu	1983/84	60mH (76cm 5 fts)	9.32
K Colburn	2014/15	60mH (60cm 6fts)	e=10.65	T Griffiths	1994/95	80mH (76cm 9 fts)	13.80
R Aliva	2014/15	60mH (60cm 6fts)	e=10.65	A Connelly	1991/92	90mH (76cm 9 fts)	14.80
J Knack	1981/82	70m	10.13	A Curtis	1992/93	200mH (60cm 5fts)	29.22
J Sandry	1989/90	100m	13.65	A Reeves	1998/99	200mH (68cm 5fts)	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	J 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 fts)	13.99
S Deviney	1992/93	Shot Put (3kg)	8.03	D Russell	2020/21	200mH (76cm 5fts)	30.52
UNDER 12				A Afoakwah	2012/13	100m	12.31
J Jakimowicz	2019/20	80mH (68cm 9fts)	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 fts)	14.04
A Connelly	1990/91	60mH (60cm 5 fts)	9.45	G Wynne	1999/00	90mH (76cm 9 fts)	13.40
B Matmann	2000/01	60mH (68cm 6fts)	9.87	M Sills	1990/91	200mH (60cm 5fts)	26.01
C Law	2105/16	60mH (68cm 6fts)	e10.57	A Curtis	1993/94	200mH (76cm 5fts)	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	2:10.59
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	J Suchting	2024/25	800m	2:12.00
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	J Jakimowicz	2024/25	TJ (.2m x 1m)	12.15
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 (76cm10fts)	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									
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	High Jump	1986/87	=3.12m
T Stolberg	U16	High Jump	2021/22	1.75m	C Bell / J Unwin	U14	High Jump	2015/16	=3.12m
C Goody	U16	Discus	2021/22	45.67m	S Wilkins / C Goody	U16	Shot Put	2020/21	24.73m
C Goody	U16	Shot Put	2021/22	14.34m	S Wilkins / E Gallagher	U17	Shot Put	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	High Jump	2022/23	1.76m					
BOYS									
M Sills	U14	High Jump	1990/91	1.89m	J Luhrman / M Sills	U10	High Jump	1986/87	2.56m
M Sills	U15	High Jump	1991/92	2.10m*	T Regeling /M Sills	U11	HJ Flop	1987/88	2.73m
N Grant	U17	Long Jump	2016/17	6.93m	R Bell /A Connelly	U15	Long Jump	1993/94	12.31m
C Mathewson	U12	1500m	2022/23	4:35.66	J Tukuafu / H Severinsen	U12	Discus	2023/24	72.52m
D Stewart	U15	1500m	2022/23	4:10.66					
MIXED									
					M Elisaia / P Ellis	U10	Shot Put	2024/25	12.88m

*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, Sheryl Langton	
1992 Greg Bell	2010 Chris Perry	2020 Crystal Goulding, Melissa Smith, Leonie Wilkins	
1993 John Newton	2011 Michael Smolenski	2025 Samantha Hayne, Kristie Parsons	
1999 Ann Bell	2019 Paul Langton	15 Years:	
2000 Betty Wilson	2022 Steve Warner	2005 Des Lang	2006 Mellisa Hollis
2006 Mellisa Hollis	2023 Theresa Stolberg	2008 Barry Wenzel	2010 Chris Perry
2009 Barry Wenzel	2025 Crystal Goulding	2011 Michael Smolenski	2019 Paul Langton
	2025 Melissa Smith	2020 Theresa Stolberg	2020 Steve Warner
Australian Sports Medal:		2025 Crystal Goulding	2025 Melissa Smith
2001 Ann Bell		20 Years:	
ICC Australia Day Medal:		2005 Ann Bell	2013 Barry Wenzel
2002 Ann Bell		2014 Chris Perry	2016 Michael Smolenski
ICC Coach of the Year:		2023 Paul Langton	2025 Steve Warner
2014 Theresa Stolberg		25 Years:	
Rotary Club North Ipswich Award:		2005 Greg Bell	2005 John Newton
2010 Ann Bell		2010 Ann Bell	2018 Barry Wenzel
Little Athletics Queensland Awards:		2021 Michael Smolenski	
Service Award:		30 Years:	
1999 Ann Bell		2009 Greg Bell	2015 Ann Bell
Volunteer of the Year:		2023 Barry Wenzel	
2004 Barry Wenzel		35 Years:	
2010 Ann Bell		2016 Greg Bell	2020 Ann Bell
Official of the Year:		40 Years:	
2019 Paul Langton		2018 Greg Bell	2025 Ann Bell
Coach of the Year:		Little Athletics Queensland Distinguished Merit Awards:	
2010 Theresa Stolberg		1986 Cliff Darbey	1995 John Newton
CAPS Co-ordinator of the Year:		1996 Greg Bell	2000 Ann Bell
2014 Theresa Stolberg		2014 Barry Wenzel	2021 Paul Langton
2015 Theresa Stolberg		Little Athletics Queensland Merit Awards:	
CAPS Participant of the Year:		1986 Greg Bell, Wendy Bell, Margaret Schoenfisch	
2012 Kara-Lynn Hodges		1988 John Newton, Sandra Newton, Geoff Barclay, Stella Barclay	
2014 Tori Langton		1989 Arthur Rowe	1991 Ann Bell
George Harvey Award:		1992 Barry Bennet	1993 Barry Goodman
2014 Tori Langton		1996 Pat Bell	1998 Betty Wilson
Little Athletics Queensland - Centre Awards:		1999 Lindsay Ekert	2001 Adrian Pamenter
Administration:		2002 Barry Wenzel	2003 Chris Perry
2002, 2004, 2005, 2006, 2009, 2010, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019		2004 Michael Smolenski	2006 Robert Dickson
Publicity:		2014 Paul Langton	2015 Theresa Stolberg
1998, 2002, 2014		2018 Barry Wenzel	2019 Crystal Goulding
CAPS:		2025 Kristie Parsons	
2012, 2015		Little Athletics Queensland Honour Certificates:	
Little Athletics Queensland Service Badges:		1993 Pat Bell, Robyn Dickson, Joe Drake, Barry Goodman, Robyn Hine, Gary James, Lorraine James, Neil Sheppard	
10 Years:		1994 Diane Curtis, Lyn Klan, George Wilson, Betty Wilson	
2000 Ann Bell, Greg Bell, Noel Mathewson, Frank Molloy, John Newton, Adrian Pamenter, Amanda Pamenter, Betty Wilson, George Wilson		1995 Judy Andrews, Christine Bryant, Lindsay Ekert, Noel Mathewson, Ailsa Lee, Amanda Pamenter	
2001 David Walpole		1996 Lynne Bagguley, Lorelle Ekert, Frank Molloy, Adrian Pamenter	
2002 Paul Cervetto, Paula Cervetto, Mellisa Hollis		1997 Paul Griffiths	
2003 Daryl Birt, Paula Smith, Chris Wilson, Pamela Wilson		1998 Paul Fenn, Margaret Glass, Ross Glass, Helen Johns, Steve Johns	
2004 Sharon Joseph, Janet Klaassen, Barry Wenzel, Leanne Wenzel, Carmel Brown, Chris Perry			
2005 Michael Smolenski			

IPSWICH LITTLE ATHLETICS – ADULT AWARD RECIPIENTS

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

2024-2025 Committee Appreciation

Dan Johnson, Amanda Leadbetter, Andrew Hanlon and Samantha Hayne

The Ipswich Little Athletics Centre offers a special thank you to these committee members who left the committee 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 and have platinum membership 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 6.15pm 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**



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).

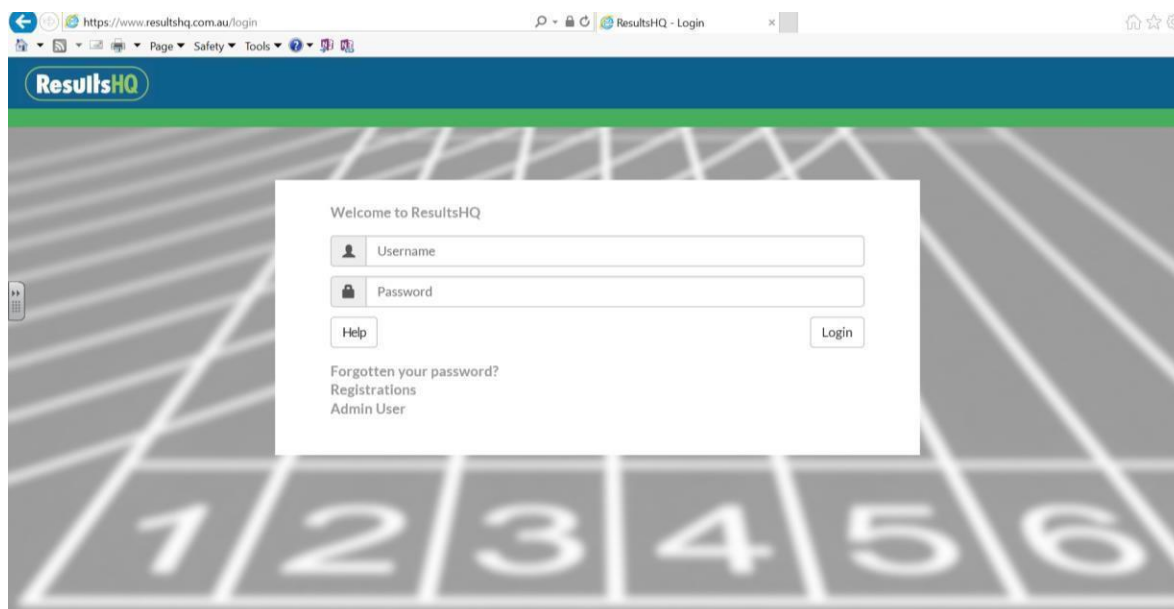
Competition is the driving force behind sports people trying to improve and improving is the glue that keeps together the effort that any one person may require to stick with the sport in which they are currently involved. Therefore, any sport requires a mixture of "Family, Fun and Fitness" and "Competition". 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 review their results 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"**.

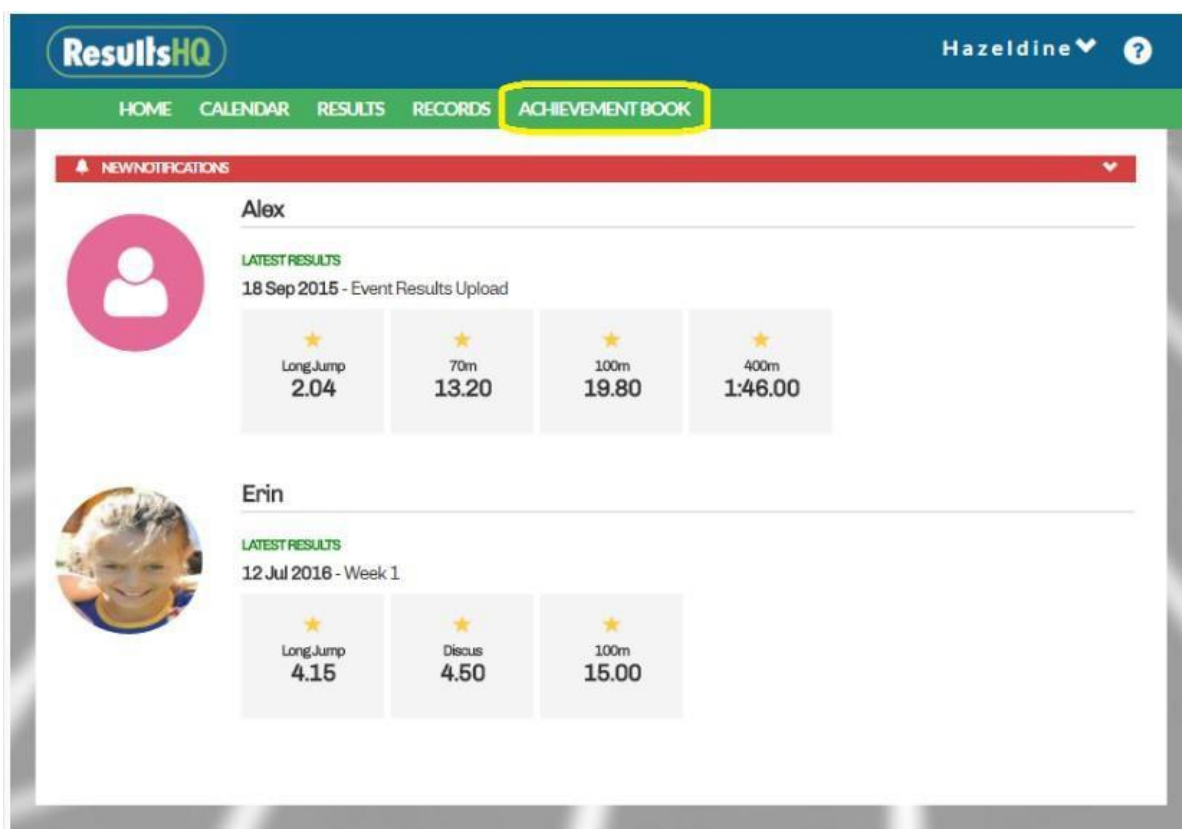
How to Access your Athlete's Results

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 Spring Carnival
Saturday 20th September 2025
Bundaberg Region Athletics Facility - Bundaberg

U7 – U17 Athletes – maximum four events
Closing Date: Monday 8th September 2025 at 11:59pm
Nominations are via Sport:80
NO LATE NOMINATIONS

Nomination fee: \$22.50 per athlete plus small online fee
Further information will be advised on Facebook and at <https://laq.org.au/coles-spring-carnival/>

Ipswich Twilight Carnival
Saturday 11th October 2025 – 1:00pm Start
Bill Paterson Oval

Attendance and participation in all events on this day counts towards end of season awards
U6 – U17 Athletes

Closing Date: Monday 6th October 2025 at 9.00am
Nominations are via Sport:80

Nomination fee: \$25 per athlete plus small online fee
Late nominations: \$50 per athlete, closing 24 hours prior to the event start time
Further information will be advised on Facebook and the noticeboard

Coles Summer Carnival Series 1
Saturday 25th October 2025
State Athletics Facility - Nathan

U9 – U17 Athletes – maximum three events
Closing Date: Monday 13th October 2025 at 11:59pm
Nominations are via Sport:80
NO LATE NOMINATIONS

Nomination fee: \$22.50 per athlete plus small online fee
Further information will be advised on Facebook and at <https://laq.org.au/coles-summer-carnival/>

To foster team spirit, all competing athletes registered with a LAQ Centre will earn points towards the Competition's Centre Weighted Points Trophy. 100m Gift Races are also included in the program. The first placed athletes in the U9 – U17 age groups are offered an opportunity to compete in a handicapped race using starting distances calculated on each athlete's 100m times. Additionally, it allows the athletes of the U13 to 15 age group to register performances that the State Team Selectors may need to refer to later in the season when selecting the State Team.

HART Met West Regional Relays
Sunday 2nd November 2025
University of Qld – St Lucia

U7 and U8 max 4 events, multi-class max 3 events, U9 - U17 max five events
Closing Date: Friday 17th October 11:59pm
Nominations and payment using forms available at the ILA office
NO LATE NOMINATIONS

Nomination Fee: \$6 per event
Further information will be advised on Facebook and at <https://laq.org.au/competition/regional-competitions/>

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: \$6 per event Fees Received \$ _____ Receipt No _____ Date _____

Coles Summer Carnival Series 2

Sunday 23rd November 2025

Gold Coast Performance Centre – Runaway Bay

U9 – U17 Athletes – maximum three events

Closing Date: Monday 10th November 2025 at 11:59pm

Nominations are via Sport:80

NO LATE NOMINATIONS

Nomination fee: \$22.50 per athlete plus small online fee

Further information will be advised on Facebook and at <https://laq.org.au/coles-summer-carnival/>

Please refer to Coles Summer Carnival Series 1 above for further details

McDonalds State Relay Championships

Saturday 13th December 2025

State Athletics Facility - Nathan

U9 – U17 teams via Regional relay qualification

1st, 2nd, 3rd placed for track events and 1st and 2nd placed for field events from regionals

Qualifying athletes must advise the ILA committee as soon as possible if they are not able to participate

Closing Date: Monday 1st December 2025 at 11:59pm

Nominations submitted by Centres

McDonald's Combined Event Championships

Saturday 31st January and Sunday 1st February 2025

State Athletics Facility – Nathan

U9 – U17 Athletes – events offered vary per age group

Closing Date: Monday 10th November 2025 at 11:59pm

Nominations are via Sport:80

NO LATE NOMINATIONS

Nomination fee: \$22.50 per athlete plus small online fee

Further information will be advised on Facebook and at <https://laq.org.au/mcdonalds-combined-event-championships/>

HART Met West Regional Championships

Saturday 14th and Sunday 15th February 2026

University of Qld – St Lucia

U7 – U17 Athletes – maximum five events

Closing Date: Monday 2nd February 2026 at 11:59pm TBC

Nominations are via Sport:80

NO LATE NOMINATIONS

Nomination fee: \$22.50 per athlete plus small online fee

Further information will be advised on Facebook and at <https://laq.org.au/competition/regional-competitions>

HART Regional Championships primarily provide friendly regional competition for all LAQ registered athletes in the U7 – U17 age groups. These competitions are also the means for qualifying for the McDonald's State Championships.

McDonald's State Championships

Friday 20th to Sunday 22nd March 2026

Qld Sports and Athletics Centre - Nathan

U9 – U17 via Region qualification

U9 – U17 Multi-Class via Region participation for direct nomination

Closing Date: Monday 2nd March at 11:59pm

Nominations are via Sport:80

NO LATE NOMINATIONS

\$7 per event

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 2024-2025 season

Robyn Dickson: Robert Dickson Memorial Award



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