WOLLONGONG CITY LITTLE ATHLETICS CLUB

Centre Handbook

2026 - 2027

Wollongong City Little Athletics

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Centre Handbook

www.wcla.org.au

Wollongong City Little Athletics

www.nswathletics.org.au

President's Message

Welcome to our Wollongong City Little Athletics community!

On behalf of the committee, it is my pleasure to welcome you all to the 2026-2027 Little Athletics season. This may be your very first season with WCLA or it may be your last, either way we are super excited and happy to have you join us for the upcoming season.

This is my first season as President after 7 years on the Executive Committee as Secretary and Treasurer. I hope I can provide direction and support for all our members and have great fun doing it. I am a firm believer in the Little Athletics motto of Family, Fun & Fitness and will be promoting this on club nights.

We aim to foster a real family feel at WCLA and encourage all carers and supporters to be involved. Our club nights can not run without the help of our volunteer committee, youth committee and members.

Athletics is not just about competition. It promotes physical and mental health, provides community and socialisation, as well as improving brain function. We are an inclusive club and invite athletes of all abilities to come and try. Whether you are looking to be an Olympian one day or just want to hang with friends at the long jump pit, we are the place for you. Please feel free to come and have a chat with me about any concerns or improvements you may have. We are always looking for new members with fresh new ideas.

I look forward to seeing you all at the track!

Rebecca Anderson
President
Wollongong City Little Athletics Centre

Wollongong City Little Athletics Committee 2026 - 2027

Wollongong City Little Athletics Centre Committee is made up of parents & carers who volunteer their time to ensure the center functions in accordance with the guidelines set down by the NSW Athletics Partnership. The Committee generally meets once a month throughout the year. All members are welcome to attend or contribute items for discussion. If you cannot attend, please send your item/s via the club website email address, wcla.org@gmail.com

Executive Committee Position	Name	Email
President	Rebecca Anderson	President.wcla.org@gmail.com
Vice President	Brett Barklay	wcla.org@gmail.com
Secretary/Public Officer	Mark Silins	wcla.org@gmail.com
Treasurer	Paul Hare	Treasurer.wcla.org@gmail.com
Registrar/WWCC Officer	Dannielle Hare	registrar.wcla@gmail.com

Committee Position	Name	Email
Assistant Registrar	TBC	registrar.wcla@gmail.com
Championship Officer	Dannielle Hare	team.wcla@gmail.com
Assistant Team Manager	TBC	team.wcla@gmail.com
Program Manager	Brett Barklay	wcla.org@gmail.com
Gate Operator	Dannielle Hare	results.wcla@gmail.com
Results Officers	Rebecca Anderson Dannielle Hare Karen Clark	results.wcla@gmail.com
Webmasters	Rebecca Anderson	wcla.org@gmail.com

Committee Position	Name	Email
Uniform Coordinator	Dannielle Hare	wcla.org@gmail.com
Publicity Officer	Dannielle Hare	wcla.org@gmail.com
Track & Equipment Manager	Paul Hare/Brett Barklay	wcla.org@gmail.com
First Aid Officers	Nellie Roberts	wcla.org@gmail.com
BBQ Coordinator	TBC	wcla.org@gmail.com
Sponsorship Officer	TBC	wcla.org@gmail.com
Centre Photographer	Hatice Keskin	wcla.org@gmail.com
Coach Coordinator	Brett Barklay	wcla.org@gmail.com
School Liaison Officers	Brett Barklay	wcla.org@gmail.com
Tiny Tots Coordinator	TBC	wcla.org@gmail.com
Zone Representatives	Brett Barklay Rebecca Anderson	wcla.org@gmail.com
Life Members	Ron Thompson Karen Carli Marg Pierro Brett Barklay Chris McCabe Sascha McCabe	wcla.org@gmail.com
General Committee	Nellie Roberts Matt Smith Lachlan Anderson Karen Clark Michael Clark Shane Castlereagh	wcla.org@gmail.com

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Athletics is primarily a Summer sport and this season runs from September to March with a break over Xmas and New Year. Athletes must be signed in and waiting in lines behind their age flags in their age group by 5.00pm. Athletes must wait for an Age Manager to take them to their events.
If, due to weather, competition is cancelled, we will attempt to update our Facebook pages and send a group email by 4pm.

Invitations to local Gala Days will be forwarded to members during the season. These are extra Competitions you may like to enter. Entry Forms will be available closer to the date and are mostly available on the website of the host club. There is usually a small fee to enter and is a great way to meet new friends whilst enjoying some competition.

There are also additional carnivals, like High Velocity, that your athlete may wish to compete in. Emails from NSW Athletics will be sent to athletes when registration opens for these events. More information can be found at https://www.nswathletics.org.au/events/list/.

Additional information regarding Treloar Shield Series, Championship Pathway (Zone, Region, State) and State Championship Events can be found at https://www.nswathletics.org.au/events-page.

Wollongong City Little Athletics Centre Calendar 2026 - 2027

Please Note: Changes to the calendar are sometimes unavoidable. The website and Facebook will advise of any changes to the calendar.

August

Saturday	1st online registrations start via https://www.revolutionise.com.au/wollongongcitylac/registration
Saturday	*15th NSW Primary Schools Carnival – Sydney Olympic Athletics entre, Homebush*
Sunday	*16th NSW Primary Schools Carnival – Sydney Olympic Athletics entre, Homebush*
Sunday	23rd Uniform and Rego Pack pickup day 10:00am – 12:00pm @ Beaton Park, 37 Foley St, Gwynneville

September

Wednesday	2nd Rego Pack pickup day 5:30pm - 7:30pm @ Beaton Park, 37 Foley St, Gwynneville
Friday	11th Rego Pack pickup day 5:30pm - 7:30pm @ Beaton Park, 37 Foley St, Gwynneville
Friday	18th First Club Night – Orientation
Friday	25th Club Night
Saturday	*26th NSW All Schools Championships - Sydney Olympic Athletics Centre, Homebush 13s-17s*
Sunday	*27th NSW All Schools Championships - Sydney Olympic Athletics Centre, Homebush 13s-17s*
Monday	*28th NSW All Schools Championships - Sydney Olympic Athletics Centre, Homebush 13s-17s*
Tuesday	*29th NSW All Schools Championships - Sydney Olympic Athletics Centre, Homebush 13s-17s*

October

Friday	9th Club Night
Saturday	*10th Treloar Shield Round 1 - Sydney Olympic Park Athletics Centre, Edwin Flack Avenue, Homebush*
Sunday	*11th Lake Illawarra LAC October Carnival – Myimbarr Community Park, Wattle Street, Flinders*
Wednesday	*14th Twilight Carnival - Sydney Olympic Park Athletics Centre, Edwin Flack Avenue, Homebush*
Friday	16th Club Night
Saturday	*17th Treloar Shield Round 2 – ES Marks Athletics Field, Cnr Amzac Parade & Boronia Street, Kensington & Blacktown International Sportspark Athletics Centre*
Thursday	*22nd Millers Carnival – The Crest, 70 McClean St, Georges Hall*
Friday	23rd Ron Thompson Combined Event Carnival @ Beaton Park, 37 Foley St, Gwynneville
Saturday	*24th Treloar Shield Round 3 – 2 Porrende St, Narellan* & The Crest, 70 McClean St, Georges Hall
Friday	30th Club Night
Saturday	*31st High Velocity – The Ridge, New Illawarra Rd, Barden Ridge*

November

Sunday	*1st St Georges Basin Dragon Derby – Sanctuary Point Oval, Larmer Ave, Sanctuary Point*
Friday	6th Club Night – Coles Community Round
Sunday	*8th State Relay Championships – Sydney Olympic Park Athletics Centre, Edwin Flack Avenue, Homebush 8s-12s*
Friday	13th Club Night
Friday	*13th State Relay Championships – Sydney Olympic Park Athletics Centre, Edwin Flack Avenue, Homebush 13s-Masters*
Saturday	*14th State Relay Championships – Sydney Olympic Park Athletics Centre, Edwin Flack Avenue, Homebush 13s-Masters*
Sunday	*15th State Relay Championships – Sydney Olympic Park Athletics Centre, Edwin Flack Avenue, Homebush 13s-Masters*
Sunday	*15th Dapto LAC Gala Day – Dapto High School Oval, 20 Cleveland Road, Dapto*
Friday	20th Club Night
Sunday	*22nd Shoalhaven Little Athletics Gala Day – Ron Brown Sporting Complex, 60 Park Road, Nowra*
Saturday	*28th South Coast Highlands Zone Championships – Beaton Park, 37 Foley St, Gwynneville*
Sunday	*29th South Coast Highlands Zone Championships – Beaton Park, 37 Foley St, Gwynneville*

December

Friday	11th Last Club Night for 2026 - Christmas Program

January

Saturday	*9th Shoalhaven Little Athletics Twilight Carnival – Ron Brown Sporting Complex, 60 Park Road, Nowra*
Saturday	*9th Illawarra Track Challenge - Beaton Park, 37 Foley St, Gwynneville*
Sunday	*10th Lake Illawarra LAC Summer Carnival – Myimbarr Community Park, Wattle Street, Flinders*
Friday	*15th NSW Country Championships – Beaton Park, 37 Foley St, Gwynneville*
Saturday	*16th NSW Country Championships – Beaton Park, 37 Foley St, Gwynneville*
Sunday	*17th NSW Country Championships – Beaton Park, 37 Foley St, Gwynneville*
Friday	22nd Club Night
Saturday	*23rd NSW Combined Championships – Sydney Olympic Park Athletics Centre, Edwin Flack Avenue, Homebush 16s-Masters*
Sunday	*24th NSW Combined Championships – Sydney Olympic Park Athletics Centre, Edwin Flack Avenue, Homebush 16s-Masters*
Friday	29th Club Night

February

Saturday	*6th Region 4 Championships – Bill Jacob Athletics Centre, Bourke St, Wagga Wagga*
Sunday	*7th Region 4 Championships – Bill Jacob Athletics Centre, Bourke St, Wagga Wagga*
Friday	12th Club Night
Friday	19th Club Night

Saturday	*20th Hart Sport NSW Combined Carnival – Barden Park, 33 Gipps St, Dubbo 7s-15s*
Sunday	*21st Hart Sport NSW Combined Carnival – Barden Park, 33 Gipps St, Dubbo 7s-15s*
Friday	26th Club Night

March

Friday	5th Club Night – End of Season Family Fun Night
Thursday	*11th NSW State Championships – Sydney Olympic Park Athletics Centre, Edwin Flack Avenue, Homebush 9s-12s*
Friday	*12th NSW State Championships – Sydney Olympic Park Athletics Centre, Edwin Flack Avenue, Homebush 9s-12s*
Saturday	*13th NSW State Championships – Sydney Olympic Park Athletics Centre, Edwin Flack Avenue, Homebush 9s-12s*
Sunday	*14th NSW State Championships – Sydney Olympic Park Athletics Centre, Edwin Flack Avenue, Homebush 9s-12s*
Thursday	*18th NSW Junior Championships – Sydney Olympic Park Athletics Centre, Edwin Flack Avenue, Homebush 13s-20s*
Friday	*19th NSW Junior Championships – Sydney Olympic Park Athletics Centre, Edwin Flack Avenue, Homebush 13s-20s*
Saturday	*20th NSW Junior Championships – Sydney Olympic Park Athletics Centre, Edwin Flack Avenue, Homebush 13s-20s*
Sunday	*21st NSW Junior Championships – Sydney Olympic Park Athletics Centre, Edwin Flack Avenue, Homebush 13s-20s*

April

May
Presentation Night – Date and Venue to be confirmed

June – August – State Cross Country & Road Walks - Dates & Venues TBC

WOLLONGONG CITY
LITTLE ATHLETICS CENTRE INC

Barbeque Roster

A Barbeque is prepared for each season. This is the club's main way of raising funds to cover the high cost each week to run at the Kerryn McCann Athletics Centre (Beaton Park). The fees are in excess of $800.00 per competition night. With this in mind, please assist with set up and help the barbeque coordinator when your child/s age group is rostered.

2026/2027 BBQ Roster
Please arrange 2-3 parents per age group to help out on the BBQ. Please note, there will be a sign on sheet. If a club night is cancelled due to weather the roster will roll over for the following competition night.

CLUB NIGHT	DATE	AGE GROUP 5:15PM – 6:30PM	AGE GROUP 6:30PM – 7:45PM
1	18th September 2026	6s	12s
2	25th September 2026	7s	11s
-	2nd October 2026	School Holidays	School Holidays
3	9th October 2026	8s	13s
4	16th October 2026	9s	14s
5	23rd October 2026	10s	15s
6	30th October 2026	11s	16s/17s/Tiny Tots
7	6th November 2026	6s	12s
8	13th November 2026	7s	13s
9	20th November 2026	14s	8s
-	27th November 2026	Zone Championships	Zone Championships
-	4th December 2026	No Club Night	No Club Night
10	11th December 2026	15s	9s
-	Christmas Break	---	---
-	15th January 2027	Country Championship	Country Championship
11	22nd January 2027	16s/17s/Tiny Tots	10s
12	29th January 2027	6s	11s
-	5th February 2027	Region Championships	Region Championships
13	12th February 2027	7s	12s
14	19th February 2027	8s	13s
15	26th February 2027	9s	14s
16	5th March 2027	10s	15s
-	12th March 2027	State Championships	State Championships

WOLLONGONG CITY
LITTLE ATHLETICS CENTRE INC

Events for Each Age Group

Events highlighted in RED are not offered at Wollongong City on Club nights.

EVENT	6s	7s	8s	9s	10s	11s	12s	13s	14s	15s	16s	17s
50m	x	x										
70m	x	x	x	x	x							
100m	x	x	x	x	x	x	x	x	x	x	x	x
200m (Pack Start)	x											
200m		x	x	x	x	x	x	x	x	x	x	x
300 (Pack Start)	x											
400 (Pack Start)			x									
400m				x	x	x	x	x	x	x	x	x
500m (Pack Start)		x										
700m (Pack Start)			x									
800m				x	x	x	x	x	x	x	x	x
1500m						x	x	x	x	x	x	x
3000m								x	x	x	x	x
700m Walk				x								
1100m Walk					x	x						
1500m Walk							x	x	x	x	x	x
3000m Walk								x	x	x		
5000m Walk											x	x
60m Hurdles			45cm	45cm	60cm							
80m Hurdles						60cm	68cm	76cm G				
90m Hurdles								76cm B	76cm G	76cm G		
100m Hurdles									76cm B 84cm B	76cm B 84cm B	76cm G	76cm G
110m Hurdles											76cm B 91cm B	76cm B 91cm B
200m Hurdles								76cm				
300m Hurdles									76cm	76cm		
400m Hurdles											76cm B 84cm B	76cm B 84cm B

EVENT	6s	7s	8s	9s	10s	11s	12s	13s	14s	15s	16s	17s
Steeplechase 2000m									x	x	x	x
Long Jump	x	x	x	x	x	x	x	x	x	x	x	x
High Jump Scissor				x	x							
High Jump						x	x	x	x	x	x	x
Triple Jump						x	x	x	x	x	x	x
Shot Put	500g	1kg	1.5kg	2kg	2kg	2kg	2kg	3kg	3kg G 4kg B	3kg G 4kg B	3kg G 5kg B	3kg G 5kg B
Discus	350g	350g	500g	500g	500g	500g	750g	750g	1kg	1kg	1kg G 1.5kg B	1kg G 1.75kg B
Javelin						400g	400g	400g G 600g B	500g G 700g B	500g G 700g B	500g G 700g B	500g G 700g B
Hammer							3kg	3kg G 4kg B	3kg G 4kg B	3kg G 4kg B	3kg G 5kg B	3kg G 5kg B
Pole Vault							x	x	x	x	x	x

WOLLONGONG CITY
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WCLA provides a 3-week rotation of events. This rotation provides the opportunity to participate in all events. Please note that the program may change due to unforeseen circumstances. Tiny Tots program changes weekly to accommodate their developmental needs and interests.

Program 1	Event 1	Event 2	Event 3	Event 4	Event 5
6s	50m	Long Jump	Discus		
7s	50m	500m	Long Jump		
8s	Long Jump	70m	700m	Shot Put	
9s	High Jump Scissor	70m	800m	700m Walk	
10s	Turbo Javelin	100m	70m	1100m Walk	
11s	100m	Long Jump	Javelin	800m	1100m Walk
12s	100m	High Jump	800m	1500m Walk	
13s	100m	Discus	800m	Triple Jump	1500m Walk
14s	100m	Discus	800m	Triple Jump	1500m Walk
15s	100m	Discus	800m	Triple Jump	1500m Walk
16s	100m	Discus	800m	Triple Jump	1500m Walk
17s	100m	Discus	800m	Triple Jump	1500m Walk

Program 2	Event 1	Event 2	Event 3	Event 4	Event 5
6s	Shot Put	100m	300m Pack		
7s	Long Jump	Shot Put	100m		
8s	60m Hurdles	Long Jump	100m	Discus	
9s	60m Hurdles	Discus	100m	Turbo Javelin	
10s	60m Hurdles	High Jump Scissor	400m	Shot Put	
11s	80m Hurdles	Triple Jump	Shot Put	400m	
12s	Discus	80m Hurdles	Triple Jump	400m	Javelin
13s	Long Jump	80m/90m Hurdles	Javelin	200m	1500m
14s	Javelin	90m/100m Hurdles	Long Jump	200m	1500m
15s	Javelin	90m/100m Hurdles	Long Jump	200m	1500m
16s	Javelin	100m/110m Hurdles	Long Jump	200m	1500m
17s	Javelin	100m/110m Hurdles	Long Jump	200m	1500m

Program 3	Event 1	Event 2	Event 3	Event 4	Event 5
6s	Long Jump	200m	70m		
7s	Discus	200m	70m		
8s	200m	Long Jump	Shot Put	400m	
9s	200m	Shot Put	Long Jump	400m	
10s	Long Jump	Discus	200m	800m	
11s	High Jump	200m	Discus	1500m	
12s	Shot Put	200m	Long Jump	1500m	
13s	200m Hurdles	High Jump	400m	Shot Put	3000m
14s	300m Hurdles	High Jump	400m	Shot Put	3000m
15s	300m Hurdles	High Jump	400m	Shot Put	3000m
16s	400m Hurdles	High Jump	400m	Shot Put	3000m
17s	400m Hurdles	High Jump	400m	Shot Put	3000m

Parent Participation Requirement

The activities of the centre are operated entirely by the efforts of parents and carers. This means that if parents and carers don't help, then the athlete's opportunities will be severely hampered. With this in mind, we ask all parents and carers to help where they are able to. For most it will mean sharing a task each week. If the necessary assistance is provided, the athletes will benefit from an uninterrupted program.

Tasks include Age Managers, Age Manager Assistants, starter, set up, pack up, place judging, and the barbeque. There are always plenty of experienced parents, carers and the committee on hand to answer any questions you may have.

Helping with events on the night is very satisfying, it allows you to enjoy the time with your child and it makes the night go quicker.

Parents/carers **MUST ALWAYS** stay at the grounds. Please **do not** drop your child/ren off and leave, as any unsupervised child/ren can, and will, be excluded from competition. In the event that your child is injured, a parent/carer must be present. If you are not present, our only option is to call an Ambulance.

If your child is representing the club at representative carnivals, a parent roster will be implemented for children entered and is a condition of entry.

Thank you from the WCLA Committee.

Competition Rules and Centre Uniform

Uniform

Centre Uniform is compulsory at Centre level and all Association sanctioned carnivals.

The Centre uniform comprises of the following:

Centre top: singlet, t-shirt or crop options.

Centre bottom: shorts, bike tights, boy-leg tights or briefs

Little Athletics Registration Number and Age Patch (patches are to be added as per the below photos). These items must be attached to the front of all Centre uniforms before an athlete competes. Any sponsor's name and boarders surrounding numbers on the registration and age patch must be visible and are not to be cut off.

Registration numbers must be clearly displayed on the front of the uniform T-shirt, singlet top, or two-piece uniform, so it is visible at all times when competing. The age patch is to be worn on theupper left-hand side of the competitor's T-shirt or on the left-hand side of the bike shorts.

Please note: Athletes who are trialing or not in full uniform are unable to receive competition points. An athlete who is not in full uniform is also unable to be awarded a centre record. For these reasons, it is important to always have your correct uniform on at Club nights.

Uniforms are available online via https://sportsmagic.com.au/collections/wollongong-city-little-athletics-centre



T-Shirt - Unisex



Front



Back

Singlet - Female



Front



Back

Singlet - Male



Front *Back*

Crop Top



Front *Back*

Shorts



Front



Back

Tights



Front



Back

Boyleg Tights



Front



Back

Briefs



Front



Back

Footwear – Spikes

Footwear is compulsory for ALL competitors in ALL events. Spike shoes **MUST NOT** be worn in any U6 to U10 event.

Starting blocks can only be used by athletes wearing spikes, i.e. U11 and above.

Competitors in the U11 and U12 age group may wear spikes in events run entirely in lanes, long jump, triple jump and high jump.

Competitors in the U13 to U17 age groups may wear spike shoes in events run entirely in lanes, long jump, triple jump, high jump, javelin, 800m, 1500m and 3km.

Competitors must not wear spike shoes with the spikes removed in any event. Spike shoes must only be worn during the event and are not to be worn to and from the event.

Appropriate enclosed footwear is compulsory at Centre level and all Championship Carnivals. Spikes may be worn **from 11's up**, but not in pack start events. Under 13's and over may wear spikes in 800m. Spikes **must** be removed immediately after each event and carried with the athlete. There is a maximum spike length of 7mm for track events and 9mm for field events. Spike shoes are not necessary.

Two Week Trial Period

We offer a trial Registration to new athletes where they can compete for the **first 2 consecutive weeks** of the season at a cost of $40.00. After the 2 weeks, the athlete is required to obtain **full** registration with $40.00 being deducted from the full fee. **However, to compete for centre competition points, competitors must be fully registered and in full uniform.**

Rules of Competition

The NSW Athletics Rules of Competition can be found on the link below:

https://www.nswathletics.org.au/events-page/rules-and-specifications-

High Jump

All 9s and 10s athletes must do scissor kicks when competing in the High Jump as per NSW Athletics regulations.

Behaviour and Safety

Behaviour

Parents are responsible for the conduct and behaviour of their children at all times. The members of the committee or the Age Manager reserve the right to remove children who disrupt events. Under the LANSW policy on child protection, either a parent or carer must accompany their children at all times, as in previous years it is a requirement that all athletes have a parent or nominated carer at the grounds at all times, please do not drop off. Children who are accompanied by a parent or carer during the Centre's activities, will not be able to compete and therefore will not receive competition points.

Safety

Athletes and spectators must never walk in front of the Discus, Shot Put or Javelin events as you could be seriously injured. You are also reminded that you must never intentionally interfere with any athlete during their run up for the Long Jump, Triple Jump or High Jump. When crossing the track always check that there is no race in progress. Children **must not** leave their Age Groups without first informing their Age Manager.

After Your Race

At the completion of your race, return to the finish line, remove your spikes then athletes are to stand in the lanes they started in until the Track Judge calls them away. You then proceed in order to the recording table to have your places and times recorded. When all times are recorded your Age, Manager will take you to your next event.

Getting Involved

At Little Athletics NSW, we understand that just like our athletes, our parents come from a diverse range of backgrounds and as such have different talents and experience. There is a place for everyone at Little Athletics and there are a number of ways that you can become involved. You may have skills that the centre doesn't even know they need, so if you think you can help with something, please let the committee know.

Codes of Behavior

Athletes

1. Compete and train for the "fun of it", not just to please your parents or coach.
2. Play by the rules.
3. Never argue with the official's decision. Let your Centre Manager or Coach ask any necessary questions.
4. Control your temper – no "mouthing off", breaking equipment, throwing implements or other equipment.
5. Work equally for yourself and your team in relay and team events, your team's performance will benefitand so will your own.
6. Be a good sport. Cheer all good performances, whether you are Centre mates or your opponents. Do notact smart or 'cocky'.

7. Treat all athletes as you would like to be treated. Do not interfere with, bully or take unfair advantage ofany athlete.
8. Remember that the goal of training or competition is to have fun, improve your skills and feel good.Do not be a show-off or brag about your own performances.
9. Cooperate with your coach, Centre mates and opponents, for without them you would have nocompetition.
10. Participate for your own enjoyment and benefit, not just to please parents and coaches.
11. Remember all that is ever requested of you is to 'Be Your Best'.

Parents/Carers

A child's basic training in good sportsmanship comes from the home!

1. If children are interested, encourage them to participate. However, if your child is not willing, do notforce him/her.
2. Focus upon your child's efforts and performance rather than the overall outcome of the event.
3. This assists your child in setting realistic goals related to his/her ability by reducing the emphasis onwinning.
4. Teach your child that honest effort is as important as victory so that the result of each competition isaccepted without undue disappointment.
5. Encourage your child to always participate according to the rules.
6. Never ridicule or yell at your child for making a mistake or losing a competition.
7. Remember children are involved in organised sports for their enjoyment not yours. If children areinterested, encourage them to participate. However, if your child is not, don't 'push' them.
8. Remember that children learn best by example, applaud good performances by **ALL** athletes.
9. If you disagree with an official, raise the issue through the appropriate channels rather than question the official's judgement and honesty in public. Remember that most officials give their time and effort for yourchild's involvement voluntarily.
10. Support all efforts to remove verbal and physical abuse from children's sporting activities.
11. Recognize the value and importance of volunteer coaches; they give their time and resources to providerecreational activities for your child.

The Centre

The basic unit of Little Athletics is the Centre. This consists of one or more individual Centre's competing together at a common venue. All athletes registered with the Centre are eligible to compete provided they meet minimum qualification levels deemed by the Centre and NSW Athletics. The venue for the competition of WCLA is the Kerryn McCann Athletics Centre, Foley's Road, Gwynneville

The Zone

Centres have been grouped into Zones by the Little Athletics Association for the purpose of providing the next level of competition. **Wollongong City** is part of the **South Coast/ Highlands Zone**, which consists of the following centres: **Athletics Wollongong, Bowral, Dapto, Illawarra Blue Stars, Kembla Joggers, Northern Illawarra, Robertson, Wollondilly** and **Wollongong City.** There are 23 Zones throughout NSW. Centres within each zone elect delegates to attend Zone meetings chaired by a Zone Coordinator, who is elected by the delegates. At these meetings, Zone policy is determined, and the Zone Championships are organised. The meetings are also used as a forum where Centres can raise problems that they are having difficulty in solving. The Zone Coordinator liaises regularly with the New South Wales Little Athletics Association.

More information can be found at https://www.nswathletics.org.au/events-page/pathway-progression

The Region

LANSW consists of eight Regions. WCLA and our zone are part of Region 4. This region consists of 4 zones. The zones are Mid-South Coast (9 centres), South Coast Highlands (9 centres), Eastern Riverina (11 centres) and Western Riverina (8 centres).

More information can be found at https://www.nswathletics.org.au/events-page/pathway-progression

Championship Events

Information on the Championship events can be found at https://www.nswathletics.org.au/events-page

Zone Championships

The Zone Championships is an annual two day carnival open to the nine centres within our Zone.

Region Championships

The Region Championships is an annual two day carnival open to the four Zones within our Region.

State Championships

The venue for the Championships is at SOPAC - **Sydney Olympic Park Athletics Centre, Homebush,**
For 9s to 12s: Automatic Qualifiers (up to 24 competitors across the 8 Regions)
First and second place from each of the 8 Regions progresses to the State Championships.
Additional Performance Based Qualifiers
Up to 8 additional competitors from across all Regions.
To determine the additional performance-based qualifiers, all athletes (from finals) after the automatic qualifiers, across all Regions, will be collated and the best 8 determined. Where there are equal performances for the 8th position, all athletes that achieved that equal performance are excluded from the State Championships. This could mean that some events will have less than the 8 additional competitors.
For 13s to 15s: Automatic Qualifiers (up to 24 competitors across the 8 Regions)
First and second place from each of the 8 Regions progresses to the State Championships.
Additional Performance Based Qualifiers
Up to 8 additional competitors from across all Regions, Country Championships and Treloar Shield results.
To determine the additional performance-based qualifiers, all athletes (from finals) after the automatic qualifiers, across all Regions, will be collated and the best 8 determined. Where there are equal performances for the 8th position, all athletes that achieved that equal performance are excluded from the State Championships. This could mean that some events will have less than the 8 additional competitors.
For 16s to 17s, Competition Pathway Events, Hammer Throw, Steeplechase and Pole Vault: Direct entry via Athletics NSW website.

State Combined Championships

Any athlete in the U7 through to U17 is eligible to compete at these championships, however numbers may be capped. Athletes participate in **ALL** of the events on offer for their particular age group. The events consist of 100m or 200m, 800m, Long Jump, Shot Put, Discus,Hurdles and in the senior age groups High Jump and Javelin. Entries for these championships are done on-line via the NSW Athletics Website before the cut-off date for entries.

State Relay Championships

As the name suggests, the Championships are comprised entirely of relay events. The State Relays are held in November each year. Juniors (U8 to U12), compete on one weekend and Seniors (U13 to U17) compete on another weekend. The Championships are usually held at Sydney Olympic Park Athletics Centre.

Country Championships

The Country Championships are for clubs that are in Regions 1 to 4 only. These are considered regional "Country" clubs. The Country Championships are held in January each year and a different country club location is selected to host each year. 9s and up are eligible to compete.

State Cross Country and Road Walks

Although not during the regular LANSW season, this event is usually held on the first Sunday in July each year. Athletes in the U7 through to U17 age groups are eligible to enter. Entries can be done online. There are **NO** entries taken on the day.

Australian Championships

The ALAC (Australian Little Athletics Championships) is a one-day event, including 2 lead-up camps held every year, hosted by each State or Territory on a rotational basis. Athletes are selected for the NSW team based on their performances during the State Championships and State Combined Championships. Athletes are selected from the 13s, 14s & U15 age groups only.

Athletes from the 13s up can also qualify to attend the Australian Junior Championships each year. Qualification rules can be found at https://www.nswathletics.org.au/events-page/international-national-qualifications-opportunities-

Parent/Carer Participation at Carnivals

Parent assistance is required for any child who compete at State Relays, Zone, Region or State Championships. Parent requirements are based on the number of athletes entered into the carnival. A parent roster is prepared,and every effort is made to allocate a roster duty at a time to coincide with child/ren's event.

Athlete Travel Assistance

If a Wollongong City Athlete is chosen to represent Little Athletics Australian Championships an application can be made for financial assistance. The assistance can be granted only for travel outside of NSW (not including ACT). The assistance is not available for school events.

Personal Accident Insurance

Little Athletics Australia (which includes every affiliated Association and Centre) provides Personal Accident Insurance cover for all registered Little Athletes, officials and voluntary workers. **This cover does not extend to spectators.**

Cover for Athletes is effective in the following circumstances:

- When engaged in Little Athletics competitions and training, which is officially organised by and under thecontrol of the LANSW or a Centre.
- When travelling directly to and from, either of the above.

Cover for Officials and Voluntary Workers is effective in the following circumstances:

- When a volunteer or official is actively involved in helping or officiating at a competitionconducted by LANSW or a Centre.
- When travelling directly to and from an activity conducted by LANSW or a Centre
- Due to limitations of the Insurance code, you must remain on the outside of the circular fence ifnot officiating or helping conduct events.

It should be noted that anyone who suffers an injury or accident, who is on the fieldbut not officiating/helping, is not covered by this policy.

Wollongong City Little Athletics Recognition Awards

The Club recognises the performance of athletes based on point-score achieved through competition and toencourage children to continue in the sport of athletics. The Clubs awards are as follows:

Age Point-score Champion

This award is presented to 1st, 2nd and 3rd place-getters in both boys and girls age groups on points accumulated throughout the season. Points are awarded to athletes at centre competition nights, for performance in events programmed for their Age group. Points will be awarded for performance in each event. Points are not awarded forheats.

An athlete's attendance must be at least 50% of the season to be eligible.The points are awarded as follows:

1st Place: 4 points, **2nd Place:** 3 points, **3rd Place:** 2 points, **All other participants** 1 point.

Club Champion

This award is presented to the boy and girl with the most accumulated points from the Season.

Age Group Awards

There are two other awards that may be awarded for age groups up to the U12 age group.These awards are based on performance and sportsmanship.

Junior Event Champion Award

Junior Event Champions are awarded in the following events:

Sprints (laned events up to and including 400m), Middle Distance (over 400m and Pack Starts), Hurdles, Walks, High Jump, Long Jump, Triple Jump, Shot Put, Discus and Javelin. An athlete's attendance must be at least 50% of the season to be eligible for these awards. An athlete who is not at a club competition night because they are competing at an Athletic event e.g. State Multi or Nationals, is not considered as non- attendance at club competition night.

Points are awarded as follows:1st place in the event a majority of times during normal season,1 point.Zone Finals: 1st 5 points, 2nd 4 points, 3rd 3 points, 4th to 8th place 2 points.

Region Finals: 1st 8 points, 2nd 6 points, 3rd 4 points, 4th to 8th place 3 points.

State Finals: 1st 10 points, 2nd 9 points, 3rd 8 points, 4th 7 points, 5th 6 points, 6th 5 points, 7th 4 points, 8th 3 points, 9th to 16th 2 points, 17th to 24th 1 point.

Holding a current Record: Centre Level 1 point, Zone 2 points, Region 3 points, State 4 points, National 5 points.

Senior Event Champion Award

Senior Event Champions are awarded in the following events:

Sprints (laned events up to and including 400m), Middle Distance (over 400m and Pack Starts), Hurdles, Walks, Steeplechase, High Jump, Long Jump, Triple Jump, Pole Vault, Shot Put, Discus, Javelin and Hammer. An athlete's attendance must be at least 50% of the season to be eligible for these awards. An athlete who is not at a club competition night because they are competing at an Athletic event e.g. State Combined or Nationals, is not considered as non-attendance at club competition night.

Points are awarded as follows:

State Finals: 1st 10 points, 2nd 9 points, 3rd 8 points, 4th 7 points, 5th 6 points, 6th 5 points, 7th 4 points, 8th 3 points, 9th to 16th 2 points, 17th to 24th 1 point.

If an event is not contested at State, Region results will be considered.

Region Finals: 1st 8 points, 2nd 6 points, 3rd 4 points, 4th to 8th place 3 points.

If an event is not contested at Region, Zone results will be considered.

Zone Finals: 1st 5 points, 2nd 4 points, 3rd 3 points, 4th to 8th place 2 points.

If an event is not contested at Zone, there will be no award.

Participation Award

A participation award will be presented to any registered athlete who competes at Centre level and receives no other awards; and are in attendance at the WCLA Centre Presentation.

President's Award

This award is given to the person who, in the opinion of the President, best reflects the spirit of Little Athletics. Thatis an athlete who best represents the "family, fun and fitness' as well as 'to be your best".

State Combined Award

The State Combined Award is awarded to an athlete (boy or girl) who from our club achieves the highest position in the top 8 placements of the State Multi Event. If the above criteria are not achieved in any season, the award will not be awarded.

NSW State Team Award

This award is given to:

- any 13s up athlete who is selected in the NSW State Team to contest the Australian Little Athletics Championships held each year in April/May.
- any athlete who has been selected for the NSW Junior Championship team to compete at the Australian Junior Championships held each year in April.

Ron Thompson Volunteer Award

This award will be given to a nominated and committee voted volunteer that has gone above and beyond during the season. It is named after Life Member Ron Thompson who has given up his time and dedication not only to this club but the sport of Athletics.

WCLA 5 Years' Service Award

An award will be given to any athlete who has achieved 5 years continuous service with WCLA.

LANSW 10 Year Athlete Service Award

This award is a certificate provided by LANSW to athletes who have given 10 years **continuous** service atany Little Athletics Club in NSW and is presented upon the age in that the 10 years is achieved.

WCLA Life Member Award

Wollongong City Little Athletics presents a Life Member award. This award is presented to individuals who have made a long and outstanding contribution to the Centre and to Little Athletics in general. Nominations for Life members will be accepted up until the end of February each year, for consideration by the Acting committee.

Season Best Certificates

Each athlete will receive a certificate detailing their Season Best results at a Club night in all events contested.

Record Certificates

Certificates are also awarded throughout the season for breaking Centre Records.

Major Award Recipients 2025-2026 Season

President's Award
Addisen Hare

Club Pointscore Champions
Kurtis Brown
Imogene Anderson

State Combined Events Award
Amelia Elphick

NSW State Team Award
Milla English
Kurtis Brown

Ron Thompson Volunteer Award
Claire Owen

LANSW 10 years Athlete Service Award
Bennett Anderson

5 Years + Continuous Service Awards

Kurtis Brown	Lachlan Stewart
Emily Leach	Emilia Coso
Theodore Flynn	Zara Humphries
Darcy Woods	

Age Point-Score Champion Awards for 2025-2026

Age	Place	Age	Place	Boys
6	1st	6	1st	Reginald Wilcock
	2nd		2nd	Jack Karkkainen
	3rd		3rd	Oliver Boyd
7	1st	7	1st	Jude Thompson
	2nd		2nd	Joshua Clark
	3rd		3rd	Franklin Tasevski
8	1st	8	1st	Eli Zappia
	2nd		2nd	Mavrick Carlon
	3rd		3rd	Xavier Collins
9	1st	9	1st	Sonny Morrison
	2nd		2nd	Austin Ju
	3rd		3rd	Oaka Bergen Nash English
10	1st	10	1st	Issac Worthy
	2nd		2nd	Ryan Chilby
	3rd		3rd	Austin Kershaw
11	1st	11	1st	Hurley Mussared
	2nd		2nd	Angus Barlow
	3rd		3rd	Theodore Flynn
12	1st	12	1st	Hayde Randall
	2nd		2nd	Darcy Woods
	3rd		3rd	Oscar Ju
13	1st	13	1st	James Andary
	2nd		2nd	Thomas Silins
	3rd		3rd	Levi Nainggolan
14	1st	14	1st	Kurtis Brown
	2nd		2nd	Alexander Lightfoot
	3rd		3rd	Jacob Fox
15	1st	15	1st	Oscar Reis-Vyse
	2nd		2nd	Bennett Anderson
	3rd		3rd	No 3rd Place
16	1st	16	1st	Maximus Owen
	2nd		2nd	Xavier Owen
	3rd		3rd	No 3rd Place

Age	Place	Age	Place	Boys
17	1st	17	1st	No 1st Place
	2nd		2nd	No 2nd Place
	3rd		3rd	No 3rd Place

Most Improved and Encouragement Awards 2025-2026

Most Improved			
Girls		Boys	
6	Opal Adams Alina Mofardin	6	Takumah Carlon
7	Georgie Boyd	7	Joseph Kelly
8	Maddison Keenahan	8	Malaki Peters
9	Natasha Connolly	9	Thomas Kelly
10	Evie English Billie Morrison	10	William Beaumont
11	Porsche Mangos	11	Archie Barnes
12	Andrea Coso	12	David Watts

Encouragement			
Girls		Boys	
6	Lilo Fisher	6	Lenny Townsend
7	Zoe Shen	7	Jonathan Fu
8	Shihan Wang	8	Joseph Arbelias
9	Alexis Watts	9	Michael Keelan
10	Savarnah Carlon	10	Lachlan Stewart
11	Layla Read	11	Lewis Glover
12	Kaitlyn Bolton	12	Fletcher Worthy

Junior Event Champion Awards 2025-2026

GIRLS	
Sprints	Ella Walker
Middle Distance	Zara Humphries
Hurdles	Emily Leach
Walks	Kenzie Hare Sylvie Wessell
High Jump	Mila McPherson
Long Jump	Ella Walker
Triple Jump	Heidi Woloch
Shot Put	Lucy Gruber
Discus	Sylvie Wessell
Javelin	

BOYS	
Sprints	Isaac Worthy
Middle Distance	Aidan Elphick Hayde Randall Eli Zappa
Hurdles	Isaac Worthy
Walks	William Beaumont
High Jump	Austin Kershaw
Long Jump	Isaac Worthy
Triple Jump	Hayde Randall
Shot Put	Daniel Wang
Discus	Daniel Wang
Javelin	

Senior Event Champion Awards 2025-2026

GIRLS	
Sprints	Amelia Elphick
Middle Distance	Amelia Elphick
Hurdles	Skye Davies-Gietzelt
Steeplechase	
Walks	Imogene Anderson
High Jump	Skye Davies-Gietzelt
Long Jump	Skye Davies-Gietzelt
Triple Jump	Skye Davies-Gietzelt
Pole Vault	
Shot Put	Imogene Anderson
Discus Throw	Imogene Anderson
Javelin Throw	Imogene Anderson Bethany Hare Indianna Hare
Hammer Throw	Imogene Anderson

BOYS	
Sprints	Thomas Silins
Middle Distance	Kurtis Brown
Hurdles	Kurtis Brown
Steeplechase	
Walks	James Andary
High Jump	Maximus Owen
Long Jump	Levi Nainggolan
Triple Jump	Maximus Owen
Pole Vault	
Shot Put	Bennett Anderson
Discus Throw	Thomas Silins
Javelin Throw	Bennett Anderson
Hammer Throw	

Wollongong City Little Athletics Centre Records as at April 2026

All Centre records must be verified by a WCLA committee member. Field events measure must be left in and be ratified and signed off by a Committee Member.

6 Girls	Event	Year	Time/Distance
Lauren Piatek Alexandra Parker	50m	1989 2005	9.20 secs
Lauren Elms Laura Bird	70m	1986 1995	12.70 secs
Alexandra Parker	100m	2005	18.60 secs
Isla Roberts	200m	2018	40.57 secs
Elena Piljevic	300m	2015	1:06.60 secs
Chelsy Wayne	Long Jump	2014	2.84 metres
Isla Roberts	Shot Put	2017	4.88 metres
Imogene Anderson	Discus	2016	8.43 metres
Remy Mangos	Multi	2025	2604.00 points

6 Boys	Event	Year	Time/Distance
G. Rodgers	50m	1983	8.70 secs
Mitchell Tubby Corey Wallace	70m	1989 1992	12.80 secs
Corey Wallace	100m	1993	18.40 secs
Keiran Morris	200m	1999	39.40 secs
Joshua Head	300m	2005	1:06.00 secs
Mitchell Tubby	Long Jump	1989	3.42 metres
Lucas D'Amico	Shot Put	2017	5.91 metres
Jack Hensen	Discus	2018	13.74 metres
Jack Karkkainen	Multi	2025	2295.00 points

7 Girls	Event	Year	Time/Distance
Savannah Wiki Sophie Howarth	50m	2017 2017	9.20 secs
Danica Rae	70m	1999	11.60 secs
Alex Church	100m	1991	16.70 secs
Alex Church	200m	1991	35.20 secs
Zoe McClatchie	500m	2014	1:52.40 secs
Lauren Elms	Long Jump	1987	3.53 metres
Chelsy Wayne	Shot Put	2015	7.41 metres
Chelsy Wayne	Discus	2015	17.35 metres
Chloe Gao	Multi	2025	2009.00 points

7 Boys	Event	Year	Time/Distance
Jacob Dowler	50m	2019	8.42 secs
D. O'Connor	70m	1983	11.40 secs
M.Sossai	100m	1983	16.40 secs
Dane Richards	200m	2006	35.90 secs
Charlie Winks	500m	2015	1: 46.60 secs
Clinton Tubby	Long Jump	1987	3.66 metres
Steven Sefo	Shot Put	1994	7.36 metres
Jacob Lakeman	Discus	2019	19.02 metres
Jude Thompson	Multi	2025	2442.00 points

8 Girls	Event	Year	Time/Distance
Harlow Pate	70m	2022	10.83 secs
S. Taylor	100m	1984	15.60 secs
Harlow Pate	200m	2022	32.79 secs
Samara Jirsa	400m	2014	1 min 16.90 secs
Manuela Piljivic	700m	2014	2 min 28.80 secs
Renee McBryde	60m Hurdles	2008	11.30 secs
Harlow Pate	Long Jump	2022	4.01 metres
Chelsy Wayne	Shot Put	2015	7.67 metres
Chelsy Wayne	Discus	2015	20.80 metres
Havana Mangos	Multi	2025	2443.00 points

8 Boys	Event	Year	Time/Distance
M.Giobbi	70m	1981	10.00 secs
M. Sossai Josiah Lewis Dunkley	100m	1985 2012	15.20 secs
Corey Wallace	200m	1995	32.40 secs
R. Palermo	400m	1984	1 min 10.00 secs
Jack McClatchie	700m	2014	2 min 26.30 secs
Tyren Maclou	60m Hurdles	2007	10.80 secs
M. Sossai	Long Jump	1985	3.95 metres
Tyson Graham	Shot Put	1996	7.80 metres
Nathan McBriarty	Discus	1995	19.00 metres

8 Boys	Event	Year	Time/Distance
Eli Zappia	Multi	2025	2734.00 points

9 Girls	Event	Year	Time/Distance
Harlow Pate	70m	2022	10.25 secs
Harlow Pate	100m	2023	14.70 secs
Harlow Pate	200m	2023	29.65 secs
Harlow Pate	400m	2023	1 min 09.58 secs
Manuela Piljevic	800m	2015	2 min 45.60 secs
Alex Church	60m Hurdles	1993	10.60 secs
Lucinda Paine	700m Walk	2008	3 min 41.60 secs
Chelsy Wayne	Long Jump	2017	4.08 metres
Alex Church Manuela Piljevic	High Jump	1993 2015	1.20 metres
Harlow Pate	High Jump Scissor	2022	1.15 metres
Chelsy Wayne	Shot Put	2017	8.72 metres
Chelsy Wayne	Discus	2017	27.74 metres
Ane Pretorius	Turbo Javelin	2019	13.10m
Piper Szczerbanik	Multi	2025	2239.00 points

9 Boys	Event	Year	Time/Distance
Jarrod Twigg Brock Scrivener	70m	2008 2009	10.00 secs
Brock Scrivener	100m	2008	14.30 secs
Christian Srbinovski	200m	2010	29.50 secs
Jack McClatchie	400m	2015	1 min 10.60 secs
Jack McClatchie	800m	2014	2 min 37.20 secs
Jett Link	60m Hurdles	2013	10.20 secs
Harley Brisbane	700m Walk	2002	4 min 10.70 secs
Victor Costabile	Long Jump	1988	4.47 metres
Nathan McBriarty	High Jump	1997	1.30 metres
Randy O'Brien	High Jump Scissor	2019	1.16 metres
Steven Ryan	Shot Put	1995	8.10 metres
Adam Murphy	Discus	1993	27.52 metres

9 Boys	Event	Year	Time/Distance
Randy O'Brien	Turbo Javelin	2020	20.23 metres
Michael Keelan	Multi	2025	2314.00 points

10 Girls	Event	Year	Time/Distance
Harlow Pate	70m	2024	10.06 secs
Harlow Pate	100m	2023	13.79 secs
Harlow Pate	200m	2024	28.30 secs
Harlow Pate	400m	2023	1 min 05.94 secs
Harlow Pate	800m	2024	2 min 35.37 secs
Jessica Chinnock	1500m	2010	5 min 23.80 secs
Haylee Mathieson	60m Hurdles	1993	10.20 secs
Kaela Thomas	1100m Walk	2004	6 min 15.40 secs
Harlow Pate	Long Jump	2023	4.49 metres
Alex Church	High Jump	1994	1.40 metres
Denbigh Lewis Harlow Pate	High Jump Scissor	2019 2023	1.22 metres
Chelsea Wayne	Shot Put	2017	9.80 metres
Chelsea Wayne	Discus	2018	30.78 metres
Manuela Piljevic	Turbo Javelin	2016	23.00 metres
Ella Walker	Multi	2025	2383.00 points

10 Boys	Event	Year	Time/Distance
Brock Scrivener	70m	2009	9.70 secs
Brock Scrivener	100m	2009	13.70 secs
Jarrah Flack	200m	2024	28.92 secs
Corey Wallace	400m	1997	1 min 06.60 secs
D. Pinkerton	800m	1986	2 min 28.20 secs
James Seal	1500m	2009	5 min 07.40 secs
Lukas Chodat	60m Hurdles	1991	9.90 secs
Mitchell Acev	1100m Walk	2006	6 min 18.30 secs
James Giggacher	Long Jump	1991	4.54 metres
Mitchell Deans	High Jump	2001	1.42 metres
Sonny O'Brien	High Jump Scissor	2020	1.21 metres
Steven Ryan	Shot Put	1996	9.83 metres
Adam Murphy	Discus	1993	31.38 metres

10 Boys	Event	Year	Time/Distance
Randy O'Brien	Turbo Javelin	2020	23.37 metres
Austin Kershaw	Multi	2025	2712.00 points

11 Girls	Event	Year	Time/Distance
Haylee Mathieson	100m	1994	13.60 secs
Harlow Pate	200m	2024	28.39 secs
Harlow Pate	400m	2024	1 min 00.64 secs
Lauren Elms Karlie Chambers	800m	1991 2005	2 min 32.00 secs
Lauren Elms	1500m	1991	5 min 04.00 secs
Taylah Davies	60m Hurdles	2006	10.30 secs
Sophie Howson	80m Hurdles	2022	13.02 secs
Chloe Lavalle	1100m Walk	2011	6 min 21.90 secs
Taylah Davies	Long Jump	2005	4.60 metres
Sally Hudson	Triple Jump	2000	9.51 metres
Alex Church	High Jump	1994	1.44 metres
Melissa Winnell	Shot Put	1993	10.23 metres
Anne Zamuner	Discus	1993	25.24 metres
Adena Halley-Paull	Turbo Javelin	2018	14.63 metres
Tayla Wiki	Javelin	2020	21.28 metres
Emilie Kelly	Multi	2025	2279.00 points

11 Boys	Event	Year	Time/Distance
Angus Glover Bailey Antrobus Brock Scrivener	100m	2009 2010 2010	13.20 secs
Leroy Veerhuis	200m	2014	27.40 secs
Joel Walsh	400m	1997	1 min 03.60 secs
Christopher Sink	800m	2014	2 min 28.50 secs
Christopher Sink	1500m	2014	4 min 57.00 secs
Jett Link	60m Hurdles	2015	9.80 secs
Sonny O'Brien	80m Hurdles	2022	14.10 secs
Mitchell Acev	1100m Walk	2008	5 min 54.10 secs
G. Lloyd	Long Jump	1983	4.77 metres
M. Newson	Triple Jump	1985	9.48 metres
Mitchell Deans Trevor Hudson	High Jump	2001 2002	1.48 metres

11 Boys	Event	Year	Time/Distance
Steven Ryan	Shot Put	1996	10.41 metres
Adam Murphy	Discus	1994	31.24 metres
William Willis	Turbo Javelin	2018	20.60 metres
Ryan Monkman	Javelin	2020	18.85 metres
Theodore Flynn	Multi	2025	2166.00 points

12 Girls	Event	Year	Time/Distance
Chelsea Ezeoke	100m	2017	12.98 secs
Chelsea Ezeoke	200m	2017	26.31 secs
Chelsea Ezeoke	400m	2017	1 min 01.78 secs
Taylah Davies	800m	2007	2 min 30.70 secs
Karlie Chambers	1500m	2005	5 min 11.90 secs
Sarah Carli	60m Hurdles	2006	9.90 secs
Emily Benefiel	80m Hurdles	2020	14.24 metres
Kristie Edwards	1500m Walk	1995	8 min 29.00 secs
Taylah Davies	Long Jump	2007	4.91 metres
Haylee Mathieson	Triple Jump	1994	9.87 metres
Taylah Davies Emma Walsh	High Jump	2006 2018	1.48 metres
Chelsea Ezeoke	Shot Put	2018	13.97 metres
Savannah Wiki	Discus	2023	30.93 metres
Savannah Wiki	Javelin	2023	26.91 metres
Heidi Woloch	Multi	2025	2291.00 points

12 Boys	Event	Year	Time/Distance
Michael Melfi	100m	2023	12.37 secs
Michael Melfi	200m	2023	25.87 secs
Michael Melfi	400m	2023	1 min 01.16 secs
Hamish Paine	800m	2008	2 min 21.00 secs
Hamish Paine	1500m	2008	4 min 51.90 secs
Clinton Tubby	60m Hurdles	1992	9.40 secs
Sonny O'Brien	80m Hurdles	2023	13.73 secs
Mitchell Acev	1500m Walk	2008	7 min 46.10 secs
Corey Wallace	Long Jump	1998	5.02 metres
Corey Wallace	Triple Jump	1999	10.70 metres
Adam Stanworth	High Jump	1994	1.55 metres

12 Boys	Event	Year	Time/Distance
Michael Melfi	Shot Put	2023	12.36 metres
Adam Murphy	Discus	1996	42.20 metres
Jarrod Twigg	Javelin	2010	32.50 metres
Hayde Randall	Multi	2025	2183.00 points

13 Girls	Event	Year	Time/Distance
Jamie-Lee Hoebergen Tegan Richards Brittany Constable	100m	2000 2007 2010	12.80 secs
Sailina Heritage	200m	2016	26.56 secs
Maddison McWilliams	400m	2023	59.07 secs
Drew Cooney	800m	2023	2 min 18.25 secs
Karlie Chambers	1500m	2007	4 min 58.30 secs
Liz Monahan	3000m	1998	10 min 58.00 secs
Delta Amidzovski	80m Hurdles	2019	12.40 secs
Delta Amidzovski	200m Hurdles 68cm	2018	28.97 secs
Skye Davies-Gietzelt	200m Hurdles 76cm	2025	33.53 secs
Nicole Upward	1500m Walk	1999	7 min 14.50 secs
Delta Amidzovski	Long Jump	2019	5.16 metres
Delta Amidzovski	Triple Jump	2019	10.64 metres
Delta Amidzovski	High Jump	2018	1.60 metres
Savannah Wiki	Shot Put	2023	11.26 secs
Chelsy Wayne	Discus	2020	39.88 metres
Savannah Wiki	Javelin	2023	30.32 metres
Bronte Vermey	Multi	2025	1778.00 points

13 Boys	Event	Year	Time/Distance
Kardue Daniels	100m	2008	11.60 secs
Nathaniel Richardson	200m	2005	25.20 secs
Thomas Partland	400m	2020	57.53 secs
Thomas Partland	800m	2021	2 min 10.78 secs
Thomas Partland	1500m	2020	4 min 39.22 secs
Thomas Partland	3000m	2020	9 min 56.49 secs
Jarrod Twigg	80m Hurdles	2012	12.30 secs
Kurtis Brown	90m Hurdles	2024	16.63 secs
Christopher Twigg Jarrod Twigg	200m Hurdles 68cm	2009 2011	28.20 secs
Kurtis Brown	200m Hurdles 76cm	2024	32.32 secs
Troy Upward	1500m Walk	1995	7 min 41.50 secs
D. Diep	Long Jump	1988	5.47 metres
Adam Murphy	Triple Jump	1996	10.95 metres
Michael James	High Jump	2011	1.67 metres
Adam Murphy	Shot Put	1997	15.36 metres
Adam Murphy	Discus	1996	43.90 metres
Damian De Santis	Javelin	1998	36.95 metres
Thomas Silins	Multi	2025	1841.00 points

14 Girls	Event	Year	Time/Distance
Charly-Rose Dunne	100m	2012	12.40 secs
Charly-Rose Dunne	200m	2012	26.00 secs
Karlie Chambers	400m	2007	59.20 secs
Madeline Eaton	800m	2013	2 min 28.70 secs
Karlie Chambers	1500m	2007	5 min 05.70 secs
Sarah Carli	3000m	2007	11 min 00.40 secs
Delta Amidzovski	80m Hurdles	2019	12.32 secs
Maddison Watts	90m Hurdles	2025	19.80 secs
Charly-Rose Dunne	200m Hurdles	2011	28.70 secs
Alleira Walker	300m Hurdles	2024	57.38 secs
Summer Micallef	1500m Walk	2009	7 min 40.90 secs
Delta Amidzovski	Long Jump	2019	6.03 metres
Haylee Mathieson	Triple Jump	1996	10.29 metres
Delta Amidzovski	High Jump	2019	1.75 metres
Savannah Wiki	Shot Put	2024	11.68 metres
Chelsy Wayne	Discus	2021	41.16 metres
Tayla Wiki	Javelin	2022	31.34 metres
Elsa Sandell	Pentathlon	2025	2015.00 points

14 Boys	Event	Year	Time/Distance
Lukas Chodat	100m	1994	11.30 secs
Lukas Chodat	200m	1994	23.70 secs
Justin Leigh	400m	2007	55.60 secs
Scotti Hamilton	800m	2013	2 min 12.40 secs
Liam Henderson	1500m	2012	4 min 26.10 secs
Jack McClatchie	3000m	2019	10 min 27.27 secs
Jarrod Twigg	90m Hurdles	2013	12.20 secs
Oscar Reis-Vyse	100m Hurdles	2024	20.11 secs
Jarrod Twigg	200m Hurdles	2012	27.00 secs
Kurtis Brown	300m Hurdles	2025	48.45 secs
Troy Upward	1500m Walk	1997	7 min 00.60 secs
Victor Costable	Long Jump	1993	5.80 metres
Adam Schilder	Triple Jump	1994	11.86 metres
Keegan Whitten	High Jump	2020	1.76 metres
Adam Murphy	Shot Put 3kg	1997	14.70 metres
Jacob Fox	Shot Put 4kg	2025	9.07 metres
Adam Murphy	Discus	1998	55.66 metres

14 Boys	Event	Year	Time/Distance
Hamilton Tenkate	Javelin 600g	2018	41.64 metres
Bennett Anderson	Javelin 700g	2025	23.90 metres
Kurtis Brown	Pentathlon	2025	2670.00 points

15 Girls	Event	Season	Time/Distance
Haylee Mathieson	100m	1998	12.30 secs
Delta Amidzovski	200m	2020	25.59 secs
Karlie Chambers	400m	2009	57.60 secs
Karlie Chambers	800m	2008	2 min 19.20 secs
Grace Pomery	1500m	1920	4 min 52.43 secs
Liz Monahan	3000m	1999	10 min 54.70 secs
Delta Amidzovski	90m Hurdles	2021	12.89 secs
Ashley Thomas	200m Hurdles	2005	28.10 secs
Delta Amidzovski	300m Hurdles	2021	45.24 sec
Nicole Upward	1500m Walk	2002	8 min 02.10 secs
Delta Amidzovski	Long Jump	2020	5.73 metres
Abbie Taddeo	Triple Jump	2009	10.76 metres
Rosie Toser	High Jump	2017	1.72 metres
Chelsy Wayne	Shot Put	2022	12.17 metres
Chelsy Wayne	Discus	2022	42.80 metres
Nikki Dalla Vecchia	Javelin	2005	29.94 metres
Sienna King	Pentathlon	2025	1970.00 points

15 Boys	Event	Season	Time/Distance
Lukas Chodat Jarrod Twigg	100m	1996 2013	11.20 secs
Jarrod Twigg	200m	2014	23.20 secs
Hamish MacDonald	400m	2012	54.30 secs
Scotti Hamilton	800m	2014	2 min 08.90 secs
Alexander Seal	1500m	2012	4 min 24.00 secs
Daniel MacDonald	3000m	1998	10 min 06.60 secs
Jarrod Twigg	100m Hurdles	2013	12.90 secs
Jarrod Twigg	200m Hurdles	2014	24.00 secs
Darnell Wright	300m Hurdles	2019	43.30 secs
Troy Upward	1500m Walk	1997	7 min 20.30 secs
Jarrod Twigg	Long Jump	2013	5.83 metres
Matthew Clark	Triple Jump	1995	12.54 metres
Matthew Clark Trevor Hudson	High Jump	1994 2006	1.80 metres
Adam Murphy	Shot Put	1998	15.96 metres
Adam Murphy	Discus	1998	53.98 metres
Dean Anderson	Javelin	2002	43.16 metres
Oscar Reis-Vyse	Pentathlon	2025	1702.00 points

16 Girls	Event	Season	Time/Distance
Matilda Vermey	100m	2025	14.60 secs
Matilda Vermey	200m	2025	29.80 secs
Anisha Hare	400m	2024	1:10.09 secs
Imogene Anderson	800m	2025	3:45.35 secs
Matilda Vermey	1500m	2025	7:35.96 secs
Addisen Hare	3000m	2025	17:02.36 secs
Imogene Anderson	100m Hurdles	2025	19.94 secs
Imogene Anderson	400m Hurdles	2025	1:41.55 secs
Imogene Anderson	1500m Walk	2025	9:58.84 secs
Matilda Vermey	Long Jump	2025	4.15 metres
Imogene Anderson	Triple Jump	2025	8.53 metres
Imogene Anderson	High Jump	2025	1.30 metres
Imogene Anderson	Shot Put	2025	9.63 metres
Tayla Wiki	Discus	2024	29.20 metres
Tayla Wiki	Javelin	2024	27.59 metres
Imogene Anderson	Pentathlon	2025	1555.00 points

16 Boys	Event	Season	Time/Distance
Jack Johanson	100m	2024	12.29 secs
Jack Johanson	200m	2024	24.26 secs
Travis McCabe	400m	2024	1:03.70 secs
Jack Johanson	800m	2024	2:19.50 secs
Jack Johanson	1500m	2024	5:22.22 secs
Travis McCabe	3000m	2024	14:34.61 secs
Travis McCabe	110m Hurdles	2024	20.41 secs
Travis McCabe	400m Hurdles	2024	1:17.88 secs
Xavier Owen	1500m Walk	2025	11:21.74 secs
Jack Johanson	Long Jump	2024	5.14 metres
Maximus Owen	Triple Jump	2025	11.68 metres
Maximus Owen	High Jump	2025	1.60 metres
Travis McCabe	Shot Put	2024	8.03 metres
Xavier Owen	Javelin	2025	24.00 metres
Maximus Owen	Discus	2025	24.41 metres
Maximus Owen	Pentathlon	2025	1979.00 points

17 Girls	Event	Season	Time/Distance
Lakeisha Graham-Jackson	100m	2012	12.20 secs
Sarah Carli	200m	2010	25.80 secs
Loen Sevastos	400m	2023	59.18 secs
Grace Pomery	800m	2020	2 min 23.04 secs
Sarah Carli	1500m	2009	5 min 13.20 secs
Jasmine Klusenberg	3000m	2020	12 min 22.60 secs
Delta Amidzovski	100m Hurdles	2023	13.87 secs
Sarah Carli	200m Hurdles	2010	27.30 secs
Kailee Moore	300m Hurdles	2020	46.95 secs
Jasmine Klusenberg	1500m Walk	2021	8 min 00.57 secs
Delta Amidzovski	Long Jump	2023	5.43 metres
Kailee Moore	Triple Jump	2020	11.29 metres
Rosie Tozer	High Jump	2018	1.66 metres
Chelsy Wayne	Shot Put	2024	14.89 metres
Chelsy Wayne	Discus	2023	50.97 metres
Natalie Lower	Javelin	2015	26.86 metres

17 Boys	Event	Season	Time/Distance
Christopher Twigg	100m	2012	10.70 secs
Chase Grant	200m	2023	22.85 secs
Chase Grant	400m	2024	51.30 secs
Joe Hinds	800m	2023	2 min 01.75 secs
Joe Hinds	1500m	2023	4 min 23.56 secs
Joe Hinds	3000m	2023	9 min 41.90 secs
Jarrod Twigg	110m Hurdles	2014	14.30 secs
Christopher Twigg Dane English	200m Hurdles	2011 2009	26.40 secs
Gabriel Bickel	300m Hurdles	2017	41.49 secs
Mitchell Acev	1500m Walk	2008	7 min 42.50 secs
Ethan Zvargulis	Long Jump	2019	6.21 metres
Ethan Zvargulis	Triple Jump	2019	12.52 metres
Austen Lantry	High Jump	2017	1.90 metres
Jarrod Twigg	Shot Put	2015	11.49 metres
Jarrod Twigg	Javelin	2015	43.69 metres
William Willis	Discus	2024	46.50 metres

All correspondence to

email: wcla.org@gmail.com

Websitewww.wcla.org.au