

LAKE ILLAWARRA ATHLETICS ASSOCIATION INC



BENDIGO BANK OCTOBER CARNIVAL 2025

Supporting your community

Community Bank
Oak Flats and Gerringong
02 4256 9511

B Bendigo Bank

Lake Illawarra are also proudly supported by the following companies



WELCOME

We would like to extend a welcome to all athletes, parents and carers to our Annual October Carnival for 2025, this season we have our carnival sponsored by Bendigo Bank and we appreciate their support

We have been grateful to be able to bring you this carnival for over 45 years and it is always great to see the number of athletes and centre participation increase over the years as we continue to welcome athletes from all over NSW, ACT and even QLD and Victoria to come and compete at our Carnival (Gala Day)

Today's Rules are as per World Athletics, LANSW, ANSW and the following local Rules

- *Throws/Jump – each athlete will be allowed 3 Throws or Jumps except for the High Jump.*
- *In keeping with spirit of the day - NO PROTESTS – will be considered, if you have any questions or concerns please see myself.*
- *Placing's for track events will be determined on times, no finals will be run.*
- *Some events and age groups maybe combined if there are insufficient starters.*
- *Events will receive 2 calls, athletes and parents are reminded that Track events take precedence over field events*
- *Athletes may go up an Age Group to compete in an event not available in their own Age Group as long as specifications (eg Weights) do not differ, and the event is allowed under the current Specifications, (eg, you are in the 12's and want to compete in the High Jump you are allowed to compete in the 13's as there is no High Jump event for the 12's, your event will be listed as 13's High Jump in the official program)*

Parents and spectators are to abide by the venues policy and remain behind the fence unless you are acting as an age manager or helper.

Timing Gates are in operation for all Track events

Starting Blocks will be supplied for all track events

I hope that all athletes have a great day of competition, and the parents are proud of their performances no matter if they win or lose.

We hope you go away with fond memories of our carnival and hope that you return in 2026 for an extended stay in the Shellharbour area as we hold our Summer Carnival on the 11th of January 2026, which has become one of the biggest single day carnivals in NSW

In closing special thanks must also go to all our sponsors who support the Centre in one way or another.

At the end of the Day Please drive carefully and have a Safe trip home.

Yours in Athletics
Kevin McGarry
President
Lake Illawarra Little Athletics Centre Inc.

Supporting your community

Community Bank
Oak Flats and Gerringong
02 4256 9511

 **Bendigo Bank**

Lake Illawarra Little Athletics Association Inc.
Bendigo Bank October Carnival - Sunday October 12, 2025

TRACK

#1	Girls 12 Year Olds 1500 Meter Run	#61	Girls 16 Year Olds 200 Meter Run
#2	Boys 12 Year Olds 1500 Meter Run	#62	Boys 16 Year Olds 200 Meter Run
#3	Girls 14 Year Olds 1500 Meter Run	#63	Girls 17 Year Olds 200 Meter Sprint
#4	Boys 14 Year Olds 1500 Meter Run	#64	Boys 17 Year Olds 200 Meter Sprint
#5	Girls 16 Year Olds 1500 Meter Run	#65	Women 20 Year Olds 200 Meter Run
#6	Boys 16 Year Olds 1500 Meter Run	#66	Men 20 Year Olds 200 Meter Run
#7	Women 20 Year Olds 1500 Meter Run	#67	Women 21+ 200 Meter Sprint
#8	Men 20 Year Olds 1500 Meter Run	#68	Men 21+ 200 Meter Sprint
#9	Girls 5 Year Olds 70 Meter Run	#69	Girls 8 Year Olds 200 Meter Sprint
#10	Boys 5 Year Olds 70 Meter Run	#70	Boys 8 Year Olds 200 Meter Sprint
#11	Girls 6 Year Olds 70 Meter Sprint	#71	Girls 7 Year Olds 200 Meter Sprint
#12	Boys 6 Year Olds 70 Meter Sprint	#72	Boys 7 Year Olds 200 Meter Sprint
#13	Girls 7 Year Olds 70 Meter Sprint	#73	Girls 6 Year Olds 200 Meter Run Pack Start
#14	Boys 7 Year Olds 70 Meter Sprint	#74	Boys 6 Year Olds 200 Meter Run Pack Start
#15	Girls 8 Year Olds 60 Meter Hurdles 45cm	#75	Girls 9 Year Olds 800 Meter Run
#16	Boys 8 Year Olds 60 Meter Hurdles 45cm	#76	Boys 9 Year Olds 800 Meter Run
#17	Girls 9 Year Olds 60 Meter Hurdles 45cm	#77	Girls 11 Year Olds 800 Meter Run
#18	Boys 9 Year Olds 60 Meter Hurdles 45cm	#78	Boys 11 Year Olds 800 Meter Run
#19	Girls 10 Year Olds 60 Meter Hurdles 60cm	#79	Girls 13 Year Olds 800 Meter Run
#20	Boys 10 Year Olds 60 Meter Hurdles 60cm	#80	Boys 13 Year Olds 800 Meter Run
#21	Girls 11 Year Olds 80 Meter Hurdles 60cm	#81	Girls 15 Year Olds 800 Meter Run
#22	Boys 11 Year Olds 80 Meter Hurdles 60cm	#82	Boys 15 Year Olds 800 Meter Run
#23	Girls 12 Year Olds 80 Meter Hurdles 68cm	#83	Girls 17 Year Olds 800 Meter Run
#24	Boys 12 Year Olds 80 Meter Hurdles 68cm	#84	Boys 17 Year Olds 800 Meter Run
#25	Girls 13 Year Olds 80 Meter Hurdles 76cm	#85	Women 21+ 800 Meter Run
#26	Boys 13 Year Olds 90 Meter Hurdles 76cm	#86	Men 21+ 800 Meter Run
#27	Girls 14 Year Olds 90 Meter Hurdles 76cm	#87	Girls 5 Year Olds 100 Meter Run
#28	Boys 14 Year Olds 100 Meter Hurdles 76cm	#88	Boys 5 Year Olds 100 Meter Run
#29	Girls 15 Year Olds 90 Meter Hurdles 76cm	#89	Girls 6 Year Olds 100 Meter Sprint
#30	Boys 15 Year Olds 100 Meter Hurdles 76cm	#90	Boys 6 Year Olds 100 Meter Sprint
#31	Girls 16 Year Olds 100 Meter Hurdles 76cm	#91	Girls 7 Year Olds 100 Meter Sprint
#32	Boys 16 Year Olds 110 Meter Hurdles 76cm	#92	Boys 7 Year Olds 100 Meter Sprint
#33	Girls 17 Year Olds 100 Meter Hurdles 76cm	#93	Girls 8 Year Olds 100 Meter Sprint
#34	Boys 17 Year Olds 110 Meter Hurdles 76cm	#94	Boys 8 Year Olds 100 Meter Sprint
#35	Women 20 Year Olds 100 Meter Hurdles 76cm	#95	Girls 9 Year Olds 100 Meter Sprint
#36	Men 20 Year Olds 110 Meter Hurdles 76cm	#96	Boys 9 Year Olds 100 Meter Sprint
#37	Women 60 Meter Sprint	#97	Girls 10 Year Olds 100 Meter Sprint
#38	Men 60 Meter Sprint	#98	Boys 10 Year Olds 100 Meter Sprint
#39	Girls 6 Year Olds 300 Meter Run Pack Start	#99	Girls 11 Year Olds 100 Meter Sprint
#40	Boys 6 Year Olds 300 Meter Run Pack Start	#100	Boys 11 Year Olds 100 Meter Sprint
#41	Girls 7 Year Olds 500 Meter Run Pack Start	#101	Girls 12 Year Olds 100 Meter Sprint
#42	Boys 7 Year Olds 500 Meter Run Pack Start	#102	Boys 12 Year Olds 100 Meter Sprint
#43	Girls 8 Year Olds 700 Meter Run Pack Start	#103	Girls 13 Year Olds 100 Meter Sprint
#44	Boys 8 Year Olds 700 Meter Run Pack Start	#104	Boys 13 Year Olds 100 Meter Sprint
#45	Girls 5 Year Olds 200 Meter Run	#105	Girls 14 Year Olds 100 Meter Sprint
#46	Boys 5 Year Olds 200 Meter Run	#106	Boys 14 Year Olds 100 Meter Sprint
#47	Girls 9 Year Olds 200 Meter Sprint	#107	Girls 15 Year Olds 100 Meter Sprint
#48	Boys 9 Year Olds 200 Meter Sprint	#108	Boys 15 Year Olds 100 Meter Sprint
#49	Girls 10 Year Olds 200 Meter Sprint	#109	Girls 16 Year Olds 100 Meter Run
#50	Boys 10 Year Olds 200 Meter Sprint	#110	Boys 16 Year Olds 100 Meter Run
#51	Girls 11 Year Olds 200 Meter Sprint	#111	Girls 17 Year Olds 100 Meter Sprint
#52	Boys 11 Year Olds 200 Meter Sprint	#112	Boys 17 Year Olds 100 Meter Sprint
#53	Girls 12 Year Olds 200 Meter Sprint	#113	Women 20 Year Olds 100 Meter Run
#54	Boys 12 Year Olds 200 Meter Sprint	#114	Men 20 Year Olds 100 Meter Run
#55	Girls 13 Year Olds 200 Meter Sprint	#115	Women 21+ 100 Meter Sprint
#56	Boys 13 Year Olds 200 Meter Sprint	#116	Men 21+ 100 Meter Sprint
#57	Girls 14 Year Olds 200 Meter Sprint	#117	Girls 8 Year Olds 400 Meter Run Pack Start
#58	Boys 14 Year Olds 200 Meter Sprint	#118	Boys 8 Year Olds 400 Meter Run Pack Start
#59	Girls 15 Year Olds 200 Meter Sprint	#119	Girls 10 Year Olds 400 Meter Sprint
#60	Boys 15 Year Olds 200 Meter Sprint	#120	Boys 10 Year Olds 400 Meter Sprint

#121 Girls 12 Year Olds 400 Meter Sprint
#122 Boys 12 Year Olds 400 Meter Sprint
#123 Girls 14 Year Olds 400 Meter Sprint
#124 Boys 14 Year Olds 400 Meter Sprint

#125 Girls 16 Year Olds 400 Meter Sprint
#126 Boys 16 Year Olds 400 Meter Sprint
#127 Women 20 Year Olds 400 Meter Run
#128 Men 20 Year Olds 400 Meter Run



Lake Illawarra Little Athletics Association Inc.
Bendigo Bank October Carnival - Sunday October 12, 2025

FIELD

#1	Girls 9 Year Olds High Jump S/H - 0.80m	#62	Girls 16 Year Olds Long Jump
#2	Girls 17 Year Olds High Jump S/H - 1.20m	#63	Boys 16 Year Olds Long Jump
#3	Boys 17 Year Olds High Jump S/H - 1.25m	#64	Girls 15 Year Olds Triple Jump
#4	Women 21+ High Jump S/H - 1.20m	#65	Boys 15 Year Olds Triple Jump
#5	Men 21+ High Jump S/H - 1.25m	#66	Boys 7 Year Olds Discus Throw 350G
#6	Girls 5 Year Olds Long Jump	#67	Girls 13 Year Olds Discus Throw 750G
#7	Boys 5 Year Olds Long Jump	#68	Boys 13 Year Olds Discus Throw 750G
#8	Girls 13 Year Olds Triple Jump	#69	Girls 6 Year Olds Long Jump
#9	Boys 13 Year Olds Triple Jump	#70	Boys 6 Year Olds Long Jump
#10	Girls 6 Year Olds Discus Throw 350G	#71	Girls 17 Year Olds Shot Put 3kg
#11	Girls 15 Year Olds Discus Throw 1KG	#72	Boys 17 Year Olds Shot Put 5kg
#12	Boys 15 Year Olds Discus Throw 1KG	#73	Women 20 Year Olds Shot Put 4kg
#13	Girls 7 Year Olds Shot Put 1kg	#74	Men 20 Year Olds Shot Put 6kg
#14	Boys 7 Year Olds Shot Put 1kg	#75	Women 21+ Shot Put Age Weight
#15	Girls 11 Year Olds Javelin Throw 400G	#76	Men 21+ Shot Put Age Weight
#16	Boys 11 Year Olds Javelin Throw 400g	#77	Girls 5 Year Olds Shot Put
#17	Boys 9 Year Olds High Jump S/H - 0.85m	#78	Boys 5 Year Olds Shot Put
#18	Girls 15 Year Olds High Jump S/H - 1.10m	#79	Girls 10 Year Olds Long Jump
#19	Boys 15 Year Olds High Jump S/H - 1.15m	#80	Boys 10 Year Olds Long Jump
#20	Girls 8 Year Olds Long Jump	#81	Girls 12 Year Olds Shot Put 2kg
#21	Boys 8 Year Olds Long Jump	#82	Boys 12 Year Olds Shot Put 2kg
#22	Girls 12 Year Olds Long Jump	#83	Girls 13 Year Olds Javelin Throw 400g
#23	Boys 12 Year Olds Long Jump	#84	Boys 13 Year Olds Javelin Throw 600g
#24	Boys 6 Year Olds Discus Throw 350G	#85	Girls 14 Year Olds Long Jump
#25	Girls 16 Year Olds Discus Throw 1KG	#86	Boys 14 Year Olds Long Jump
#26	Boys 16 Year Olds Discus Throw 1.5KG	#87	Girls 8 Year Olds Shot Put 1.5kg
#27	Girls 10 Year Olds Shot Put 2kg	#88	Boys 8 Year Olds Shot Put 1.5kg
#28	Boys 10 Year Olds Shot Put 2kg	#89	Girls 17 Year Olds Triple Jump
#29	Girls 14 Year Olds Javelin Throw 500g	#90	Boys 17 Year Olds Triple Jump
#30	Boys 14 Year Olds Javelin Throw 700g	#91	Women 21+ Triple Jump
#31	Girls 10 Year Olds High Jump S/H - 0.85m	#92	Men 21+ Triple Jump
#32	Girls 13 Year Olds High Jump S/H - 1.00m	#93	Girls 16 Year Olds Shot Put 3kg
#33	Boys 13 Year Olds High Jump S/H - 1.05m	#94	Boys 16 Year Olds Shot Put 5kg
#34	Girls 7 Year Olds Long Jump	#95	Girls 9 Year Olds Long Jump
#35	Boys 7 Year Olds Long Jump	#96	Boys 9 Year Olds Long Jump
#36	Girls 11 Year Olds Triple Jump	#97	Girls 12 Year Olds Javelin Throw 400G
#37	Boys 11 Year Olds Triple Jump	#98	Boys 12 Year Olds Javelin Throw 400g
#38	Girls 9 Year Olds Shot Put 2kg	#99	Girls 8 Year Olds Discus Throw 500G
#39	Boys 9 Year Olds Shot Put 2kg	#100	Boys 8 Year Olds Discus Throw 500G
#40	Girls 5 Year Olds Discus Throw	#101	Girls 11 Year Olds Shot Put 2kg
#41	Boys 5 Year Olds Discus Throw	#102	Boys 11 Year Olds Shot Put 2kg
#42	Girls 17 Year Olds Discus Throw 1KG	#103	Girls 9 Year Olds Discus Throw 500G
#43	Boys 17 Year Olds Discus Throw 1.5KG	#104	Boys 9 Year Olds Discus Throw 500G
#44	Women 20 Year Olds Discus Throw 1KG	#105	Girls 14 Year Olds Shot Put 3kg
#45	Men 20 Year Olds Discus Throw 1.75KG	#106	Boys 14 Year Olds Shot Put 4Kg
#46	Women 21+ Discus Throw 1KG	#107	Girls 17 Year Olds Javelin Throw 500g
#47	Men 21+ Discus Throw Age Weight	#108	Boys 17 Year Olds Javelin Throw 700g
#48	Girls 15 Year Olds Javelin Throw 500g	#109	Women 20 Year Olds Javelin Throw 600g
#49	Boys 15 Year Olds Javelin Throw 700g	#110	Men 20 Year Olds Javelin Throw 800g
#50	Boys 10 Year Olds High Jump S/H - 0.90m	#111	Women 21+ Javelin Throw Age Weight
#51	Girls 11 Year Olds High Jump S/H - 0.90m	#112	Men 21+ Javelin Throw Age Weight
#52	Boys 11 Year Olds High Jump S/H - 0.95m	#113	Girls 11 Year Olds Discus Throw 500G
#53	Girls 13 Year Olds Shot Put 3kg	#114	Boys 11 Year Olds Discus Throw 500G
#54	Boys 13 Year Olds Shot Put 3kg	#115	Women 20 Year Olds Long Jump
#55	Girls 6 Year Olds Shot Put 500g	#116	Men 20 Year Olds Long Jump
#56	Boys 6 Year Olds Shot Put 500g	#117	Girls 16 Year Olds Javelin Throw 500g
#57	Girls 7 Year Olds Discus Throw 350G	#118	Boys 16 Year Olds Javelin Throw 700g
#58	Girls 14 Year Olds Discus Throw 1KG	#119	Girls 10 Year Olds Discus Throw 500G
#59	Boys 14 Year Olds Discus Throw 1KG	#120	Boys 10 Year Olds Discus Throw 500G
#60	Girls 15 Year Olds Shot Put 3kg	#121	Girls 12 Year Olds Discus Throw 750G
#61	Boys 15 Year Olds Shot Put 4kg	#122	Boys 12 Year Olds Discus Throw 750G

Lake Illawarra Little Athletics Association Inc.

Carnival Records

Age Group	Event	Record	Record Holder	Centre/Club	Date
Girls 6's	50m	9.6	I Bostock	Lake Illawarra	13/01/2013
	70m	12.8	J Curtis	Illawong	11/01/2009
	100m	19.4	J Curtis	Illawong	11/01/2009
			I Bostock	Lake Illawarra	13/01/2013
	200m	39.16	Ayla York	Lake Illawarra	07/10/2018
	300m	1-06.3	S Latanis	St George	17/01/2016
	Long Jump	2.61	K White	Albion Park	15/01/2006
	Discus	10.28	M Toohey	Sutherland	15/01/2012
	Shot Put	4.46	Isabella Sandstrom	Shoalhaven	12/01/2025
Girls 7's	50m	8.1	H Clark	Cranebrook	11/01/2015
	70m	12.11	Harlow Pate	Douglas Park	10/01/2021
	100m	17.04	Harlow Pate	Douglas Park	10/01/2021
	200m	38.6	Chloe Wheeler	Sutherland	13/10/2024
	500m	1-50.9	K Lamas	Holroyd	15/01/2006
	Long Jump	3.17	Harlow Pate	Douglas Park	10/01/2021
	Discus	18.41	C Wayne	Wollongong City	11/01/2015
	Shot Put	6.91	C Wayne	Wollongong City	11/01/2015
Girls 8's	60m	11.3	C-L Bedford	Lake Illawarra	08/10/2007
	70m	11.26	Ella Walker	Campbelltown	07/01/2024
				Collegians	
	100m	16.1	S Austwick	Albion Park	13/01/2008
	200m	33.2	S Austwick	Albion Park	13/01/2008
	400m Pack	1-22.30	Charlotte O'Leary	Revesby Workers	12/01/2025
	60m/h	11.6	C Barnard	Campbelltown	13/01/2013
				Collegians	
	700m	2-36.7	Ella Walker	Collegians	07/01/2024
	Long Jump	3.96	Harlow Pate	Wollongong City	09/01/2022
	Discus	19.63	K Dingwall	Smithfield	13/01/2002
	Shot Put	8.43	K Dingwall	Smithfield	13/01/2002
Girls 9's	60m	10.4	K Halliday-Johnston	Blacktown	08/10/2006
	70m	10.5	A Martin	Doonside	19/01/2014
	100m	14.5	J Hynes	Ginninderra ACT	12/10/2014
	200m	31.9	P Fenech	Albion Park	13/01/2002
	400m	1-16.91	Ella Walker	Wollongong	12/01/2025
		2-54-			
	800m	30	Keira Toohey	Sutherland	14/01/2018
	60m/h	10.55	Mercedes Baxter	Doonside	10/01/2021
	700m/w	3-32.01	Stella Wade	Northern Suburbs	08/01/2023
	High Jump	1.11	Olivia Scott-Rogers	Hills District	07/10/2018
	Long Jump	4.15	R Mounsey	Lake Illawarra	13/01/2002
	Discus	24.95	L Mullane	Port Stephens	11/10/2015
	Shot Put	8.41	K Dingwall	Smithfield	12/01/2003

Age Group	Event	Record	Record Holder	Centre/Club	Date
Girls 10's	60m	10.18	Ayla York	Wollongong City	09/10/2022
	70m	10.4	C Ezeoke	Albion Park	17/01/2016
	100m	14.3	J Hynes	Ginninderra ACT	11/10/2015
	200m	30.0	C Docker	Wollongong City	13/01/2008
	400m	1-09.9	P Fenech	Albion Park	06/10/2002
	800m	2-52.07	Ava Johnston	Kiama	20/10/2019
	60m/h	10.1	D Amidzovski	Albion Park	17/01/2016
	1100m/w	5-53.05	Stella Wade	Nothorn Suburbs	07/01/2024
	Long Jump	4.24	D Amidzovski	Albion Park	11/10/2015
	High Jump	1.30	L Cowgill	Kiama	07/01/2007
	Discus	28.96	K Dingwall	Smithfield	11/01/2004
	Shot Put	9.39	J Lloyd	Bankstown	08/10/2006
Girls 11's	60m	9.9	K Nash	Kiama	08/10/2006
	100m	13.6	C-R Dunne	Eastern Suburbs	11/01/2009
	200m	28.1	J Heath	Lithgow	14/01/2008
	400m	1-14.39	Stella Wade	Ryde	12/01/2025
	800m	2-42.7	T Porter	Port Hacking	13/01/2013
	80m/h	13.91	Jade Strahl	Port Hacking	10/01/2021
	1100m/w	5-42.91	Stella Wade	Ryde	12/01/2025
	High Jump	1.34	E Malakovski	Preston Robins	11/10/2015
	Triple Jump	9.30	C Tavai-Williams	Bankstown Sports	10/10/2010
	Long Jump	4.67	A Taddeo	Kiama	09/01/2005
	Discus 500g	33.85	Annisha Reader	Girraween	11/10/2020
	Shot Put	11.66	C Ezeoke	Albion Park	08/01/2017
	Javelin	22.17	E Matthias	Emu plains	14/01/2018
Girls 12's	60m	9.6	D Heron	Shoalhaven	08/10/2006
	100m	13.39	C Ezeoke	Wollongong City	08/10/2017
	200m	27.47	C Ezeoke	Wollongong City	08/10/2017
	400m	1-01.1	K Chambers	Wollongong City	09/10/2005
	800m	2-53.42	Zoe Rushby	Murrumbateman	12/01/2025
	1500m	5-23.8	T Porter	Port Hacking	13/10/2013
	80m/h	13.49	Layla Burbage	Shoalhaven	12/01/2025
	1500m/w	8-14.56	Ashleigh Mansell	Cherrybrook	09/01/2024
	High Jump	1.42	J O'Neill	Illawong	06/01/2019
	Long Jump	4.59	A Bowrey	Cherrybrook	13/10/2013
	Triple Jump	9.25	Drew Cooney	Bowral	08/01/2023
	Discus	33.02	K Caplikas	Holroyd	12/10/2014
	Shot Put	14.28	T Sengual	Winston Hills	14/01/2009
	Javelin 400gms	32.79	Ocean Kennedy	Riverstone	08/10/2023

Age Group	Event	Record	Record Holder	Centre/Club	Date
Girls 13's	60m	9.3	K-L Nolan	Lake Illawarra	08/10/2006
	100m	13.0	A Cornish	Shoalhaven	06/10/2002
	200m	27.4	G McEwan	Lake Illawarra	13/01/2013
	400m	1-05.5	J Fry	Greystanes	09/01/2005
	800m	2-32.05	Olivia Galang	Woden	08/01/2023
	80m/h	13.0	G Adams	Albion Park	11/10/2015
	200m/h	30.42	C Ezeoke	Albion Park	06/01/2019
	10-1500m/w	55.73	Teigan Dummer	Koorinal Wagga	12/01/2025
	Long Jump	5.00	J Zivkovic	Lake Illawarra	10/10/2004
	Triple Jump	10.64	Delta Amidzovski	Wollongong City	06/01/2019
	High Jump	1.55	Delta Amidzovski	Wollongong City	07/10/2018
	Discus	40.87	S Peace	Shoalhaven	15/01/2012
	Shot Put	11.92	C Ezeoke	Albion Park	06/01/2019
	Javelin 400gms	33.98	Ocean Kennedy	Riverstone and Districts	12/01/2025
Girls 14's	60m	8.94	Taleena Boseki	Campbelltown	09/10/2022
	100m	12.8	C-L Bedford	Albion Park	13/01/2013
	200m	26.53	Chelsea Ezeoke	Albion Park	20/10/2019
	400m	1-01.85	Chelsea Ezeoke	Albion Park	20/10/2019
	800m	3-06.02	Eden McNaughtan	Manly	12/01/2025
	1500m	5-13.42	Sienna Wade	Ryde	13/10/2024
	90m/h	18.4	Krystal Emme	Kings Langley	12/01/2025
	200m/h	30.8	T Barklay	Wollongong City	13/01/2013
	1500m/w	6-47.48	Emma Grocott	Woden	08/01/2023
	Long Jump	5.36	Delta Amidzovski	Wollongong City	06/01/2019
	Triple Jump	9.55	Lauren Swindells	Riverstone and District	12/01/2025
	High Jump	1.56	Delta Amidzovski	Wollongong City	06/01/2019
	Discus	40.83	S Peace	Shoalhaven	13/01/2013
	Shot Put	12.25	R Grozde	Albion Park	11/01/2009
	Javelin 400gms	36.16	A Bowrey	Cherrybrook	17/01/2016
Girls 15's	60m	8.92	Charlotte Kerr	Albion Park	09/10/2022
	100m	13.0	A McPherson	Shoalhaven	11/01/2009
			T Barklay	Wollongong City	13/10/2013
	200m	27.1	C-L Bedford	Albion Park	19/01/2014
	400m	1-03.9	L Rossen	Sutherland	11/10/1998
	800m	2-30.4	B Elvin	Woden ACT	10/10/2004
	90m/h	13.73	G Adams	Wollongong City	08/10/2017
	300m/h	49.57	Chynna Hardy	Sutherland	10/01/2021
	1500m/w	9-10.24	Mae Bremner	Lake Illawarra	12/01/2025
	Long Jump	5.28	C Takacs	Lake Illawarra	15/01/2006
	Triple Jump	11.01	L Bruce	Shoalhaven	09/01/2011
	High Jump	1.60	C Sulerzyski	Albion Park	13/10/2013
	Discus	39.95	S Peace	Shoalhaven	13/10/2013
	Shot Put	13.30	Molly Goetz	Werrington	12/01/2020
	Javelin 500gms	34.12	A Bowrey	Cherrybrook	08/01/2017

Age Group	Event	Record	Record Holder	Centre/Club	Date
Girls 16's	100m	14.17	Hannah Calleja	Goulburn	12/01/2025
	200m				
	400m	1-18.83	Chloe Emslie	Glenbrook	13/10/2024
	800m	2-55.52	Matilda Vermey	Wollongong	12/01/2025
	1500m	6-21.87	Lexie Beacroft	Quakers Hill	13/10/2024
	100m/h	19.11	Kasey Wallace	Quakers Hill	12/01/2025
	300m/h				
	Long Jump	5.14	Anthea Hypatidis	Campbelltown	13/10/2024
	Triple Jump	10.42	Kasey Wallace	Quakers Hill	12/01/2025
	High Jump	1.40	Kasey Wallace	Quakers Hill	12/01/2025
	Discus	23.35	Kadance Naylor	St Georges Basin	13/10/2024
	Shot Put	9.59	Kadance Naylor	St Georges Basin	12/01/2025
	Javelin 500gms	37.59	Kadance Naylor	St Georges Basin	12/01/2025
Girls 17's	60m	9.24	Keira Rejske	Wollongong City	09/10/2022
	100m	12.12	Imogen Harrison	Albion Park	10/01/2021
	200m	24.1	N Kanitz	Albion Park	13/10/2013
	400m	1-01.7	E Dalley	Albion Park	17/01/2016
	800m	2-59.84	Matilda Olson	Quakers Hill	13/10/2024
	1500m	5-12.0	B Delaney	St George	06/10/2002
				Riverstone and	
	1500m/w	7-55.8	Chelsea Roberts	Districts	09/01/2022
	100m/h	15.8	O-R McEwan	Lake Illawarra	19/01/2014
	300m/h	51.4	J Antonios	Holroyd	08/01/2017
	L/Jump	5.30	Kailee Moore	Wollongong City	12/01/2020
	H/Jump	1.60	C Sulerzyski	Albion Park	19/01/2014
	Triple Jump	10.86	Kailee Moore	Wollongong City	12/01/2020
	Shot Put 3Kg	14.26	Chelsey Wayne	Wollongong City	07/01/2024
	Discus	47.84	Chelsey Wayne	Wollongong City	08/10/2023
	Javelin 500gms	36.82	Hayley Blanch	Port Hacking	09/01/2022
Female 20's	60m				
	100m				
	200m				
	400m	1-19.33	Matilda Olson	Quakers Hill	13/10/2024
	800m				
	1500m				
	1500m/w				
	100m/h				
	300m/h				
	L/Jump				
	H/Jump				
	Triple Jump	9.85	Natarsha Mandavy	St Georges Basin	12/01/2025
	Shot Put 4Kg	9.35	Jasmine Franish	Illawong	12/01/2025
	Discus	38.76	Jasmine Franich	Illawong	12/01/2025
	Javelin 500gms				

Age Group	Event	Record	Record Holder	Centre/Club	Date
Open Women	60m	7.9	J Babic	Lake Illawarra	11/10/2015
	100m	12.7	K Willmott	Campbelltown	12/10/2014
	200m	26.7	T Scott	Kiama	11/01/2009
	400m	1-09.0	E Stevill	Mounties	17/01/2016
	800m	2-34.71	K Cooper	Campbelltown	06/01/2019
	3000m	13-20.1	S Smith	Douglas Park	13/01/2013
	L/Jump	5.27	T Scott	Kiama	11/01/2009
	H/Jump	1.61	Emily Malakovski	Preston Robbins	09/01/2022
	Triple Jump	10.62	R Brett	Liverpool	11/10/2015
	Shot Put 4Kg	10.85	S Murphy	Albion Park	09/10/2009
	Shot Put 3kg	8.81	M Callaway	Lake Illawarra	11/10/2020
	Discus 1Kg	49.6	Chelsey Wayne	Wollongong City	07/01/2024
	Javelin 500gms	25.01	Lauren Naylor	St Georges Basin	07/01/2024
	Javelin 600gms	35.02	E Debrot	Albion Park	11/01/2009
Boys 6's	50m	8.8	P Sager	Kiama	17/01/2016
	70m	12.2	P Sager	Kiama	11/10/2015
	100m	17.5	P Sager	Kiama	11/10/2015
	200m	40.6	P Sager	Kiama	11/10/2015
	300m	1-02.5	M Potts	Albion Park	07/01/2007
	Long Jump	2.97	D Reynolds	Liverpool	15/01/2006
	Discus	15.05	D Hyam	Shoalhaven	13/01/2008
	Shot Put	6.98	Kobe Adeleke	Woy Woy	08/01/2023
Boys 7's	50m	7.1	J Parmaxidis	Campbelltown Collegians	09/01/2011
	70m	11.7	M Potts	Albion Park	13/01/2008
	100m	16.4	M Potts	Albion Park	13/01/2008
	200m	36.7	J Baker	St Georges Basin	13/10/2013
	500m	1-45.0	G Lombardi	Kiama	17/01/2016
	Long Jump	3.72	B Toohey	Sutherland	10/01/2010
	Discus	25.02	Arthur Forth	Nepean	08/01/2023
	Shot Put	9.6	B Toohey	Sutherland	10/01/2010
Boys 8's	60m	10.9	T Taataa	Lake Illawarra	08/10/2006
	70m	11.0	J Wright	Albion Park	09/01/2011
			C Cleaven-Vanderlack	Nth Ilawarra	13/01/2013
	100m	15.2	H Isbitzki	Preston Robins	11/10/2015
	200m	32.9	A Pettigrew	Hornsby	08/10/2000
	400m Pack Start	1-17.64	Kai Levitski	Nothern Illawarra	12/01/2025
	700m	2-27.93	Kai Levitski	Nothern Illawarra	12/01/2025
	60m/h	11.0	M Potts	Albion Park	11/01/2009
	Long Jump	3.74	J Evans	Sutherland	12/10/1997
	Discus	26.68	Gerhard Du Plooy	Gosford	12/01/2025
	Shot Put	9.82	J Cluff	Smithfield	17/01/2016

Age Group	Event	Record	Record Holder	Centre/Club	Date
Boys 9's	60m	10.38	Lenny Haywood	Camden	09/10/2022
	70m	10.5	N Methven	Nth Illawarra	09/01/2011
			J Murphy	Albion Park	13/01/2013
	100m	14.6	A Pettigrew	Hornsby	13/01/2002
			A Cox	Kiama	11/01/2009
	200m	30.3	A Pettigrew	Hornsby	13/01/2002
	400m	1-12.69	Hunter Pepperall	Hawkesbury	12/01/2025
	800m	2-35.4	A Pettigrew	Hornsby	13/01/2002
	60m/h	10.5	T Mandavy	St Georges Basin Cardiff and	13/10/2013
	700m/w	4-18.85	Jacob Hearnden	Districts	08/01/2023
	Long Jump	4.57	A Pettigrew	Hornsby	13/01/2002
	High Jump	1.20	G Wright	Albion Park	08/10/2017
	Discus	30.3	Arthur Forth	Nepean	13/10/2024
	Shot Put	9.12	B Toohey	Sutherland	15/01/2012
Boys 10's	60m	9.7	L Watts	Albion Park	08/10/2006
	70m	9.9	B Wilkins	Sunbury (VICLA)	09/01/2010
			J Wright	Albion Park	13/01/2013
	100m	13.7	D Cattana	Sutherland	12/10/2014
	200m	28.5	D Cattana	Sutherland	12/10/2014
	400m	1-07.9	A Pettigrew	Hornsby	13/01/2002
	800m	2-45.69	Max Miller	Manly	12/01/2025
	60m/h	10.1	Lachlan Wheeler	Sutherland	20/10/2019
	1100m/w	6-04.92	Eric Colgan	Hornsby	12/01/2025
	Long Jump	4.33	J Link	Wollongong City	13/10/2013
	High Jump	1.34	J Wright	Albion Park	13/01/2013
	Discus	38.70	E Martinez	Liverpool	08/01/2017
	Shot Put	11.48	Lachlan Chappell	Randwick Bottany	08/01/2023
Boys 11's	60m	9.96	Rudy Keane	Kiama	09/10/2022
	100m	13.5	B Barclay	Wollongong City	13/01/2013
	200m	28.6	J Hammond	Engadine	06/10/2002
			B Barclay	Wollongong City	13/01/2013
	400m	1-12.33	Max Miller	Manly	12/01/2025
	800m	2-30.69	Lachlan Wheeler	Sutherland	10/01/2021
	80m/h	13.57	Ryan Panich	Hills District	12/01/2025
	1100m/w	6-27.19	Isaac Brown	Revesby Workers	12/01/2025
	Long Jump	4.91	K Orgaz	St Georges Basin	12/01/2003
			K Grubnic	Albion Park	09/01/2005
	High Jump	1.38	M Murphy	Albion Park	11/10/2015
	Triple Jump	9.54	Jonathon Velandski	Bankstown Sports	07/10/2018
	Discus 500g	35.45	Liam Forth	Nepan	13/10/2024
	Shot Put	12.45	Ashton Taelioa	Campbelltown	10/01/2021
	Javelin	34.48	Harrison Forth	Nepan	12/01/2025

Age Group	Event	Record	Record Holder	Centre/Club	Date
Boys 12's	60m	9.08	Aaron Finnerty	Preston Robins	09/10/2022
	100m	13.2	B Plumb	Wollongong City	13/10/2013
			M Simpson	Wollondilly	12/10/2014
	200m	27.7	D Depasquale	Douglas Park	12/10/2014
	400m	1-03.73	Harry Keats	Bowral	09/01/2022
	800m	2-52.55	Idris Akkari	Reversby Workers	12/01/2025
	1500m	5-10.2	J Greathead	Lake Illawarra	12/10/1997
	80m/h	14.00	Lucas Guercio	Bankstown	13/10/2024
	1500m/w	8-40.7	J Jackson	Lake Illawarra	17/01/2016
	Long Jump	4.68	J Link	Wollongong City	11/10/2015
	Triple Jump	9.77	Tyler Dixon	Shoalhaven	12/01/2025
	High Jump	1.54	M McDougall	Parramatta	06/10/2002
	Discus	40.49	B Sharne	Smithfield	09/01/2005
	Shot Put 2kg	12.06	Oliver Cook	Illawong	07/01/2024
	Javelin	36.80	Archer Todd	Gosford	08/01/2023
Boys 13's	60m	9.66	Noah Pita	Campbelltown	09/10/2022
	100m	12.3	J Tapuaiga	Doonside	09/10/2005
	200m	27.08	Harry Keats	Bowral	08/01/2023
	400m	59.3	C Trindall	St Georges Basin	07/01/2007
	800m	2-21.53	Xavier Zahra	Hills District	08/10/2023
	90m/h	16.93	Jacob Leke	Holroyd	12/01/2025
	200m/h	29.78	Billy Blair	Balmain	12/01/2020
	Long Jump	5.47	K Linnett	Lake Illawarra	13/01/2002
	Triple Jump	10.95	K Orgaz	St Georges Basin	09/01/2005
	High Jump	1.53	N Horton	Dapto	14/10/2012
	Discus 750g	41.15	William Willis	Wollongong City	20/10/2019
	Shot Put	11.98	Oliver Cook	Illawong	12/01/2025
	Javelin	34.75	J Twigg	Wollongong City	09/10/2011
Boys 14's	60m	8.3	B Sharne	Smithfield	08/10/2006
	100m	11.9	B Leeson	Albion Park	11/01/2009
			Z Hadavjai	Shoalhaven	13/01/2013
	200m	24.5	B Leeson	Albion Park	11/01/2009
	400m	56.59	Harry Keats	Bowral	08/01/2023
	800m	2-54.08	Ilias Orfali	Campbelltown	12/01/2025
	1500m	4-42.22	Xavier Zahra	Hills District	08/10/2023
	1500m/w	7-49.8	Alexander Sinnett	Katoomba	09/01/2022
	100m/h	20.61	Morgan Vagg	Lake Illawarra	12/01/2025
	200m/h	27.6	J Twigg	Wollongong City	13/01/2013
	Long Jump	5.02	Darnell TeAhuru	Albion Park	07/10/2018
	Triple Jump	9.53	Bryson Cole	Camden	12/01/2025
	High Jump	1.72	B Martin	Doonside	15/01/2006
	Discus	50.81	M Taylor	Western Blues	10/01/2010
	Shot Put 4Kg	14.15	M Taylor	Western Blues	10/01/2010
	Javelin 700g	32.1	Izach Saalea-Morgan	Campbelltown	12/01/2025

Age Group	Event	Record	Record Holder	Centre/Club	Date
Boys 15's	60m	8.6	A Nikesitch	Warratah	08/10/2006
	100m	11.4	J Prem	Albion Park	11/01/2009
	200m	24.6	L Smith	Lake Illawarra	10/10/2010
	400m	56.5	G Ryan	Albion Park	13/01/2008
	800m	2-15.19	I Shaw	Albion Park	06/01/2019
	100m/h	13.2	J Twigg	Wollongong City	13/10/2013
	300m/h	45.86	Bailey Latanis	St George	09/01/2022
	1500m/w	10-46.95	Jarryd Rawlings	Tallawong Park	12/01/2025
	Long Jump	6.34	P O'Donaghue	Dubbo	13/01/2002
	Triple Jump	12.90	P O'Donaghue	Dubbo	13/01/2002
	High Jump	1.7	J Wright	Albion Park	08/10/2017
	Discus	59.05	B Sharne	Smithfield	13/01/2008
	Shot Put	16.40	M Taylor	Bankstown Sports	09/01/2011
	Javelin 700gms	38.8	Nathanael Ramsay	Hornsby	09/01/2022
Boys 16's	60m				
	100m	13.39	Riley Webster	Campbelltown	12/01/2025
	200m				
	400m	1-11.42	Thomas Cole	Goulburn Nth Rock	13/10/2024
	800m	2-38.34	Christopher Nilon	Carlingford	12/01/2025
	110m/h	17.9	Jude Lumley	Northern Suburbs	12/01/2025
	400m/h	1-15.44	Riley Webster	Campbelltown	12/01/2025
	Long Jump	4.5	Thomas Cole	Goulburn	13/10/2024
	Triple Jump	11.24	Jude Lumley	Northern Suburbs	12/01/2025
	High Jump	1.45	Riley Webster	Campbelltown	12/01/2025
	Discus				
	Shot Put	10.55	Riley Webster	Campbelltown	12/01/2025
	Javelin 700gms	21.36	Riley Webster	Campbelltown	12/01/2025
Boys 17's	60m	7.97	Jesse Ike	Liverpool	09/10/2022
	100m	11.29	Tsar Mandavy	St Georges Basin	10/01/2021
	200m	23.3	J Prem	Albion Park	11/01/2009
	400m	52.1	M Bingham	Kembla Joggers	05/10/2008
	800m				
	1500m	4-35.35	I Shaw	Albion Park	20/10/2019
	3000m	13-11.2	H Miller	Shoalhaven	13/01/2008
	110m/h	15.6	Bailey-Dean Latanis	St George	07/01/2024
	300m/h	43.72	Tsar Mandavy	St Georges Basin Nth Rocks	10/01/2021
	1500m/w	7-23.21	Christopher Nilon	Carlingford	12/01/2025
	L/Jump	6.05	Tsar Mandavy	St Georges Basin	09/01/2022
	H/Jump	1.75	B Nichols	St Georges Basin	11/01/2015
	Triple Jump	12.33	M Bingham	Kembla Joggers	07/10/2007
	Shot Put	14.37	M Taylor	Bankstown Sports	15/01/2012
	Discus	34.98	R Harrington	Dapto	09/10/2016
	Javelin	50.19	Byron Watts	Eschol Park	10/01/2021

Age Group	Event	Record	Record Holder	Centre/Club	Date
Male 20's	60m				
	100m	11.8	Caleb Saunders	St Georges Basin	13/10/2024
	200m	24.32	Caleb Saunders	St Georges Basin	13/10/2024
	400m				
	800m	1-18.42	Nicholas Harper	Bowral	13/10/2024
	1500m	4-39.30	Hamish McLaren	Shoalhaven	13/10/2024
	3000m				
	110m/h	16.0	Caleb Saunders	St Georges Basin	12/01/2025
	300m/h				
	1500m/w				
	L/Jump	5.8	Caleb Saunders	St Georges Basin	13/10/2024
	H/Jump	1.6	Caleb Saunders	St Georges Basin	12/01/2025
	Triple Jump				
	Shot Put	3.79	Nicholas Harper	Bowral	13/10/2024
	Discus 1.75kg	31.34	Hamish McLaren	Shoalhaven	13/10/2024
	Javelin 800g	40.27	Hamish McLaren	Shoalhaven	13/10/2024
Open Men	60m	7.4	J Twigg	Wollongong City Illawarra Blue	13/10/2013
	100m	11.9	J Bell	Stars	11/01/2015
	200m	23.3	J Prem	Albion Park	11/01/2009
			J Clarkson	Bowral	09/01/2011
	400m	52.1	M Bingham	Kembla Joggers	05/10/2008
	800m	2-14.09	Macleay Kesby	Albion Park Athletics	08/01/2023
	3000m	11-25.2	J Heywood	Wollongong Illawarra Blue	14/10/2012
	L/Jump	5.8	D Wright	Stars	19/01/2014
	H/Jump	1.85	J Campbell	Doonside	14/10/2012
	Triple Jump	12.38	M Bingham	Kembla Joggers Northern	07/10/2007
	Shot Put 5kg	12.33	J Belcher	Illawarra	11/01/2009
	Shot Put 6kg	11.70	Solomon Tuqiri	Illawong	09/10/2022
	Shot Put 7.26kg	7.55	K McGarry	Lake Illawarra	07/10/2018
	Discus 1.5kg	44.18	M Taylor	Bankstown Sports	15/01/2012
	Discus 1.75kg	40.00	Solomon Tuqiri	Illawong	09/10/2022
	Discus 2kg	23.10	Kevin McGarry	Lake Illawarra Athletics	07/10/2018
	Javelin 600g	20.67	H McGarry	Wollongong	11/10/2015
	Javelin 700g	44.86	Bryon Watts	Camden	08/01/2023
	Javelin 800g	28.02	K McGarry	Lake Illawarra	06/01/2019

Lake Illawarra Athletics Association Inc.

2026 Summer Carnival



Where: Myimbarr Community Park (Wattle Road, Flinders)

When: Sunday 11th January 2026

Time: Carnival Starts 9:00am

Weather: Carnival will proceed in all weather conditions and will not be cancelled.

Entry Fee: Tiny Tots: \$10.00 per athlete **(Late Entry Fee \$15.00) (No Refunds)**

Entry Fee: U/6 to OPENS: \$4.00 Per Event (or 7 or more Events per athlete \$25.00)

(Late Entry Fee \$10 per Event) (No Refunds)

Entries Close: Midnight Wednesday 7th January 2026 –

Late Entries close Friday 9th January 2026 - NO Entries will be taken after this date.

Awards: Medals for 1st, 2nd, and 3rd Placing's in All Events except feature event

Tiny Tots will receive special award for participation.

Centres will also be vying for the LILAC Shield - this is based on points for the top 8 placegetters in each event (ex Tiny Tots) at both our October Carnival and Summer Carnival.

All track event medals given on times. No finals will be run. In keeping with the spirit of the day **NO**

PROTESTS will be considered.

There is no limit to number of events an athlete can enter. Events may be combined where insufficient entries are received.

Athletes may go up an Age Group to compete in an event not available in their own age group as long as specifications (Eg Weights) do not differ, and the event is allowed under current specifications, (eg, you are an athlete in the 13's and wanting to do the High Jump, you are able to compete in the 14's High Jump as there is no High Jump for the 13's, Your event will be listed as 14's High Jump on the Official Program

Feature Events for each age group are in *Italics*

Tiny Tots	Various Activities including Running, Jumping and Throwing									
6's	50m	70m	100m	300m	Long Jump	Shot Put	Discus			
7's	50m	70m	100m	500m	Long Jump	Shot Put	Discus			
8's	60m/h	70m	200m	400m PS	700m	Long Jump	Shot Put	Discus		
9's	60m/h	70m	200m	400m	700m/w	Long Jump	High Jump	Shot Put	Discus	
10's	60m/h	70m	200m	800m	1100m/w	Long Jump	High Jump	Shot Put	Discus	
11's	80m/h	100m	200m	400m	1100m/w	Long Jump	Triple Jump	Shot Put	Discus	Javelin
12's	80m/h	100m	200m	800m	1500m/w	High Jump	Triple Jump	Shot Put	Discus	Javelin
13's	80m-90m/h	100m	200m	400m	200m/h	1500m/w	Long Jump	Shot Put	Discus	Javelin
14's	90m-100m/h	100m	200m	800m	300m/h	High Jump	Triple Jump	Shot Put	Discus	Javelin
15's	90-100m/h	100m	200m	400m	300m/h	1500m/w	Long Jump	Shot Put	Discus	Javelin
16's	100-110m/h	100m	200m	800m	400m/h	High Jump	Triple Jump	Shot Put	Discus	Javelin
17's	100-110m/h	100m	200m	400m	400m/h	1500m/w	Long Jump	Shot Put	Discus	Javelin
20's	100-110m/h	100m	200m	800m	400m/h	High Jump	Triple Jump	Shot Put	Discus	Javelin
OPENS-Masters	60m*	100m	200m	400m	Long Jump	Shot Put	Discus	Javelin		

For more information on the carnival please contact Kevin McGarry on 0417 048 148 or via email at

lilac_carnival@outlook.com

Entry Format - Entries will be taken via any of the following formats

- RESULTS HQ**– via your family portal (centres must open nominations for this to occur (additional charges will apply)
- REVSORT**– via our online entry portal on our website www.lakeillawarralac.net.au using your National ID (additional charges will apply)
- EMAIL** – send your entry to lilac_carnival@outlook.com please include Athletes Name, Bib Number, Age, Gender and Centre, Payment available via Direct Deposit

BSB: 633-000 Account Number: 150649630

Account Name: Lake Illawarra Little Athletics

Association INC

Reference: Athletes Name.