

# Algester Little Athletics Centre Year Book 2007/2008



Family — Fun — Fitness





FAMILY FUN AND FITNESS

The Little Athletics Association has outlined a Code of Ethics. This code is aimed at establishing a consistent pattern of behaviour, which should be of paramount importance to all parents, coaches and officials in pursuing the ideals and philosophies of the Little Athletics movement throughout Australia. This, in turn, will greatly assist in involving children in a FAMILY environment of FUN & FITNESS, the establishment of friendships and the enjoyment of sport.

Algester Little Athletics Centre fully supports this code and its six basic elements –

- ✧ **Do not** criticize children in front of spectators or fellow athletes, but reserve constructive criticism for private discussion
- ✧ **Accept** decisions of all officials and referees as being fair and called to the best of their ability
- ✧ **Do not** criticize opposing athletes, officials or supporters by word or gesture
- ✧ **Set** a good example by your own personal appearance. If you are a smoker, please leave the grounds (smoking is not permitted in any competition or spectator areas during any Little Athletics competition)
- ✧ **Make** every athletics meeting serve as a training ground for life and as a basis for good mental and physical health
- ✧ **Place** the welfare and development of the individual child above winning

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# Our Centre

## Who's Who?

### Committee Members 2007/2008

<b>Name</b>	<b>Position</b>	<b>Telephone</b>
Wendy Banks	Centre Manager	3273 7930
Janeen Rudkin	Secretary	3273 7479
Michele Wray	Treasurer	3273 1001
Tony Williams	Records Officer	3273 8326
Ashleigh Wakeford	Coaching Coordinator	0430 437 621
Geoff Melville	Registrar	3273 8050
Robert Cook	Equipment/Technical Officer	3381 9779
Debi Horvat	Officials Officer	3341 8747
Justin Jones	Competition Coordinator	3273 3254
Sharon Cook	Fundraising Coordinator & Public Relations Officer	3381 9779
<b>Vacant</b>	Canteen Convenor	
Michelle Stanley	Uniform Co-Coordinator	3297 0223
Phillip Wray	Grounds Coordinator	3273 1001
Karen Alexander	Committee Members	3272 2027
Chris Lau		3803 1878
Linda Shyu		3273 5206
Steven Koop		3875 1870

Expressions of interest are sought from members to fill the vacancy on our committee.  
If you have some spare time please register your name to work in/manage our canteen.

**Centre Competition Venue** Col Bennett Park, Ridgewood Road, Algester

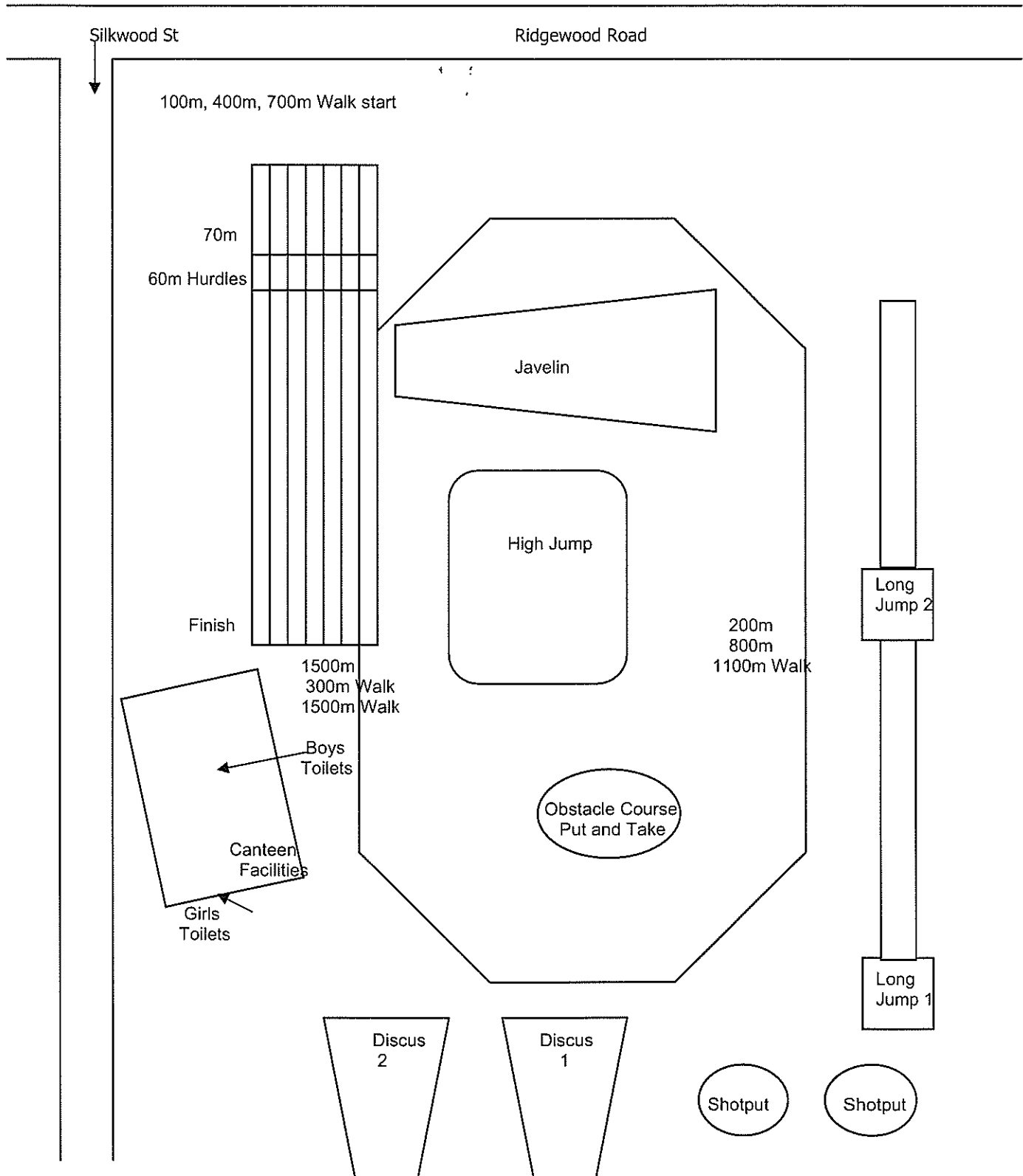
Centre Telephone Service for weather and competition information  
**0422-075 066**

### **CALENDAR OF EVENTS 2007/2008**

<b>Month</b>	<b>Date</b>	<b>Competition / Event</b>	<b>Venue</b>
September	Saturday 1 <sup>st</sup>	First day of competition	Col Bennett Park
<b>October</b>	<b>Sunday 7<sup>th</sup></b>	<b>Algester Carnival</b>	<b>Col Bennett Park</b>
	Sunday 21 <sup>st</sup>	Senior Carnival / Junior Pentathlon	QEII State Athletics Facility, Nathan
	Sunday 28 <sup>th</sup>	Officials Education Workshop	Col Bennett Park
November	Saturday 10 <sup>th</sup>	Regional Relays	Redlands Little Athletics
	Saturday 17 <sup>th</sup>	Regional Relays (Back-up Day)	Redlands
December	Saturday 1 <sup>st</sup> Sunday 2 <sup>nd</sup>	Junior – State Relays Senior – State Relays	QEII State Athletics Facility, Nathan
	Saturday 8 <sup>th</sup>	Last competition day prior to Christmas	Col Bennett Park
	Sunday 9 <sup>th</sup>	Wet 'n' Wild Christmas Party	Wet'n'Wild
<b>2008</b>			
January	Saturday 5 <sup>th</sup>	First Competition Day 2008	Col Bennett Park
	Saturday 26 <sup>th</sup>	Nominations close Regional Championships	Col Bennett Park
February	Saturday 16 <sup>th</sup> & Sunday 17 <sup>th</sup>	Regional Championships	Redlands Little Athletics
	Saturday 23 <sup>rd</sup> & Sunday 24 <sup>th</sup>	Regional Championships (Back-up Day)	Redlands
March	Saturday 8 <sup>th</sup>	Centre Championships Day 1	Col Bennett Park QEII State Athletics Facility, Nathan
	Sunday 9 <sup>th</sup>	Junior Carnival / Senior Pentathlon	QEII State Athletics Facility, Nathan
	Saturday 15 <sup>th</sup>	Centre Championships Day 2	Col Bennett Park
	Friday 28 <sup>th</sup> – Sunday 30 <sup>th</sup>	State Championships	QEII State Athletics Facility, Nathan
April	26 <sup>th</sup> April 2008	Australian Teams Championships	Melbourne
	To be confirmed	Trophy Presentation & Annual General Meeting	Algester Sports Inc Endiandra St, Algester

# Map of Col Bennett Park

## Facilities for Algester Little Athletics Centre



# Welcome

On behalf of the Centre Committee welcome to Algester Little Athletics Centre for Season 2007/2008. Our focus is to ensure that you enjoy your season of Little Athletics at Algester, athletes and parents alike.

We're very excited about the prospects for this season. At our Annual General Meeting in early May 2007, our parent body approved the inclusion of a Tiny Tots program from this season forward. This will bring a whole new set of challenges for the committee and our Tiny Tots coordinator. From the outset we highlight the charter under which Tiny Tots will operate within our centre.

*Tiny tots aged 3 & 4 years will be registered within Algester Little Athletics Centre where the parent/s is/are present and working as a committee member or ordinary member/volunteer.*

The off-season has seen some significant changes within our association. Disbanding of the 'old' zones and the creation of regions is probably the biggest change seen in many years. We now form part of the **South East Region** which comprises Balmoral, Beenleigh, Browns Plains, Mt Gravatt, Redlands, Springwood, Sunnybank and Wynnum Manly.

Our program works in a 4-week cycle and the committee have elected to run a 5 event program through the first cycle until our new athletes and parents have settled in. There may be some delays in the program as new skills are learned by both athletes and parents alike. Please be patient! These will be ironed out. If you have any concerns then please see me, I may be busy but am always available.

Check out our calendar for dates and times of upcoming events. There's lots happening and always something to look forward to. Our own carnival is on in just a few weeks, don't forget to get your nominations in early.

Whilst athletics is predominantly an individual sport we do have a couple of occasions to be a TEAM – that's Regional and State Relay days. Participation is the key – every athlete between U7 and U15 will be asked to join us for Regional Relays in mid November.

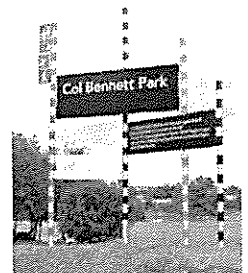
Personal Achievement is what we strive for at Little A's and it's inspiring to hear any athlete say "That's a PB". It's not all about winning here at Little A's, but all about improving.

Please remember that the Centre belongs to us all and we can make a difference to it's success by being actively involved. The centre is a not-for-profit organization and relies on the participation of our members through fundraising to improve the facilities and equipment we provide, and to run our centre.

We have a dedicated Committee who work together to support the Centre and we welcome your involvement at all levels and seek your assistance in keeping us a force to be reckoned with on the track and in the field.

Little Athletics is all about being with your **Family**, having **Fun** & getting a little **Fitness**, let's strive towards that goal together; the aim of our game is to **Enjoy** little athletics!

**Wendy Banks**  
Centre Manager

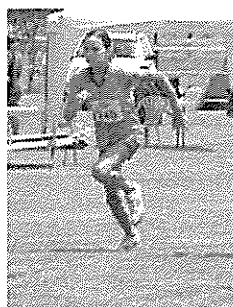




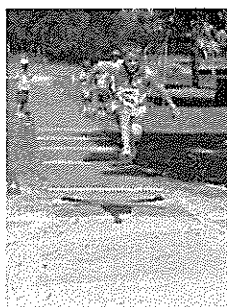
## The Purpose of our Centre

- The Algester Little Athletics Centre exists to provide a facility where children may participate in the sport of Little Athletics.
- Our goals are to provide an environment which -
  - ✧ is safe, structured and organized
  - ✧ recognizes the individuality of the children
  - ✧ develops fitness and athletic skills
  - ✧ challenges the athletes to strive for improvement
  - ✧ builds self esteem
  - ✧ emphasizes participation and achievement above winning
  - ✧ encourages family participation
  - ✧ promotes enjoyment
  - ✧ is fun

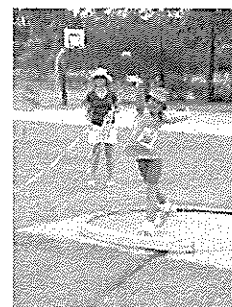
*The achievement of these goals is our true purpose.*



Run



Jump



Throw

### Parent Participation

- Parent participation is a crucial area in Little Athletics, for without parent involvement, a Centre cannot function properly. We are **most definitely NOT a child minding centre** and unfortunately there have been a small number of parents in past years who treat the Centre as such. A parent participation fee of \$30.00 per family is included in the registration. This fee is refundable if assistance is provided in at least seventy-five per cent (75%) of eligible centre meetings. Attendance at working bees is also considered eligible participation.
- To enable an accurate record of parent participation, it is essential that parents have their name and area of participation recorded by the Officials Officer (Debi Horvat) at every centre meeting, or by a member of the grounds committee at working bees.

### Suitability Card (Blue Cards)

Changes have occurred regarding the requirement to hold Suitability Cards to work with children and young people. So to keep abreast of any changes to the legislation we ask that you complete an application for a Blue Card and the Centre will lodge this on your behalf.

## Essential Questions and Answers for Athletes & Parents

### Question 1

#### What should we do first?

#### Answer

Read! Make yourself familiar with Algester Little Athletics Centre grounds, refer to the map of Col Bennett Park (Page 5). Most of the information you need to know about us and Little Athletics as a sport is contained within this book. Importantly read the weekly newsletters. They contain important information about upcoming events, Carnivals, Fundraising, Social days and Coaching sessions to name just a few. Queensland Little Athletics provide a Parent Handbook and "How to help at Little Athletics" book, these are included in your Sign-on Pack.

### Question 2

#### What is required of athletes?

#### Answer

Athletes should arrive punctually at the weekly meeting (that's 1.30pm) and the coaching sessions. There are other carnivals from time to time throughout the season that they may wish to attend. Where appropriate, the nomination forms, available from the canteen, should be completed and returned by the due date. Although we expect that our athletes will support the Centre, there is no compulsion to attend any meeting, with the possible exception of the Regional and State Relay Days.

- ☺ Athletes are expected to behave in a courteous and respectful manner at all times.
- ☺ Athletes should proceed to their events with their Age Marshall in a timely manner. Running across the field is unwise, it's safer to stick to the outside of the track.
- ☹ Athletes who misbehave will be sent off the field for one event. If their behaviour continues to be unsatisfactory, they may be asked to leave the meeting. Any incident should be referred to the Centre Manager.

### Question 3

#### What is required of parents?

#### Answer

Your attendance and assistance in conducting the program, together with supporting and encouraging your children, will add to their enjoyment and well-being. Most activities require no experience, (ie. measuring, spotting and recording), and there are plenty of committee members who will be happy to answer your questions and show you how you can help.

Officials accreditation is conducted during the season, please see our Officials Officer, **Debi Horvat** for more details. You can learn new skills too and attain accreditation in the various events. An open book examination (conducted here at the Centre) and participation as an official is all that is required.

**REMEMBER - Around 60 parents are needed to run an efficient meeting.**



Under 15's is the final year at Little Athletics – here are our retiring Little Athletics from  
Season 2006 – 2007



**Justine Bishop** – has been a registered Little Athlete with Algester Little Athletics Centre for ten years. If Tiny Tots were a part of Algester way back then, Justine would have been the first most probably. She used to line up on the outside of the track when her sisters were racing just so she didn't miss out. Jus has been a part of every relay team possible – a real team player. Her favourite events did not include the distance runs, but she could walk and she could throw. That Gold medal eluded you at the last Relays thanks to the storm that hit just as the final call was made for the U15 Medley Relay. We'll never know about the one that got away. Farewell Jus we hope to see you back at the track cheering on our teams sometime in the future. What are we going to do for a cheer squad now – there's no more Bishop Girls to lead our cries.

**Joshua Ralph** – joined Little Athletics a few years back and although he has aged to retirement from Little Athletics, he's still our favourite little Josh. Another team player Josh always participated in our relay teams, to make up the numbers when other age groups were down a member. Josh tells us he'll be back to help out in 2007/2008 and we look forward to your encouragement of our athletes – never give up always strive to be the best that you can be. There are no losers at Little Athletics only those that try and try and try, and Josh is one of those. Farewell and thank you for your contribution this year.



## Centre Manager's Report 2007

When we left the Annual General Meeting in 2006 we had surplus funds in the bank and the opportunity for some serious shopping. You've all seen the redevelopments in the canteen area - some of you won't know what it used to look like, but our volunteers can certainly appreciate the difference.

As a committee we don't have an off-season like the athletes. Our commitment is an annual one and whilst we don't have quite as much in our calendar from May to August, nevertheless there are tasks that require our attention to be ready for the next season. The first representative one of these is the QLAA Annual Conference and 2006 saw us at the Gold Coast. Conference is our opportunity to network with fellow volunteers from across the state. 2007's event is fast approaching, the venue Bardon Conference Centre and there are some interesting topics and workshops planned.

Sign-on signalled the new season was upon us and in 2006/2007 our registrations reached 123. With a calendar packed with competitions it's a challenge to be ready. Our carnival was another successful event and many thanks were due - we tipped Karen Alexander in at the deep end and she was up and swimming - accepting nominations, compiling our program and all the paperwork required for the day. Thanks go to Cath Williams for leading Karen through the murky waters to a very well run carnival. I'd also like to applaud Kevin Hagan (Life Member) for digging us out of a hole and mowing the track in readiness for the days events.

It was a pleasure to be involved in the carnival and to hear such positive feedback from our visitors.

We opened our new Canteen facilities in early November in conjunction with Bring-a-Friend Day and proudly showed off the new kitchen to some of our Life Members.

No sooner had we packed away the gear from carnival day than we were off to Jimboomba for Zone Relays Day. Nomination and participation are now the key to success for relays, percentage participation to registration was high and that brought the Zone Participation Award back to Algester. We very proudly retain the superseded Zone Relay Shield and it's rewarding to see so many athletes willing to participate in this carnival. We progressed from Zone Relays to States with some 33 athletes comprising 44 teams from U9 - U15. Competition was tough and while the kids tried so very hard, medals were scarce - one bronze medal. So State Relays came and went and the weather lived up to its reputation; with only one event to be decided the storm to end all storms hit - our U15 girls team was going for GOLD in the Medley relay, would they have succeeded, possibly not but we'll never know and Jus you can only dream about the one that got away.

Back to Centre and time for a well earned break, it's Christmas and time to play - Wet' n' Wild here we come. Thanks to our volunteers for taking time away from the slides to cook a BBQ lunch for the hungry hoards. New Year and we're back to finish off the business end of the season - Zone InterCentre Games, Centre Championships and State Championships.

Nominations to the games were down across the zone, but Algester was still well represented with some 56 athletes nominated to compete at Jimboomba (our hosts). Of those that participated we were off to States with a team of 33 athletes qualified in 83 events.

Our own main event, Centre Championships carnival was still to come. The weather hasn't been kind to us this year with little or no rain to keep the track in the condition that we've come to appreciate. Thank you however to our dedicated dads for keeping the grass mowed and to our volunteers for your valuable time attending the working bees. Maintaining the grounds is our responsibility as part of our Lease and that's a year-long commitment, so sorry guys we'll need you to keep up the good work during the off-season just to keep it neat for other park users.

Centre Championships ran like a well-oiled machine and thank you to the athletes for competing in the spirit of Little Athletics and also to the volunteers for making it all possible. Some new Centre Best Performances were recorded and these will be updated in our Year Book.

A huge number of personal bests were achieved at State Championships and on behalf of the athletes I pay special tribute to Debi Horvat Team Manager who realistically only needed to be at the carnival on Friday night when Breanna competed in the Walk, but fronted up again on both Saturday and Sunday to look after our team, and for her commitment we say a very big thank you. Gold, Silver & Bronze medals accompanied the team home and congratulations to those athletes that medalled.

The announcement of the State Team was met with cheers from our team when Jordan Shyu was selected to represent Queensland in the Australian Little Athletics Championships in Perth on April 22. Jordan had a great time in Perth with the other athletes from across our great state and placed 7<sup>th</sup> in Triple Jump, 11<sup>th</sup> in 800m and the Relay Team placed 4<sup>th</sup>. Congratulations Jordan on your selection.

In closing, please remember that Little Athletics is not all about winning, but how you play the game. It's not just about recognising the achievements of our athletes but also of our volunteers - so thank you athletes for participating in our sport, most especially for selecting Algester as your Centre, and thank you parents-volunteers for making this sport possible for our athletes, for without our officials there is no competition.

To our U15's, Justine & Josh remember where we are, we'll be here every Saturday afternoon and your friends at Algester Little A's would love to see you back again sometime.

Thank your to our committee for your dedication and support - your contributions are valued and our athletes appreciate the time that you give to keep this Centre alive & well and ready for the next generation to run jump & throw and give Little Athletics a go.

As this season ends I thank you for the opportunities presented to me as your Centre Manager in 2006-2007 and I hope we'll see you all back again in September for another season of Family Fun & Fitness.

Wendy Banks  
Centre Manager  
5 May 2007



# History

- Summit Algester Little Athletics Centre, was formed in 1983-84 season by Peter Marconi, Stan Perkins and Ray Schoenauer. The Centre name "Summit" meant we would always strive to be the best, to reach the pinnacle. Our home then – Algester State School.
- Our first season saw an enrolment of 123 athletes. The centers representative athletes at the State Championships brought home 6 medals (2 silver & 4 bronze) – a very satisfactory effort for such the new kids on the block.
- We have enjoyed many trips away since 1983 but perhaps the most memorable – one to Caloundra when the quick actions of two of our parents who knew what they were doing saved the day when an athlete suffered a severe asthma attack.
- The 1984-85 season brought about a change of venue to our home grounds here at Col Bennett Park, an agreement between Souths Junior Rugby League and ourselves. The stage this year was set for an exciting year with the Olympic Games being held prior to our sign-on. We were not disappointed our registered competitors reached a staggering 298. State Relay Day that year we were well represented and our U8 Girls won the Gold Medal in Long Jump. We finished a creditable 12<sup>th</sup> out of 36 centres on weighted points and 14<sup>th</sup> on aggregate.

Zone titles the same season and five of our athletes broke zone records with 23 qualified to represent us at the State Championships where we achieved 1 gold, 1 silver and 2 bronze medals.

Our own Centre Championships in 84-85 also saw many records tumble – a staggering 66 – due to the change of venue and much improved facilities.

- We have triumphed in the Zone Metro South Relay, taking home the Trophy on an unprecedented 17 occasions from 1988 to 2005. This success largely due to the great support given by our athletes and their parents to the Centre – we compete as a TEAM and everyone puts in their best effort at all times.
  - Little Athletics is not just about winning trophies however, it has always been the aim of this Centre to encourage all athletes at every level. Our awards system introduced during the 1987/88 season enables any athlete to gain recognition not only those who grace the victory dais, a great encouragement to all athletes to keep going.
- The Christmas break during 1987/88 season and we packed our bags again and relocated to the Acacia Ridge High School when Souths allowed the Algester Raiders Aussie Rules Football Club to move on to our turf at Col Bennett Park. This arrangement did not work out and we returned home to Col Bennett Park. There was a bonus however, the improvements made by the Raiders especially to the Canteen Area.
- 1990 we reached the pinnacle of achievement as a team in Little Athletics taking the State Relay Trophy for the first time. The buzz felt by all was incredible. We have since won this trophy from 1991 – 1995 and again in 1999. We came second in 1996, 1997, 2000 and 2001 and third in 1998.
  - The 1991/92 and 1994/95 seasons and we were off to Townsville for the State Championships. A great deal of fundraising meant we sent a strong contingent of enthusiastic athletes north both times. The majority travelled by bus and stayed at the Townsville Backpackers Hostel. Many of us have some very amusing memories of these trips and we are sure that the athletes involved will never forget the trips "up north".
  - 1996/97 season again saw some changes implemented at the Centre – this time the uniform and logo went and so too the "Summit" from our name. The uniforms look great and nobody misses us on competition days.
  - The 1997/98 season began with another change – this time QLAA re-organized the zones – again! We were still in Metro South but our zone now comprised Browns Plains, Beenleigh, Jimboomba, Tamborine, Springwood, Sunnybank and us.
  - 1998/99 – Tamborine departed our Zone and headed back to the South Coast Zone.

- Season 2001/2002 was a great year for our Centre, we were represented by 42 athletes in this year's State Championships – a grand tally of 19 medals (5 Gold, 4 Silver and 10 Bronze).
- Season 2002/2003 and we were off to Townsville again. Forward planning in the previous couple of seasons with a concerted effort at fundraising and we jetted off to Townsville in style, arriving fresh and ready to go, not tired from a long journey by bus. An incredible 29 medals graced the team (8 gold, 14 silver & 7 bronze) and we returned home triumphant but tired from a great carnival. Whilst it is costly for both the Centre and parents to go north for the Championships, it's a great team trip. Thanks to a hardworking Committee and also to the parents who cook, chauffeur and chaperone, for an outstanding team effort.
- 2003/2004 – just where were we going to be? Again controversy about 'our' home grounds. Souths had put the property on the market, thankfully the council rescued us and now the park will remain just that – home to us and parkland.
- 2004/2005 – We opened our brand new tartan runway at long jump, courtesy of another successful grant application with the Gambling Community Benefit Fund. The Zone Relay Shield would be ours forever with the introduction of a new award for participation. State Relays the heavens opened and we competed and volunteers worked in very inclement conditions.
- 2005/2006 – 134 registrations, a trip to Townsville for the State Championships, 12 medals, another successful Grant application and another athlete selected to represent this great state of ours at the ALAC's.
- 2006/2007 – another year of family fun & fitness at Col Bennett Park....read the Centre Manager's Report for the details
- Our registrations have fluctuated from season to season, but regardless of our numbers we have always had a very strong contingent of dedicated athletes who take great pride in their Centre and we in turn have been very proud of them. Many medals have been won and many zone and state records set. We really do have a history to be proud of.
- The support of parents has always been an integral part of the success of our centre and we would encourage you, as a parent, to become involved. It means so much to your children and it makes the running of our Saturday afternoon program much more efficient and thus enjoyable. There is always something you can do to help...just ask, we'll be happy to show you.
- Social Functions are a great way to make new friends and get to know your fellow members. Our calendar this year also includes some of these functions, your support throughout the season makes our job so much easier. Money raised through fundraising goes directly to benefit the athletes with the purchase of new equipment and improvement to the facilities a priority.

## Life Members

- The invaluable contributions of the following past & present committee members has been recognized by the award of Life Membership of the Algester Little Athletics Centre.

Colin Chesher (1991)

Keith McGuigan (1991)

Bill Miskowycz (1991)

Pauline Meizer (1996)

David Tolhopf (1998)

Glenn Rosman (2000)

Tony Bishop (2003)

Kevin Hagan (2003)

Geoff Melville (2007)



## Centre Championships – Most Outstanding Athlete

<b>YEAR</b>	<b>Boy Champion</b>	<b>Age</b>	<b>Girl Champion</b>	<b>Age</b>
1987/88	Wayne Chesher	U/11	Nicole Whitmore	U/7
			Kelly Urwin	U/10
1988/89	Joshua McGuigan	U/9	Nicole Whitmore	U/8
1989/90	Mitchell Meizer	U/7	Leanne McLachlan	U/13
	Ben Foat	U/12		
1990/91	Mitchell Meizer	U/8	Leanne McLachlan	U/14
1991/92	Toby Chansisourath	U/14	Alana Smith	U/11
1992/93	Michael Whitmore	U/15	Carla Tolhopf	U/10
1993/94	Joshua McGuigan	U/14	Kerryn Rosman	U/8
1994/95	Nathan Carr	U/15	Kathleen Norman	U/15
1995/96	Scott Robertson	U/12	Aleta Booth	U/9
1996/97	David Irvine	U/12	Aleta Booth	U/10
1997/98	Luke Hagan	U/14	Aleta Booth	U/11
1998/99	David Irvine	U/14	Hailee McArdell	U/7
1999/00	James Melville	U/15	Aleta Booth	U/13
2000/01	Joshua Law	U/13	Angela Hagan	U/12
2001/02	Scott McLeod-Robertson	U/14	Hailee McArdell	U/10
	Shannon Mavrik	U/9	Taylor O'Shea	U/9
2002/03	Zayd Dennis	U/6	Taylor O'Shea	U/10
2003/04	Clay Cameron	U/10	Hannah Joye	U/8
2004/05	Tyrone Brimble	U/11	Renee Cook	U/13
2005/06	Zayd Dennis	U/9	Danielle McLeod-Robertson	U/15
2006/07	Jordan Shyu	U/13	Hannah Joye	U/11



# HONOUR BOARD

## Awards

Queensland Little Athletics recognizes the achievement of Athletes and the Service of Parents/Adults to the sport of Little Athletics.

The following nominations/awards were made by Algester Little Athletics Centre for the 2006/2007 season.

U15 Graduation Recipients

Justine Bishop

Joshua Ralph

Athlete 10 Year Participation Award

Justine Bishop

Laurie Baartz Nominee 2006/2007

Sarah Melville

Centre Captains Award

Jordan Shyu

Centre Managers Award (Most Improved Athlete)

Timothy Wray

Life Membership 2007

Geoffrey Melville

Honour Certificates (5 years service)

Janeen Rudkin  
Alan Barnes  
Walter Oldenburg  
Karen Alexander  
Gary Woods



QLAA Accredited Officials

Shaune English - Starting  
Annette English - Starting  
Justin Jones - Long/Triple Jump  
Catherine Joye - Long/Triple Jump  
Robert Cook - Place Judge  
Sharon Cook - Time Keeping

# Coaching

We have a group of coaches who will be available to spend time with your children helping them to improve their skills in the various disciplines of athletics.

Our Centre training days will be confirmed at the start of the season. Extra training days may be added before major competitions and if the Centre coaches are available on different days. Please be aware also that other groups/sports utilize the grounds for training purposes.

The NEWSLETTER each week will detail the training schedule for the coming week. It is important that you obtain a newsletter each week so that you are aware of the events that will be covered at training the following week, and also any changes that may occur from time to time to the schedule.

Parents please note that coaching is included in your Registration Fee, and remember also that our coaches are **Volunteers**. If they ask for your assistance to supervise a group at training, then please help out whenever possible. We ask only that the children come prepared to train – with water bottles, hats, joggers and spikes if permitted. Shoes must be worn at all times for safety reasons, and athletes will be unable to train if they don't remember their shoes. It's always a good idea to bring a jacket too.

Athletes remember if you are coming to training, **then you are coming to train**. Please be courteous to fellow athletes and respectful of your coaches.

We believe that a good warm up with lots of flexibility exercises is very important. So **all athletes** will be **expected** to participate in the first part of the training session with the U15 athletes helping younger children. Also appreciate that not all events can be covered each day at training, it is just not possible to supervise all athletes at all times; no one can physically be in 5 different places at once.

Training days are to help with an athlete's general fitness and for them to have extra time to learn and practice all the events that are available for their age group. As children grow and develop, their skills in various areas may change. We encourage them to have a go at every event on offer for their age group. As they get older they may choose to concentrate on particular events but their co-ordination, flexibility and endurance should have been improved from their time at Little Athletics.

Either the Coaches or Centre Manager will be available anytime to talk to athletes and parents, so if you have a problem, please seek us out to discuss it. Not everyone can be an Olympic champion, but with practice athletes can improve on their own achievements. Little Athletics is all about Fun, Fitness and personal achievement.



**ASHLEIGH WAKEFORD**

Level 2 Young Athlete Coach + Event Specific (Throws)

- Completed Course in October '05
- 'D' Grade Official in Shotput, Discus and Walks
- Competed in Little Athletics in NSW and Queensland from U6 – U15, currently competes in Queensland Athletics in Hammer Throw.



**WALTER OLDENBURG**

Level 1 Coach + Event Specific (Sprints/Hurdles/Relays)

- Completed Course in May '05
- 'D' Grade Official in Timekeeping and High Jump



**DAVE TOLHOPF**

Level 1 Coach

- Obtained Sprints, Hurdles, Relays in Oct '91
- Obtained Jumps and Throws in Oct '96
- Previous Athlete and "A" Grade Rugby player in New Zealand



**TONY BISHOP**

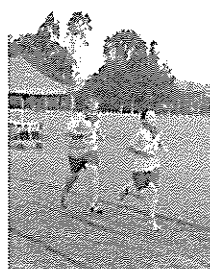
Level 1 Young Athlete Coach + Event Specific (Throws)

- Completed Course in June 2002
- 'B' Grade Official in Javelin and Discus

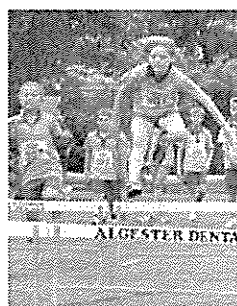
# The Events

## Track

**Sprints:** sprinting essentially involves running at full speed over the full race distance. Little Athletics sprint distances are 70m, 100m, 200m and 400m although some age groups do not run some of these events. Although technically a sprint for older athletes the 400m is perhaps best considered a middle distance event for most little athletes.



**Middle Distance:** in little athletics these are events run over 800m (U9 upwards) and 1500m (U11 up). Greater endurance levels are required and the running style has to be considerably less vigorous than for the sprints. They are in general run from a pack start. This season we will be trialing a 500m pack start for the U8 age group again, at centre level only.



**Hurdles:** Under 8's and older can do hurdles. Events are run over 60m – 100m and 200m, depending on the age group. Heights vary for different age groups. Under 6 & 7 do a modified version of hurdles referred to as Run & Jump.

*Remember: Hurdles are built to tumble easily when knocked provided they are hurdled from the correct direction. Hurdles must never be jumped from the reverse direction as they will not tumble and this could result in serious injury.*

**Walks:** Race walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible loss of contact occurs. The advancing leg shall be straightened (not bent at the knee) from the moment of first contact with the ground until the vertical upright position.

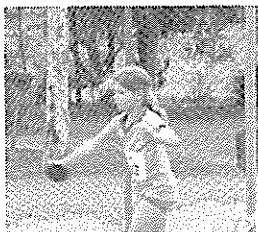


## Field

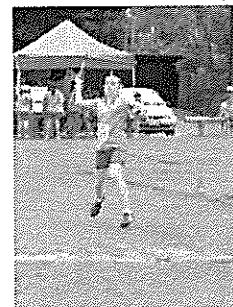
All throwing implements must be carried back to the throwing area, not thrown. These events are strictly supervised but everyone must appreciate the dangers of flying discus, shotputs & javelins. Be aware at all times of where you are and what events are in progress.



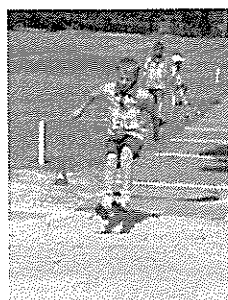
**Shot Put:** the shot is a round steel ball varying in weight from 1kg to 4kg. The hand holding the shot must rest in the hollow where the shoulder meets the neck with the shot in contact with the side of the neck. The shot is then pushed out to land within the marked sector. When the shot has landed the athlete must leave the circle so that their first step outside the circle is behind the line extending from the sides of the circle, (or simply out of the back of the circle).



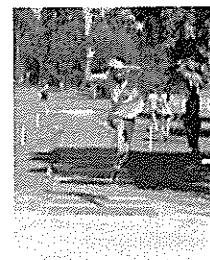
**Discus:** This is one of the oldest field events, in little athletics a moulded rubber discus is used. The discus must be thrown from within the circle and land within the marked sector area. When the discus has landed the athlete must leave the circle so that their first step outside the circle is behind the line extending from the sides of the circle.



**Javelin:** the javelin is a spear like implement and this event is available only to athletes in the U11 age group upwards. The throw must be completed from within the confines of the runway area and the javelin must land 'tip' first within the throwing sector. The competitor may then leave the runway area.

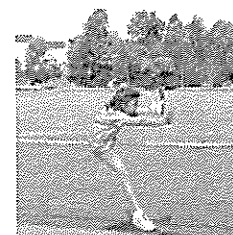


**Long Jump:** the athlete simply runs in and jumps from the take off area into the sand pit. Measurement is taken from the front of the take off foot/board to the nearest break in the landing area. U7 to U12 age groups use a ½ x 1m take off board, and U13 upwards use a conventional 20cm take-off board.

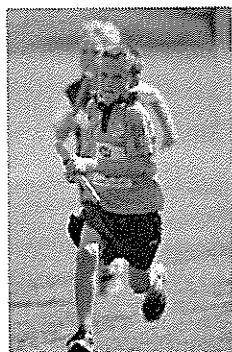


**Triple Jump:** this is the old 'hop, step & jump' event. The rest of the rules are basically the same as in long jump. This event is not conducted for children up to U11.

**High Jump:** the athlete's task is to run up and jump over a crossbar supported between two uprights. The athlete must take off from one foot only. The crossbar is raised after each round and competitors remain in the competition until eliminated by three consecutive failures. The scissors technique must be used up to Under 11.



**Relays:** Depending on age, there are two types of track relay which can be run, either circular or shuttle. In track events a relay team comprises four competitors.



In field events the minimum number of athletes for a team is 2, there is no maximum. Briefly there is a team of competitors from each age group in each event. This really is a team event, every athlete is eligible to participate in each field event offered for their age group. (However, to progress to State Relays a team consists of only two athletes.)

Track teams still consist of the traditional 4 athletes.

# Treasurer's Report

Well what a year it's been. It seems only yesterday that I took on the role of Treasurer. After a year of writing cheques, cheques & more cheques and counting coins, coins & more coins, we came up with a total income of \$45,308 and total expenses of \$69,188 realising a deficit of \$23,879.

This deficit is mainly due to the spending of the grant monies received in last years accounts (\$21,910). The grant money was spent on resurfacing the floor of the clubhouse and purchasing equipment including fridge, stove, Zip hot water dispenser.

We created a new account this year called leasehold improvement expenses, as part of our lease contract requires a certain amount of improvements to be made each year. The total of this account is \$18,084 and includes the resurfacing of the floor, the new cupboards and also an upgrade of the electrical switchboard.

Canteen and BBQ's had a net surplus of \$4,502. Thanks to Allison Patron for the weekly running of the canteen and Di Rippon for doing the ordering of the stock.

Fundraising and Sponsorship also had a net surplus of \$6,737. Thank you to Sharon Cook for all her fundraising efforts and to all the families that sold chocolates on behalf of the centre.

Uniform sales had a net surplus of \$1,197 thanks to Michelle Stanley.

Registration income of \$10,294 has not covered the centre's operating costs of Audit fees, QLAA Registration Fees, Nomination Fees, Insurance, Trophies & Engraving, Lease, Electricity, Rates and Water. The net deficit was \$2,646.

Parent participation saw income of \$1,800 with only \$750 of that being returned to eligible families.

Sundry Income & Expenditure had a net deficit of \$2,910 however \$1,654 was part of the grant monies spent. Other expenses were the publishing costs associated with the production of the Year Book, badges for committee, officials and centre captains. Other income included sale of programs, kickback from The Athlete's Foot and commission received from the sale of snow cones at Carnival Day in October.

All other categories had a net deficit of \$5,532 which once again has been covered by the canteen and fundraising surpluses.

- Depreciation for the year totaled \$8,882
- Net Assets are \$38,102
- Bank Account balance is \$19,575
- Actual Deficit for year was \$1,969 when you deduct the grant monies from the equation.

Alger Little Athletics Centre Inc will be in 2007/2008 in a sound financial position.

*Michele Wray*  
Treasurer

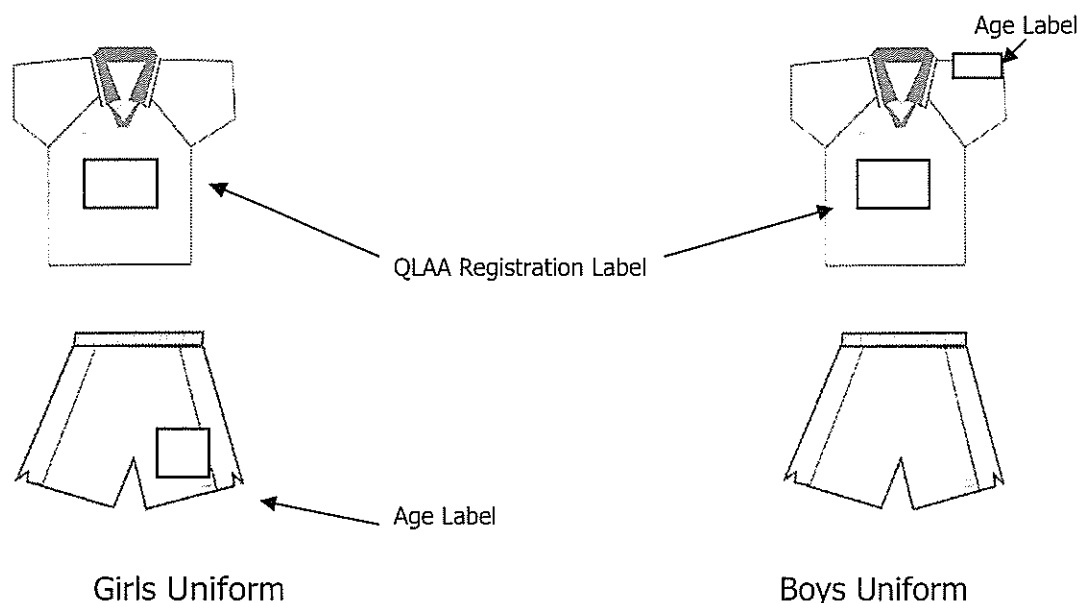
**INCOME AND EXPENDITURE STATEMENT****For the Year Ending 31 March 2007**

<u>ITEM</u>	<u>INCOME</u> \$	<u>EXPENDITURE</u> \$	<u>SURPLUS/ DEFICIT</u>
Audit Fees	0	696	(696)
Awards & Medals	0	1525	(1525)
Bank Charges	0	0	0
Bank Interest	37	0	37
Canteen & Barbeques	14012	9510	4502
Centre Fees	0	0	0
Coaching Courses	0	0	0
Conference Fees	0	480	(480)
Depreciation	0	8882	(8882)
Electricity	0	1197	(1197)
Equipment & Maintenance	0	2826	(2826)
Fundraising	10927	4690	6237
Grant	(350)	0	(350)
Insurance	0	940	(940)
Lease – Brisbane CC	0	600	(600)
Leasehold Improvements	0	18084	(18084)
Nomination Fees	1888	2835	(947)
Parent Participation Fees	1800	750	1050
Rates & Water	0	1338	(1338)
Registrations	10294	5458	4838
Sponsorships	500	0	500
Stationery & Postage	0	521	(521)
Sundries	1263	3453	(2190)
Townsville Meet	100	0	100
Trophies & Engraving	0	1764	(1764)
Uniforms	3103	1906	1197
Wet 'n Wild	1734	1734	0
<b><u>Total for the Year</u></b>	<b><u>\$45308</u></b>	<b><u>\$69188</u></b>	<b><u>(\$23879)</u></b>

## General Information

### Centre Uniform

- The Centre Uniform for boys and girls can all be purchased from the Centre. The athletes' shirts are **Dark Aqua** with a **Royal Blue** collar. The **Southern Cross** is depicted on the right sleeve, and our **Centre Logo** on the front upper left in **White**. The back is emblazoned with the lightning bolt and stars logo in **White** and **Royal Blue**, with our centre name. The boys **shorts** and girls **bike pants** are **Royal Blue**.
- The competition number should be sewn on the front of the T-shirt with the boys age label sewn on the **LEFT** sleeve along three sides to form a pocket, and the girls age label sewn on the bike pants to form a pocket. The uniform **MUST** be worn at **ALL** Centre, Zone and Association Competitions or disqualification could result. ONLY SUNSAFE uniforms may be worn at any competition. Athletes will be excluded from competition if they marshall in an incorrect uniform.
- A sewing service will be offered to all members, leave your uniform and patches and they will be returned to you the following week at a cost of \$5 per uniform (please just ask).
- Lost numbers will cost \$2 to replace.



### Competition Tickets and Recording

- The Centre maintains records of the individual performances for every athlete at every Centre Competition Day. However, all children are strongly encouraged to keep a complete record of their own performances and improvements at home. Tickets showing times or distances are given for every completed event and the Achievement Book allows children to maintain a permanent record. McDonalds Achievement Cards (blue or pink) have been included in your Sign-on Bag. It is the athlete's responsibility to keep a record of their own achievements. When a level (green, red or blue) has been reached your card, complete with name and age group, should be lodged at the Canteen.
- Assessment under our achievement scheme is aimed at recognizing athletes for improvement, and will be based upon recorded performances contained in their Achievement Book. (For details see Achievement Scheme).

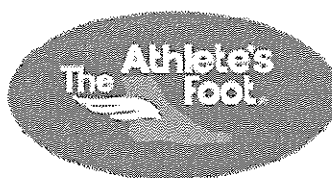
## Foot-Wear

- Shoes must be worn by all athletes while competing in any QLAA sanctioned track and field competition. That means that footwear is compulsory in all events at all competition levels – State, Zone and Centre.
- Spikes will be permitted at Centre level in laned track events, high jump, long jump, triple jump and javelin, by the **U/11 Age Group upwards**. Spikes must be carried to and from the event. Spike shoes without spikes are not permitted by athletes in younger age groups.
- **The wearing of spikes anywhere else on the grounds IS NOT permitted.** Spiked shoes should be carried in a suitable bag at all times and stored safely when not in use.
- Disciplinary action will be taken if these rules are not adhered to.
- Special rules apply to Relay competitions, please refer to our Coaching Coordinator or Centre Manager for clarification.

## Advice on Footwear

- As previously mentioned shoes are compulsory for athletes in all events. Shoes will not only prevent injuries, such as blisters, they will also prevent impact injuries to growing children.
- According to a leading podiatrist who spoke at an annual conference, there are four important points to look for in selecting footwear-
  1. A stable heel-counter that resists pressure and fits the heel snugly.
  2. A good retaining mechanism ie. it laces well up onto the foot to keep it secure.
  3. The shoe mustn't bend in the shank (middle of shoe) - it should only be flexible in the toe.
  4. The shoe should have a good cushioned heel.
- It was suggested that a mesh type material was probably the best covering for a sports shoe and also that price was not necessarily a good indicator of quality.

Consult the Specialists – The Athletes Foot is a sponsor of Little Athletics we suggest you consider their range. They generally attend our Centre at the beginning of the season and can be found on site at State Relay Day and State Championships. They will be here on Saturday 6<sup>th</sup> September, see Ritchie and his team from Athletes Foot Indooroopilly, Forest Lake, and now at Springfield.





# Types of Competitions

## Centre Competitions

Weekly meetings are held at Col Bennett Park, Algester each Saturday afternoon **commencing at 1.30pm**. Weekly announcements (News and upcoming events) will precede the days competition. Warm-up for athletes will be conducted prior to the start of events and all athletes should be present for warm-up activities.

In a Media Release dated July 23 2002 (forwarded to us by QLAA) the 'Australian Sports Questionnaire' conducted by Elastoplast Sport, it was noted that netball, soccer and athletics recorded the highest injury levels, with young sports people more likely to sustain an injury than other age groups.

"Preparation is the best way to prevent sports injuries," said Craig Purdam, Head of Physiotherapy AIS. "Education about sports injury prevention is not only for the elite, but for sports people of all ages across all levels."

*Remember: preparation is very important, warming up and warming down properly can prevent most injuries.*

Any Awards earned will be presented during the announcements on the first Saturday of each month.

The athletes then participate in a scheduled program of six (6) events each week, proceeding from one event to the next. There may be some time delays in the program, particularly in the early stages of the season, but please be patient and keep to the scheduled program for your age group. If there appears to be a long delay, please refer your concerns to a Committee Member – alterations to the program need to be verified by the Centre Manager or Program Coordinator, as any change may reflect on every other groups activities. Each Age Group will be under the supervision of an "Age Marshall". The program should take between 3 – 4 hours to complete, provided there is adequate parental assistance.

## Centre Championship Meeting

- This is the last and most important meeting in the season. Our "Grand Final" for the season and **is open to every athlete registered with Algester Little Athletics Centre (U6-17)**.
- Our Centre Championships are usually run over the last two Saturdays of our season. This season these will be 8<sup>th</sup> & 15<sup>th</sup> March 2008.
- Athletes may compete in any or all events at the Centre Championships. However they will only be eligible for Age Champion or Runner-up in any age group if:

they have competed in at least 50% of eligible Centre meetings.

Points will only be awarded to an athlete in any event if they meet the above criteria and have competed in that event at least twice during the season at eligible centre meetings.

- Trophies are presented to Age Champions and Runners-up, and participation trophies are presented to all other athletes who have competed at the Centre Championships. Athletes also compete for a perpetual trophy awarded to the most outstanding girl and boy athlete of the Championships. Centre Manager's Trophy is awarded to the athlete recording the most improvements in the season and the Centre Captain's Trophy is awarded for Sportsmanship and Participation. Most Improved Medals are awarded in each age group.
- These trophies are presented on Trophy Presentation Day.

## Regional Competitions

We compete against athletes from other Centres within our Region (South East) – Balmoral, Beenleigh, Browns Plains, Mt Gravatt, Redlands, Springwood, Sunnybank and Wynnum Manly – at Regional Relay Day and Regional Championships.

Regional competitions for the 2007/2008 season will be held at the Redlands Little Athletics Centre home grounds at **Cleveland State High School** (parking via Russell & Smith Street, Cleveland)

There are two regional meetings (Regional Relays and Regional Championships) for U/7 to U/15, held each season. No special qualifications are necessary to enter the Regional Championships just the desire to compete, and naturally the usual spirit of having fun predominates.

**Regional Relays** (U7 – U15) are held in November and **Regional Championships** (U7 – U15) in February, see *Calendar of Events* for more details.

Athletes qualifying at Regional Relays are eligible to compete at State Relays in the U9 – U15 Age Groups and from the Regional Championships in the State Championships U9 – U15 Age Groups.

Relay days give an opportunity for all children to participate in a team activity. We feel that there is a need to foster a "team spirit" in our athletes and relay events are really the only opportunity we have for competing as a team. We'd like to see all of our registered athletes, or at least as many as possible competing at Regional Relay Day. As it's early in the season, some of the coaching during the first few weeks will be given to relay training.

Relays include both track and field relays. In field relays, athletes compete in a team in a selection of events, where a "team" score is the sum of two individual performances. Athletes will be paired based on their performance on the day. Track relays are-

Under 7 .....4x70m shuttle, 4x100m shuttle  
 Under 8 .. .....4x70m shuttle, 4x100m shuttle  
 Under 9-10.. .....4x100m circular, 4x200m circular  
 Under 11-15 .....4x100m circular, Circular Medley (2x200m, 1x400m, 1x800m)

A maximum of five (5) events may be entered by each athlete.

At Regional Relay Day athletes may compete in higher age groups and girls can compete in boy's events, but no athlete can plan to compete in the same event in two age groups. Parents should note that this is an all day competition and canteen facilities will be available.

There are trophies for the Centre with the highest participation both at the Regional and State Relay competitions. In previous seasons each team scored points towards their Team total and Algester proudly retain the Zone Relay Shield and have done for an unprecedented 17 seasons. In 2006/2007 we were awarded the participation award for the then Met South Zone.

At Regional Relay Day, the first four placed teams in each event (except the U/7's & U/8's) qualify to compete in the State Relay Day. Both the Regional and State Relay Nomination fees are included in the athletes' registration fees, paid when joining the centre.

If the Regional Championships are cancelled due to rain they will be held the next available weekend, a backup day has been listed in our calendar.

*Nominations* for **Regional Relays** are made by the Centre Committee after seeking your availability to compete at the carnival. **Relay teams** are selected on performance, by the Centre Manager in conjunction with the Records Officer, and the **nomination fees are paid by the Centre**.

## Regional Championships

- These are individual events and lead to the State Championships.
- Athletes must compete in these Games to have an opportunity to continue through to the State Championships. Athletes placing 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> in any event qualify to compete, as do athletes meeting the qualifying time or distance. The exception is Walks events where a qualifying time must also be achieved.
- This competition is open to all athletes in our Region.

*Nomination forms* will be available for **Regional Championships** prior to the Christmas break, and need to be submitted prior to the closing date (26 January 2008). There are NO late nominations permitted. These are **individual events** and lead to State Championships. Athletes placing 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> and any athlete who betters the qualifying time or distance are eligible to proceed to State Championships. Nomination fees are paid by the Centre.

## State Relay Championships

To qualify for the State Relay Championships, teams must achieve a first, second, third or fourth placing at the Regional Relays.

- As far as practicable, the team that competes at Regionals and qualifies will be the team that competes at States. In cases where qualifying athletes will be unavailable for the State Relay Day, the Centre Manager should be advised immediately so that replacements can be sought.

Note: This event will not be cancelled under any circumstances as competition is on an all-weather track.

## State Championships

This event is the season's climax for our Little Athletes and applies to those in the age groups of Under 9 to 15 who qualified at the Regional Championships

Note: This event will not be cancelled under any circumstances as competition is on an all-weather track.

- This season (2007/2008) the State Championships are in Brisbane again at the State Athletics Facility at Nathan.

Under 13 athletes, successful at the State Championships may be selected to represent Queensland at the Australian Teams Championships. They are joined by four representative Under 15 athletes who compete in a Pentathlon competition. In 2007 **Jordan Shyu** represented Queensland as an Under 13 athlete in Triple Jump, 800m and 4 x 100m Relay. These championships are hosted by a different state each year. We have been represented on many occasions at this level and details of the athletes and their results appear later in this book.

Our Honor Board can be found gracing the walls at Algester Sports Inc, athletes selected in the State Team together with our Life Members are recognized here. This was presented to the Centre by Rhyss Schofield (U15) and his family in 2004.

**Note: the Under 7 and 8 age groups do not go on from the Regional level competition to compete in the State Championships/State Relays.**

## QLAA Events

Queensland Little Athletics Association (QLAA) host age specific events during the season – the Junior Pentathlon and Senior Pentathlon events will be available at both carnival days for the appropriate age groups.

The accent at these meetings is still around the theme FAMILY, FUN and FITNESS. Particulars of these days are listed in our calendar.

You may nominate and compete in these at your own cost. Advice on closing dates and nomination forms will be available through the Canteen and details will be posted on the Noticeboard and in the Newsletter.

### Age-Group Days & Pentathlons / Multi-Event Days

Two special "Age-group" Days are held each year by the QLAA at a venue to be decided. These are intended primarily to be fun days, and all athletes in the relevant age groups are strongly encouraged to nominate.

The **Junior Carnival/Senior Pentathlon and Senior Carnival/Junior Pentathlon** are designed to give athletes the opportunity to experience the "big time" of competition. These days are fun days. Athletes may attend both carnivals and compete in the program relevant to their age group.

A number of pentathlon competitions are conducted during the season. A Pentathlon consists of five individual events over one day of competition. Scores across the five events are aggregated to give an overall placing in each age group.

This season the Pentathlon Event will be combined with the Junior and Senior Carnival. Nomination forms for these days will be available at the appropriate times from the canteen and these will detail the events available to athletes in each age group and the nomination fees which must accompany the completed form.

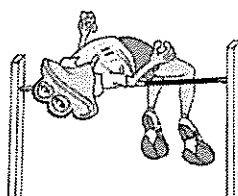
We encourage each and every athlete to participate in these QLAA events as they are a great opportunity to meet athletes from other centres, and to enjoy Family Fun & Fitness while giving Little Athletics a go!

Under 15 athletes successful in the Pentathlon at State Championship level may also be selected to represent their state at the Australian Teams Championships.

**Run**



**Jump**



**&**

**Throw**



Meet "Tuki" QLAA's mascot and check him out at QLAA events and on their website [www.qlaa.asn.au](http://www.qlaa.asn.au) The site contains a special Athlete/Kid Zone, so log on and surf.

## Carnivals

### **Algester's Carnival this season will be held on Sunday 7 October 2007.**

Nomination forms have been included in your Sign-on bag and additional forms will be available through the canteen on request.

Athletes may nominate in a maximum of five (5) events in their own age group only, this Carnival is open to 'registered little athletes only'.

Other Centres hold Carnivals during the season. You may nominate to compete in any of these at your own cost. Relevant nomination forms will be available through the Canteen prior to closing dates.

Other carnivals that we have already received confirmation of dates, nomination forms etc for are:

Gympie Amateur Athletics Club Spring Carnival	Sunday 9 September 2007
Maryborough Amateur Athletics Day/Night Carnival	Saturday 6 October 2007
Strathpine Little Athletics Pentathlon Day	Sunday 7 October 2007
Browns Plains Little Athletics Carnival	Sunday 14 October 2007
Aspley Little Athletics 2006 Pentathlon	Sunday 14 October 2007
Caboolture Little Athletics Invitational Pentathlon	Saturday 20 October 2007
Redcliffe Little Athletics Twilight Pentathlon	Saturday 27 October 2007
Glasshouse District Little Athletics Pentathlon	Sunday 28 October 2007
Caloundra Little Athletics 2007 Open Day	Sunday 14 October 2007
Ashmore Little Athletics Annual Carnival	Sunday 9 December 2007
Ipswich Little Athletics Australia Day Carnival	Saturday 26 January 2008
Beenleigh Little Athletics Twilight Carnival	Saturday 15 March 2008



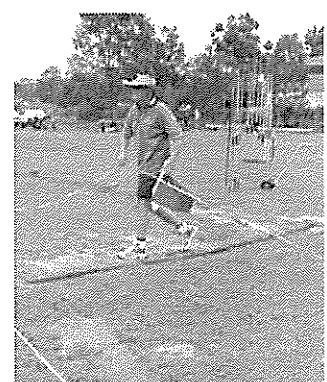
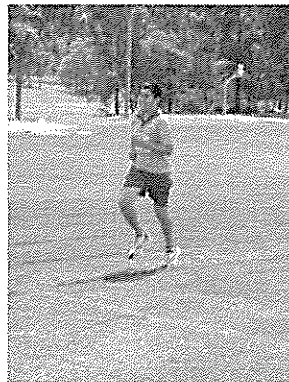
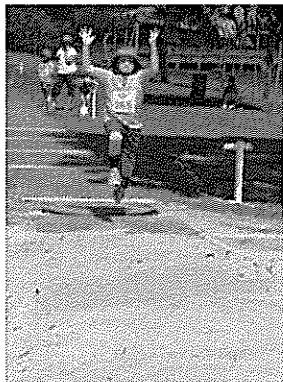
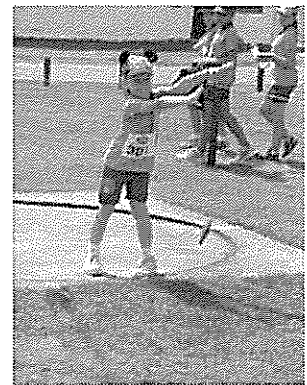
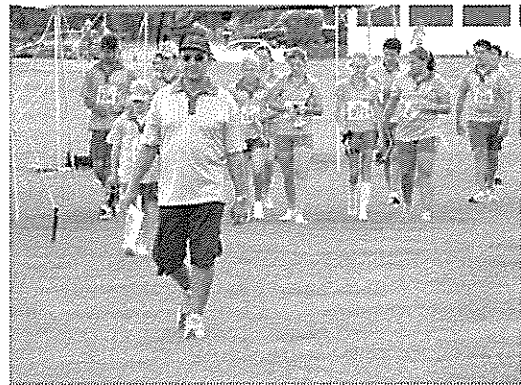
# Registration

- **Proof of age is required for all athletes.**
- For new athletes your Birth Certificate or Passport needs to be sighted by the Registrar at Sign-on or as soon as possible. Children whose Proof of Age was sighted last year are exempted. This season, our Fees are as follows –

Under 6	\$55.00 (if only child) / or \$50.00 if 2 <sup>nd</sup> child
Under 7 to 15	\$85.00 which reduces for additional athletes \$80.00 – others
Under 16 & 17	\$55.00
Tiny Tots	\$25.00
Trialists	\$5.00 per week (will be deducted from Registration fees)

- **Parent/Officials Participation Levy** per family - \$30.00. This fee is refundable, subject to Parent Participation guidelines, refer to Page 7.
- **Fundraising Levy** per family - \$40.00. This fee is redeemable during the season.  
Tickets will be provided to each family to sell in our Season Raffle.  
Cadbury fundraising chocolates will be available throughout the season.
- Includes complimentary membership with Algester Sports Club for parents. Algester Sports Club are Centre sponsors and we thank them for their continued support.
- Each athlete is to wear the Centre Uniform at all times when competing at Centre, Regional and State levels, these are available from our uniform shop.







# Age Groups

- Children must be at least five and under seventeen years of age on 1st October 2007 to be eligible for registration in the 2007/2008 season. However, should a child turn five after the 1st October, registration will be accepted from their birthday. Age groups are as follows →

Groups	Date of Birth
Under 6	1.10.01 to 30.9.02
Under 7	1.10.00 to 30.9.01
Under 8	1.10.99 to 30.9.00
Under 9	1.10.98 to 30.9.99
Under 10	1.10.97 to 30.9.98
Under 11	1.10.96 to 30.9.97
Under 12	1.10.95 to 30.9.96
Under 13	1.10.94 to 30.9.95
Under 14	1.10.93 to 30.9.94
Under 15	1.10.92 to 30.9.93
Under 16	1.10.91 to 30.9.92
Under 17	1.10.90 to 30.9.91

Children born on or after 1 October 2002 are too young for full registration however, they can register as soon as they turn five years of age, **but** not before. Please note they will have to remain in the Under 6 age group the following season.

A three (3) or four (4) year old sibling of a registered little athlete may register as a Tiny Tot at Algester Little Athletics Centre in 2007/2008. In addition allowance is made for children of the same age group to participate as a Tiny Tot if their parent/s is/are present and working at the Centre as a committee member or as an ordinary member.





## Equipment and Technical

- Algerster Little Athletics Centre has a full set of equipment, including triplicate sets of throwing items, a full set of four-height hurdles (including collapsible hurdles), and high-jump mats. Dimensions are as follows

### THROWS

Age Group	GIRLS			BOYS		
	Discus	Shot	Javelin	Discus	Shot	Javelin
6,7	350g	1kg	N/A	350g	1kg	N/A
8	500g	1.5kg	N/A	500g	1.5kg	N/A
9,10	500g	2kg	N/A	500g	2kg	N/A
11	750g	2kg	400g	750g	2kg	400g
12	750g	2kg	400g	750g	3kg	400g
13	750g	3kg	400g	1kg	3kg	600g
14,15	1kg	3kg	600g	1kg	4kg	600g

### HURDLES

Age Group	Distance	Height	Flights	Run-in	Spacing	Run-out
8, 9 B/G	60m	45cm	6	12m	7m	13m
10, 11 B/G	60m	60cm	6	12m	7m	13m
12 B/G	60m	68cm	6	12m	7m	13m
13 B/G, 14 G	80m	76cm	9	12m	7m	12m
14B, 15 G	90m	76cm	9	13m	8m	13m
15 B	100m	76cm	10	13m	8.5m	10.5m
13 B/G	200m	68cm	5	20m	35m	40m
14, 15 B/G	200m	76cm	5	20m	35m	40m



# Achievement Schemes

## Centre Achievements

- Athletics, by its very nature, is seen to be an individual sport where the rewards for those winning are obvious. However, recognition and encouragement for the vast majority are much less tangible.
  - At our Centre we have a number of achievement schemes. These have proven very popular and have increased athletes' awareness of the importance of improvement and performing to their best ability, irrespective of whether they win. These schemes will be implemented again this season.
  - Briefly listed below are details of the Centre Achievement Scheme Awards
1. Improvement Award - For sustained personal improvement, awarded to athletes who attain the required number of points which are allocated on improvements in individual performances. Full details of this scheme are attached in the back of the supplied record book and should be read carefully. The onus is on each child (or parent) to record performances themselves.
  2. Encouragement Award - For athletes who show outstanding personal commitment and effort.



## Awards Scheme

- McDonalds Restaurants reward athletes with certificates and product vouchers for attaining certain specified levels of achievement.
- These levels are detailed on a record card kept during the season, a copy of the card is available on request. Record of these achievements will be kept by the Centre. Certificates will be presented at intervals during the season as earned.
- A sample of the cards can be viewed on the Notice board.

## Best Performance Awards

These awards were introduced to give recognition to those athletes who achieved the best performances at either Centre Championship or Centre meetings.

1. Best Performance at Centre Championships - For achieving a performance at the Centre Championships, which sets a new Centre Championship Best Performance.
2. Best Performance at Centre Competition - For achieving a performance which betters the previous Centre Best Performance at centre Competition as listed in the Year Book.

## Laurie Baartz Memorial Trophy

The Laurie Baartz Trophy is presented each year (by the State Association) to the Little Athlete who is judged to have shown the greatest personal improvement during the season.

It is based on personal improvement over a range of events;

<b>Sprints &amp; Hurdles</b>	all hurdles, 70m, 100m, 200m (except U7/8 200m)
<b>Middles Distance &amp; Walks</b>	400m, 800m, 1500m, all Walks, U7/8 200m
<b>Throws</b>	* Discus, Javelin, Shot Put
<b>Jumps</b>	High Jump, Long Jump, Triple Jump

Points are awarded each time an athlete betters their personal performance on the basis of one point per event group per week, ie. a maximum of 4 points per week. Points are totalled over a 10 week period nominated by each centre. Points are given only for competition days at our own Centre. A maximum of 40 points can be scored.

It is important to remember that it is not necessarily the best athlete in the centre who will produce a high score; those who are willing to have a go at all the events (even those they do not like and in which they do not excel) will have the chance of improving.

Our program has been designed to cover at least one event from each of the four groups each week, so give them all a try and see if Algeston can again have Queensland's MOST IMPROVED ATHLETE in 2007/2008.

In 1991/92 the Centre had it's first Laurie Baartz Memorial Trophy winner - Robbie Yates.

Our nominee for the 2006/2007 was Sarah Melville congratulations on a terrific effort.

## Karen Knight Memorial Trophy

The Karen Knight Memorial Trophy is awarded annually to the winner of the Under 14 Girls 80m Hurdles event at the QLAA State Championships.

Karen Knight was a little athlete with the Ferny Hills (now Arana) Little Athletics Centre prior to her death in 1991 after a year long battle with cancer. The last event that Karen won in Little Athletics was the Under 14 Girls 80m Hurdles at the 1985 State Championships, and so her memory is kept alive in a trophy presented to the winner of this event each year.

## The George Harvey Award

This award is presented each year to the one girl and one boy who best demonstrate they embrace the ideals of Little Athletics.

The criteria encompasses those attributes George Harvey himself believes are important not only in little athletics but to any individual's growth and development in everyday life.

Eligibility for the award is not restricted by athletic ability on the track and field. The athletes will have been regular attendees of Centre and Zone meetings and will have displayed a willingness to participate in the full range of Little Athletics events.

They will have been involved in little athletics for a minimum of 6 years and will currently be in one of the U13 to U15 age groups. In addition, the athletes should have been an ambassador for little athletics, proud of their involvement in the sport and have promoted it amongst their peers.

## Fundraising/Social Events

Non-profit organizations rely on fundraising initiatives to operate, and we are no exception. Funds raised during the year go to purchase equipment and improve the facilities offered by the Centre for our athletes.

The introduction of a Fundraising Levy last season has reduced the burden on the Centre Committee and realized the support of **all** centre members.

Fundraising is a separate issue to running the program on Saturday, coaching or ground maintenance and requires the support of all families. It provides funds to pay for such things as electricity, rates, lease fees, field improvements & maintenance, replacement of & additional equipment etc. Your children already benefit from the assets which have been provided by the efforts of others in past seasons.

The financial well-being of the Centre depends on the success of our fundraising activities. Parent participation is required to achieve our goals, and remember those who don't help create an additional burden for their fellow members.

Throughout the season you will be invited to participate in various activities and your involvement in these will provide the redemption of your levy.

A chocolate drive is only part of our fundraising efforts this year, and will be an opportunity to help the Centre provide additional equipment and continue to operate. Other activities may include a Trivia Night. Details of all fundraising opportunities will be included in the weekly Newsletters and on the Notice board.

We're not asking you to put your hand in your pocket either, friends relatives neighbours and work colleagues are great sources of support. Your assistance with these initiatives will guarantee their success.

## Newsletters

Our Centre Newsletter is produced each week and will be available from the Canteen for each family. Please make sure to get your copy each week or if you can't be there have your child/ren collect it for you. If you know in advance that you won't be there the next week, leave your name at the Canteen and we will send one to you.

This is our communication tool, all upcoming athletic events, social events, etc will be included – especially closing dates for nominations to various Carnivals. Included also will be athlete profiles, competitions, articles of interest and fundraising news.

Each month, or so, we hope to finish the day with a BBQ or meet at Algester Sports for dinner. If you can't make it – no problem – we are a friendly centre and enjoy socializing.

- ❖ **We need a Newsletter Editor to produce the Newsletter again this season – if you are able to help please register your interest by phoning our Centre Manager Wendy Banks. Relevant information will be provided for inclusion in the Newsletter each week**

## Website

.....still under construction.... but we're working on it. Is this an area that you can help us to display our great centre to the greater community?

## Sponsors

Our Centre Sponsors are very important to us, their funds also help to provide equipment for the Centre. Their details appear in this Year Book and also in our Newsletters throughout the Season.

If the opportunity arises please support the businesses that support us by shopping with them.

It may not seem very important, but the only way our Sponsors know who you are is if you tell them.

This season's Sponsors include –

Algester Sports Inc.  
 Bakers Delight (Calamvale Marketplace)  
 Ethos Orthodontics  
 LJ Hooker Algester  
 Councillor Kevin Bianchi  
 Karen Struthers (Member for Algester)  
 Gary Hardgrave MP (Federal Member for Moreton)

We also take this opportunity to thank our local businesses for their continued support

Algester News (Ph: 3273 2362 )  
 IGA Supermarket Central Park

This is also important of the Association Sponsors, and they are listed on Page 54.





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*Bakers Delight*  
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Algerster Q. 4115  
PH: 3273 2362



**KEVIN  
BIANCHI**

PH: 3407 0566



**COUNCILLOR**  
BRISBANE CITY COUNCIL



**Karen Struthers**  
Member for Algerster



**Gary Hardgreave MP**  
Federal Member for  
Moreton

## 2006/2007 SEASON RESULTS

### Age Champions

BOYS		Age Group	GIRLS	
Champion	Runner-up		Champion	Runner-up
Lachlan Ciesolka	Anthony English	Under 6	Melony Nicholson	
Jett Jones	Callam Shyu	Under 7	Anna Lambert	Taylor Horton
Joshua Fleet	Bailey Atherton	Under 8	Dayspring Koop	Kate Morris
Brendan Telford	Jack Christensen	Under 9	Taylah Cook	Stephanie Lau
Bayley Lau	Jack Morris	Under 10	Brooke Lambert	Sophia Koop
Harry Morris	Tristan Hugo	Under 11	Hannah Joye	Sarah Melville
Luke Mitchell	Matthew Alexander	Under 12	Jessica Wright	Kellie Wakeford
Jordan Shyu	Mitchell Hollywood	Under 13	Melanie Oldenburg	Sorcha Barnes
Matthew Woods	Shannon Mavrik	Under 14	Stephanie Oldenburg	Asha Norup
Joshua Ralph		Under 15	Justine Bishop	
		Under 16		
		Under 17		

### Most Improved Athletes 2006 - 2007

Under 6	Boys	Anthony English	Under 7	Boys	Timothy Wray
	Girls	Melony Nicholson		Girls	Taylor Horton
Under 8	Boys	Jack Mitchell	Under 9	Boys	Curtis Miller
	Girls	Dayspring Koop		Girls	Rachel Leach
Under 10	Boys	Bayley Lau	Under 11	Boys	Harry Morris
	Girls	Sophia Koop		Girls	Sarah Melville
Under 12	Boys	Mitchell Darvill	Under 13	Boys	Jordan Shyu
	Girls	Kellie Wakeford Jessica Wright		Girls	Melanie Oldenburg Ellen Christison
Under 14	Boys	Matthew Woods	Under 15	Boys	Joshua Ralph
	Girls	Asha Norup		Girls	Justine Bishop

## QLAA - Quest Newspapers Junior Carnival / Pentathlon

<u>Age Group</u>	<u>Name</u>	<u>Results</u>
U/7 Boys	Jett Jones	70m, 100m, Long Jump
	Scott MacGregor	70m, Long Jump, Shotput, Discus
	Joshua Sadler	Long Jump, Shotput
U/8 Girls	Bree MacGregor	70m, 100m, 60m Hurdles, Long Jump, Shotput
	Dayspring Koop	70m, 100m, Long Jump, Shotput, Discus
U/8 Boys	Antoni Maimone	70m, 100m
U/9 Girls	Taylah Cook	100m, 200m, 800m, Long Jump
U/9 Boys	Breanna Horvat	700m Walk, 60m Hurdles, Shotput, Discus
	Caleb Sadler	200m, 800m, Shotput, Discus
U/10 Girls	Amy MacGregor	70m, 100m, Long Jump, Shotput, Discus
	Sabrina Maimone	70m, 100m, 200m, Shotput, Discus
	Elissa Sadler	100m, 400m, 800m, Long Jump
	Sophia Koop	Pentathlon

## QLAA - The Athletes Foot Senior Carnival / Pentathlon

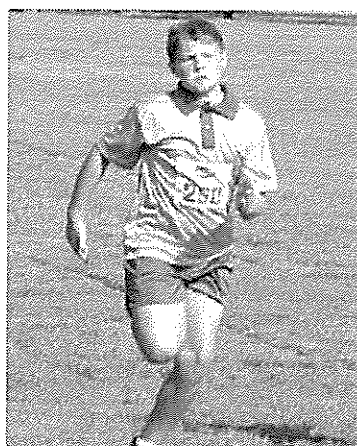
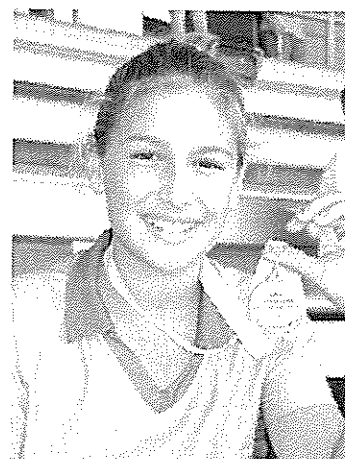
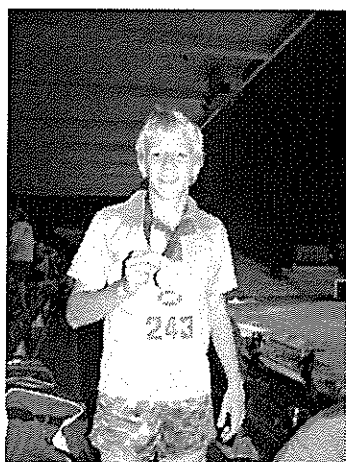
<u>Age Group</u>	<u>Name</u>	<u>Results</u>
U/12 Girls	Megan Christison	400m, 1500m
U/12 Boys	Jessica Wright	1500m Walk, Shotput, Discus
	Scott Porter	100m, High Jump, Long Jump, Triple Jump
U/13 Girls	Ellen Christison	400m, 1500m
	Melanie Oldenburg	High Jump, Pentathlon
U/14 Girls	Stephanie Oldenburg	200m
U/14 Boys	Matthew Woods	800m, 1500m

## IGA State Relays - ANZ Stadium

<u>Age Group</u>	<u>Event</u>	<u>Place</u>	<u>Team</u>
U/9 Girls	4 x 100m	8	Stephanie Lau, Rachel Leach, Breanna Horvat, Taylah Cook
	4 x 200m	8	Stephanie Lau, Rachel Leach, Breanna Horvat, Taylah Cook
U/10 Boys	High Jump	5	Bayley Lau, Zayd Dennis
	Shotput	10	Bayley Lau, Zayd Dennis
U/11 Girls	High Jump Discus	8	Sarah Melville, Hannah Joye
		2	Sarah Melville, Jayde Mavrik
		5	Hannah Joye, Lauren Richardson
U/13 Boys	Discus	6	Charlie Joye, Jordan Shyu
	4 x Medley	10	Jordan Shyu, Charlie Joye, Tim Stanley, Mitchell Hollywood



# Medals 2007 State Championships



## 2007 IGA State Championships – State Athletics Facility, Nathan

<u>Age Group</u>	<u>Name</u>	<u>Events / Placing</u>
Under 9 Girls	Stephanie Lau Taylah Cook Breanna Horvat	Discus, 700m Walk, 70m Long Jump (5), 800m ( <b>B</b> ), 200m, 100m (8), 70m 700m Walk
Under 9 Boys	Jack Christensen	70m
Under 10 Girls	Sophia Koop Emma Woods Elissa Sadler	Discus (9) 1100m Walk, 800m 800m, 400m
Under 10 Boys	Bayley Lau	Discus ( <b>G</b> ), Shotput (5), 1100m Walk
Under 11 Girls	Jayde Mavrik Sarah Melville Lauren Richardson Hannah Joye Cortney Cook	Javelin (7), Discus ( <b>B</b> ), Shotput (6) Discus, High Jump, 60m Hurdles Discus, Shotput (7) Triple Jump ( <b>G</b> ), Long Jump ( <b>S</b> ), 60m Hurdles (8), 100m 1500m (9), 800m
Under 12 Boys	Matthew Alexander	Javelin, Discus, Shotput
Under 12 Girls	Jessica Wright Megan Christison	Discus (6), Shotput, 1500m Walk, 1500m, 800m 1500m, 800m
Under 13 Boys	Charlie Joye Jordan Shyu Tim Stanley Mitchell Hollywood	Discus Triple Jump ( <b>G</b> ), High Jump (9), 800m ( <b>B</b> ), 400m (4) High Jump, 200m 80m Hurdles, 100m
Under 13 Girls	Jessica Williams Melanie Oldenburg Ellen Christison	Discus, Shotput High Jump, 200m Hurdles, 400m 800m
Under 14 Boys	Shannon Mavrik Matthew Woods	Javelin ( <b>B</b> ), Shotput ( <b>S</b> ), 1500m ( <b>G</b> ), 400m ( <b>S</b> )
Under 14 Girls	Stephanie Oldenburg Asha Norup	200m Hurdles, 400m, 200m, 100m 400m
Under 15 Girls	Justine Bishop	Javelin, Discus, 1500m Walk

Those events listed in **bold** type indicate Medal earned in the event.  
Our tally at the 2006 State Championships numbered 13 (5 Gold, 7 Silver, 1 Bronze)

## Centre Best Performances at:

**CENTRE COMPETITION (records commencing 1992/1993 Season)****GIRLS****TRACK****Boys****70 METRES**

U/6	A Hagan*	12.7	94/95	U/6	Z Dennis*	12.7	2002/03 2005/06
U/7	A Cusack	12.1	92/93	<b>U/7</b>	<b>J Jones</b>	<b>11.7</b>	<b>2006/07</b>
U/8	A Booth	11.4	94/95	U/8	S Baker Z Dennis	11.1	93/94 2004/5
U/9	T O'Shea	10.7	2001/02	U/9	D Porteous	10.7	92/93
U/10	T Booth*	10.6	94/95	U/10	M Lagos* J Melville*	10.2 10.2	94/95 94/95

**100 METRES**

U/6	K Booth	18.6	94/95	U/6	Z Dennis	18.6	2002/03
U/7	A Cusack*	17.2	92/93	U/7	P Melville <b>J Jones</b>	17.0	94/95 <b>2006/07</b>
U/8	A Cusack	15.9	93/94	U/8	S Baker	15.2	93/94
U/9	T O'Shea	15.3	2001/02	U/9	D Irvine	15.1	93/94
U/10	T O'Shea	14.8	2002/03	U/10	M Lagos	14.2	94/95
U/11	C Tolhopf	14.0	93/94	U/11	T Brimble	13.8	2004/05
U/12	C Rowe	13.6	97/98	U/12	D Irvine*	12.5	96/97
U/13	G Bright*	13.0	94/95	U/13	D Irvine	12.3	97/98
U/14	G Bright	12.5	95/96	U/14	N Carr* D Laurie*	11.7 11.7	93/94 2001/02
U/15	A Turner	12.7	99/00	U/15	N Carr	11.4	94/95
U/16				U/16	M Banks	12.5	2003/04
U/17				U/17	S Macoun	12.6	2000/01

**200 METRES**

U/7	A Cusack A Booth	38.5 38.5	92/93 93/94	U/7	Z Dennis*	38.5	2003/04
U/8	A Booth	35.4	94/95	U/8	L Taylor	33.9	94/95
U/9	A Booth	33.4	95/96	U/9	D Irvine	34.2	93/94
U/10	A Booth*	32.2	96/97	U/10	C Cameron*	31.7	2003/04
U/11	A Booth*	30.8	97/98	U/11	D Francis	29.9	96/97
U/12	C Rowe A Booth*	29.5 29.5	97/98 98/99	U/12	D Irvine*	27.4	96/97
U/13	G Bright*	27.5	94/95	U/13	D Irvine	26.1	97/98
U/14	A Smith*	27.4	94/95	U/14	D Laurie	24.9	2001/02
U/15	A Turner	27.1	99/00	U/15	N Carr*	23.4	94/95
U/16				U/16	S McLeod- Robertson	25.2	2003/04
U/17				U/17	S Macoun	27.0	2000/01

(\*recorded at Centre Championships)

U/16 &amp; U/17 included as from 2000/01 season

Event records listed in **bold type** indicate new record set in the last season's Competition.

## Centre Best Performances at:

**CENTRE COMPETITION (records commencing 1992/1993 Season)****GIRLS****TRACK****BOYS****400 METRES**

U/9	T O'Shea*	1.14.0	2001/02	U/9	J Shyu	1.18.5	2002/03
U/10	T O'Shea	1.10.5	2002/03	U/10	S Robertson	1.11.5	93/94
U/11	C Tolhopf	1.07.7	93/94	U/11	C Tonkin	1.09.4	93/94
U/12	C Tolhopf	1.06.7	94/95	U/12	S Robertson	1.00.9	95/96
U/13	C Tolhopf	1.01.7	95/96	U/13	S Robertson	1.00.3	96/97
U/14	C Tolhopf	1.00.7	96/97	U/14	D Laurie	56.4	2001/02
U/15	C Tolhopf	1.01.7	97/98	U/15	D Laurie*	54.6	2002/03
U/16				U/16	M Banks	1.00.1	2003/04
U/17				U/17	S Macoun	1.01.2	2000/01

**800 METRES**

U/9	K Booth*	3.03.2	97/98	U/9	J Wichgers	2.58.5	93/94
U/10	T O'Shea	2.40.6	2002/03	U/10	R Yates	2.45.2	92/93
U/11	C Tolhopf*	2.37.0	93/94	U/11	R Yates	2.38.2	93/94
U/12	C Tolhopf	2.30.8	94/95	U/12	S Robertson	2.27.2	95/96
U/13	C Tolhopf*	2.25.4	95/96	U/13	M Woods	2.21.7	2005/06
U/14	C Tolhopf	2.23.6	96/97	<b>U/14</b>	<b>M Woods</b>	<b>2.17.7</b>	<b>2006/07</b>
U/15	C Tolhopf	2.30.8	97/98	U/15	M Yates	2.10.4	95/96
U/16				U/16	M Banks	2.31.9	2003/04
U/17				U/17	S Macoun	2.45.0	2000/01

**1500 METRES**

U/11	A Hagan*	5.41.8	99/2000	U/11	M Woods*	5.32.8	2003/04
U/12	A Hagan*	5.32.8	2000/01	U/12	M Woods (e*)	5.11.7	2004/05
U/13	C Tolhopf	5.18.8	95/96	U/13	M Woods*	4.51.5	2005/06
U/14	C Tolhopf	5.22.2	96/97	<b>U/14</b>	<b>M Woods*</b>	<b>4.36.7</b>	<b>2006/07</b>
U/15	C Tolhopf	5.30.2	97/98	U/15	M Yates*	4.33.4	95/96
U/16				U/16	M Banks	6.17.0	2003/04
U/17				U/17	S Macoun	6.05.0	2000/01

(\*recorded at Centre Championships)

U/16 &amp; U/17 included as from 2000/01 season

## Centre Best Performances at:

**CENTRE COMPETITION (records commencing 1992/1993 Season)****GIRLS****TRACK****Boys****300 METRE WALK**

U/8	A Macoun*	1.47.2	93/94	U/8	B Cox	1.55.3	92/93
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**700 METRE WALK**

U/9	S Bishop	4.28.9	95/96	U/9	B Cox	4.25.9	93/94
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**1100 METRE WALK**

U/10	S Bishop*	6.41.1	96/97	U/10	T Brimble	6.30.9	2003/04
U/11	S Bishop	6.30.1	97/98	U/11	M Woods	6.30.8	2003/04

**1500 METRE WALK**

U/12	S Bishop	9.18.1	98/99	U/12	K Lacey	8.20.2	94/95
U/13	E Wichgers*	8.16.3	94/95	U/13	D Woods	8.09.9	2003/04
U/14	S Bishop*	8.38.7	2000/01	U/14	D Woods	7.51.5	2004/05
U/15	S Bishop	9.01.8	2001/02	U/15	K Lacey	7.35.1	97/98
U/16				U/16			
U/17				U/17	S Macoun	10.31.0	2000/01

**60 METRES HURDLES**

U/8	A Cusack A Booth*	12.0 12.0	93/94 94/95	U/8	S Baker L Tilney Z Dennis*	11.8 11.8 11.8	93/94 2000/01 2004/05
U/9	A Booth*	10.7	95/96	U/9	Z Dennis*	10.7	2005/06
U/10	A Booth*	10.8	96/97	U/10	C Cameron*	10.6	2003/04
U/11	R Cook*	9.9	2002/03	U/11	T Brimble(e*)	10.1	2004/05
U/12	A Booth	9.9	98/99	U/12	C Cusack D Porteous* S Robertson D Melville	10.2 10.2 10.2 10.2	93/94 95/96 95/96 99/2000

**80 METRES HURDLES**

U/13	A Booth*	13.2	99/2000	U/13	S McLeod-Robertson	13.7	2000/01
U/14	A Booth	12.8	2000/01				

**90 METRES HURDLES**

U/15	K Norman*	13.7	94/95	U/14	J McGuigan*	13.3	93/94
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**100 METRES HURDLES**

				U/15	N Carr*	13.3	94/95
				U/16	J Fraser	15.0	2000/01
				U/17	S Macoun	14.3	2000/01

**200 METRES HURDLES**

U/13	C Rowe*	32.1	98/99	U/13	J Briggs	30.2	98/99
U/14	H Cook*	31.1	2002/03	U/14	<b>S Mavrik *</b>	<b>29.1</b>	<b>2006/07</b>
U/15	A Smith	28.2	95/96	U/15	S McLeod-Robertson*	27.6	2002/03
U/16				U/16			
U/17				U/17	S Macoun	29.0	2000/01

(\*recorded at Centre Championships)

U/16 &amp; U/17 included as from 2000/01 season

## Centre Best Performances at:

**CENTRE COMPETITION (records commencing 1992/1993 Season)**

**FIELD**

**GIRLS** **Boys**

**SHOT PUT**

U/6	B Horvat	4.29	2003/04	U/6	Z Dennis	5.30	2002/03
U/7	K Rosman	5.83	92/93	U/7	K Hogan*	6.54	2003/04
U/8	K Rosman*	6.53	93/94	U/8	Z Brnabic	7.56	2004/05
U/9	K Rosman	6.40	94/95	U/9	B Lau	7.46	2005/06
U/10	H McArdell	7.38	2001/02	U/10	M Alexander	9.27	2004/05
U/11	A Booth*	9.27	97/98	U/11	T Brimble	11.60	2004/05
U/12	N Whitmore*	12.40	92/93	U/12	C Cameron	9.55	2005/06
U/13	N Whitmore	10.98	93/94	U/13	J Law	11.51	2000/01
U/14	N Whitmore	11.55	94/95	<b>U/14</b>	<b>S Mavrik</b>	<b>12.45</b>	<b>2006/07</b>
U/15	A Booth	11.73	2001/02	U/15	M Whitmore	13.23	92/93
U/16				U/16	S McLeod-Robertson	12.04	2003/04
U/17				U/17	S Macoun	11.88	2000/01

**DISCUS**

U/6	E Cantwell	10.29	98/99	U/6	Z Dennis*	13.40	2002/03
U/7	J Melville	18.02	2003/04	U/7	Z Brnabic*	18.45	2003/04
U/8	K Rosman	17.76	93/94	U/8	Z Brnabic	20.10	2004/05
U/9	A Booth	22.54	95/96	U/9	S Mavrik	24.10	2001/02
U/10	H McArdell	26.50	2001/02	<b>U/10</b>	<b>B Lau</b>	<b>33.03</b>	<b>2006/07</b>
U/11	T O'Shea	23.45	2003/04	U/11	T Brimble	32.90	2004/05
U/12	N Whitmore*	32.38	92/93	U/12	C Cameron*	35.99	2005/06
U/13	A Wakeford	36.29	2001/02	U/13	A Hogan*	33.82	2001/02
U/14	A Wakeford	31.36	2002/03	<b>U/14</b>	<b>S Mavrik</b>	<b>40.94</b>	<b>2006/07</b>
U/15	N Whitmore	38.46	95/96	U/15	S McLeod-Robertson	44.10	2002/03
U/16				U/16	S McLeod-Robertson	46.04	2003/04
U/17				U/17	S Macoun	36.82	2000/01

**JAVELIN**

U/11	S Bishop	23.70	97/98	U/11	T Brimble	28.49	2004/05
U/12	N Whitmore*	28.32	92/93	<b>U/12</b>	<b>M Alexander</b>	<b>33.36</b>	<b>2006/07</b>
U/13	S Bishop	35.82	99/2000	U/13	J McGuigan	36.34	92/93
U/14	A Booth	33.39	2000/01	U/14	J McGuigan	47.24	93/94
U/15	L Garwood	37.30	94/95	U/15	M Whitmore	47.86	92/93
U/16				U/16	M Banks	44.87	2003/04
U/17				U/17	S Macoun	40.64	2000/01

(\*recorded at Centre Championships)

U/16 &amp; U/17 included as from 2000/01 season

## Centre Best Performances at:

**CENTRE COMPETITION (records commencing 1992/1993 Season)**FIELD**GIRLS****Boys****HIGH JUMP**

U/9	A Macoun	1.12	94/95	U/9	Z Dennis	1.20*	2005/06
U/10	H Joye *	1.21	2005/06	U/10	C Cameron	1.31	2003/04
U/11	S Horrocks	1.30	92/93	U/11	C Cameron	1.37	2004/05
U/12	S Horrocks	1.45	93/94	U/12	M Bell	1.56	92/93
U/13	S Horrocks	1.48	94/95	U/13	M Bell	1.63	93/94
	R Cook *	1.48	2004/05		D Irvine	1.63	97/98
U/14	V Vrbancic*	1.54	2000/01	U/14	G Trenton	1.80	92/93
U/15	A Macoun	1.55	2000/01	U/15	G Trenton*	1.90	93/94
U/16				U/16	M Banks	1.55	2003/04
U/17				U/17	S Macoun	1.58	2000/01

**TRIPLE JUMP**

U/10	K Robertson*	8.58	95/96	U/10	R Yates*	8.59	92/93
U/11	S Horrocks	8.92	92/93	U/11	R Yates	8.88	93/94
					T Brimble (T)	9.47	2004/05
U/12	L Allen*	9.67	98/99	U/12	D Irvine*	10.05	96/97
U/13	K Booth	10.02	2001/02	U/13	S McLeod-Robertson	10.24	2000/01
					<b>J Shyu (T)</b>	<b>11.24</b>	<b>2006/07</b>
U/14	R Williams*	10.54	2003/04	U/14	G Trenton*	11.90	92/93
U/15	A Turner	10.99	99/00	U/15	S McLeod-Robertson	12.56	2002/03
U/16				U/16	S McLeod-Robertson	12.91	2003/04
U/17				U/17	S Macoun*	10.64	2000/01

**LONG JUMP**

U/6	A Hagan*	2.80	94/95	U/6	Z Dennis	2.94	2002/03
U/7	K Booth	3.03	95/96	U/7	Z Dennis	3.16	2003/04
					<b>J Jones (T)</b>	<b>3.17</b>	<b>2006/07</b>
U/8	A Cusack	3.42	93/94	U/8	S Baker	3.69	93/94
U/9	A Booth	3.70	95/96	U/9	Z Dennis*	3.94	2005/06
U/10	K Robertson	4.02	95/96	U/10	R Yates	4.00	92/93
					C Cameron (T)	4.43	2003/04
<b>U/11</b>	<b>H Joye*</b>	<b>4.30</b>	<b>2006/07</b>	U/11	C Tonkin	4.34	93/94
					C Cameron (T)*	4.79	2004/05
U/12	G Bright	4.42	93/94	U/12	M Bell	4.85	92/93
U/13	G Bright	4.60	94/95	U/13	J McGuigan*	4.97	92/93
					<b>J Shyu (T)</b>	<b>5.21</b>	<b>2006/07</b>
U/14	K Norman	4.82	93/94	U/14	J McGuigan	5.43	93/94
U/15	K Norman*	5.12	94/95	U/15	T Chansisourath	5.83	92/93
					S McLeod-Robertson		2002/03
U/16				U/16	S McLeod-Robertson	6.36	2003/04
U/17				U/17	S Macoun	5.30	2000/01

(\*recorded at Centre Championships)

U/16 &amp; U/17 included as from 2000/01 season

## Centre Best Performances at:

**CENTRE CHAMPIONSHIPS (records commencing 1983/1984 Season)****GIRLS****TRACK****Boys****70 METRES**

U/6	A Hagan	12.7	94/95	U/6	Z Dennis J Jones	12.7	2002/03 2005/06
U/7	C Shipp	11.7	84/85	U/7	R Yates	11.9	89/90
U/8	L McLaughlan	11.1	84/85	U/8	C Tonkin	11.1	90/91
U/9	A Booth	10.8	95/96	U/9	C Tonkin	10.4	91/92
U/10	T Booth	10.6	94/95	U/10	M Lagos J Melville	10.2 10.2	94/95 94/95

**100 METRES**

U/6	K Booth	18.6	94/95	U/6	Z Dennis	18.6	2002/03
U/7	C Shipp A Cusack	17.2 17.2	84/85 92/93	U/7	B Crofts	16.7	84/85
U/8	L McLachlan	15.6	84/85	U/8	S Baker	15.5	93/94
U/9	T O'Shea	15.7	2001/02	U/9	C Tonkin	14.8	91/92
U/10	A Smith	14.9	90/91	U/10	R Anderson	14.4	93/94
U/11	R Bielak-King	14.1	89/90	U/11	M Whitmore	13.8	88/89
U/12	K Urwin	13.5	89/90	U/12	D Irvine	12.5	96/97
U/13	G Bright	13.0	94/95	U/13	D Laurie	12.4	2000/01
U/14	L McLachlan	12.9	90/91	U/14	N Carr D Laurie	11.7 11.7	93/94 2001/02
U/15	L McLachlan	12.7	91/92	U/15	N Carr	11.5	94/95
U/16				U/16	J Fraser	13.9	2000/01
U/17				U/17	S Macoun	13.1	2000/01

**200 METRES**

U/7	C Shipp	37.4	84/85	U/7	N Squassoni	37.2	84/85
U/8	L McLachlan	35.2	84/85	U/8	S Baker	34.0	93/94
U/9	T Booth T O'Shea	33.7 33.7	93/94 2001/02	U/9	B Clegg	32.6	83/84
U/10	A Booth	32.2	96/97	U/10	B Clegg	30.8	84/85
U/11	A Booth	30.8	97/98	U/11	C Bougoure	29.9	89/90
U/12	A Booth	29.5	98/99	U/12	D Irvine	27.4	96/97
U/13	G Bright	27.5	94/95	U/13	J Law	26.4	2000/01
U/14	A Smith	27.4	94/95	U/14	D Laurie	25.1	2001/02
U/15	K Norman	27.2	94/95	U/15	N Carr	23.4	94/95
U/16				U/16	J Fraser	32.1	2000/01
U/17				U/17	S Macoun	30.1	2000/01



## Centre Best Performances at:

**CENTRE CHAMPIONSHIPS (records commencing 1983/1984 Season)**TRACK**GIRLS****BOYS****400 METRES**

U/9	T O'Shea	1.14.0	2001/02	U/9	B Clegg C Tonkin	1.15.9 1.15.9	83/84 91/92
U/10	T O'Shea	1.12.2	2002/03	U/10	B Clegg	1.11.1	84/85
U/11	C Tolhopf	1.07.9	93/94	U/11	W Chesher	1.09.2	87/88
U/12	C Friend	1.06.8	2000/01	U/12	S Robertson	1.04.7	95/96
U/13	C Tolhopf	1.03.3	95/96	U/13	D Laurie	1.01.3	2000/01
U/14	C Friend	1.03.3	2002/03	U/14	D Laurie	56.6	2001/02
U/15	C Friend	1.02.7	2003/04	U/15	D Laurie	54.6	2002/03
U/16				U/16	M Banks	1.01.7	2003/04
U/17				U/17	S Macoun	1.11.9	2000/01

**800 METRES**

U/9	K Booth	3.03.2	97/98	U/9	W Chesher	2.48.7	85/86
U/10	C Tolhopf	2.48.4	92/93	U/10	W Chesher	2.42.6	86/87
U/11	C Tolhopf	2.37.0	93/94	U/11	W Chesher	2.36.7	87/88
U/12	C Friend	2.41.2	2000/01	U/12	S Robertson	2.32.5	95/96
U/13	C Tolhopf	2.25.4	95/96	U/13	S Robertson	2.23.1	96/97
U/14	C Tolhopf	2.28.3	96/97	U/14	C Buckley	2.22.0	93/94
U/15	C Friend	2.34.8	2003/04	U/15	M Yates	2.10.4	95/96
U/16				U/16			
U/17				U/17	S Macoun	3.26.6	2000/01

**1500 METRES**

U/11	A Hagan	5.41.8	99/2000	U/11	J Leighton	5.26.8	91/92
U/12	A Hagan	5.32.8	2000/01	U/12	M Woods	5.11.7	2004/05
U/13	C Tolhopf	5.20.4	95/96	U/13	M Woods	4.51.5	2005/06
U/14	N Brown	5.29.8	95/96	<b>U/14</b>	<b>M Woods</b>	<b>4.36.7</b>	<b>2006/07</b>
U/15	A Yates	5.56.9	92/93	U/15	M Yates	4.33.4	95/96
U/16				U/16	M Banks	7.29.4	2003/04
U/17				U/17			

## Centre Best Performances at:

**CENTRE CHAMPIONSHIPS (records commencing 1983/1984 Season)**TRACK**GIRLS****BOYS****300 METRE WALK**

U/8	A Macoun	1.47.2	93/94	U/8	B Cox	2.01.4	92/93
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**700 METRE WALK**

U/9	A Alaia	4.00.6	91/92	U/9	G Sutherland	3.55.7	91/92
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**1100 METRE WALK**

U/10	S Bishop	6.41.1	96/97	U/10	J Shyu	6.40.9	2003/04
U/11	S Bishop	6.32.3	97/98	U/11	L Robinson	6.59.9	2001/02

**1500 METRE WALK**

U/12	A Alaia	9.22.2	94/95	U/12	R Cottle	8.02.1	89/90
U/13	S Bishop	8.23.3	99/00	U/13	B Cox	8.13.4	97/98
U/14	S Bishop	8.38.7	2000/01	U/14	R Cottle	7.59.8	93/94
U/15	L Weier	9.28.3	2002/03	U/15	K Lacey	7.49.9	97/98
U/16				U/16			
U/17				U/17			

**60 METRES HURDLES**

U/8	A Booth	12.0	94/95	U/8	Z Dennis	11.8	2004/2005
U/9	A Booth	10.7	95/96	U/9	<b>Z Dennis</b>	<b>10.7</b>	<b>2005/06</b>
U/10	A Booth	10.8	96/97	U/10	C Cameron	10.6	2003/04
U/11	R Cook	9.9	2002/03	U/11	T Brimble	10.1	2004/05
U/12	A Booth	10.0	98/99	U/12	D Porteous S Robertson D Melville	10.2 10.2 10.2	95/96 95/96 99/2000

**80 METRES HURDLES**

U/13	A Booth	13.2	99/2000	U/13	S McLeod-Robertson	13.7	2000/01
U/14	K Norman	13.2	93/94				

**90 METRES HURDLES**

U/15	K Norman	13.7	94/95	U/14	J McGuigan	13.3	93/94
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**100 METRES HURDLES**

				U/15	N Carr	13.3	94/95
				U/16			
				U/17	S Macoun	15.3	2000/01

**200 METRES HURDLES**

U/13	C Rowe	32.1	98/99	U/13	J Law	30.3	2000/01
U/14	H Cook	31.1	2002/03	U/14	<b>S Mavrik</b>	<b>29.1</b>	<b>2006/2007</b>
U/15	A Smith	31.3	95/96	U/15	S McLeod-Robertson	27.6	2002/03
U/16				U/16			
U/17				U/17			

## Centre Best Performances at:

**CENTRE CHAMPIONSHIPS (records commencing 1983/1984 Season)****GIRLS****FIELD****Boys****SHOT PUT**

U/6	L Hall	3.47	92/93	U/6	D Woods	4.36	2002/03
U/7	N Whitmore	7.31	87/88	U/7	M Meizer	7.21	89/90
U/8	K Rosman	6.50	93/94	U/8	B Lau	6.67	2004/05
U/9	N Whitmore	7.46	89/90	U/9	B Currie	8.17	90/91
U/10	N Whitmore	8.81	90/91	U/10	T Brimble	9.19	2003/04
U/11	N Whitmore	9.82	91/92	U/11	T Brimble	11.13	2004/05
U/12	N Whitmore	12.40	92/93	<b>U/12</b>	<b>C Cameron</b>	<b>9.20</b>	<b>2005/06</b>
U/13	A Booth	10.36	99/2000	U/13	J Law	11.51	2000/01
U/14	N Whitmore	10.62	94/95	<b>U/14</b>	<b>S Mavrik</b>	<b>12.14</b>	<b>2006/07</b>
U/15	H Cook	10.79	2003/04	U/15	M Whitmore	13.08	92/93
U/16				U/16	J Fraser	5.54	2000/01
U/17				U/17	S Macoun	11.88	2000/01

**Discus**

U/6	H McArdell	9.00	97/98	U/6	Z Dennis	13.40	2002/03
U/7	H McArdell	15.28	98/99	U/7	Z Brnabic	18.45	2003/04
U/8	N Whitmore	20.26	88/89	U/8	M Meizer	23.72	90/91
U/9	N Whitmore	23.26	89/90	U/9	M Whitmore	26.02	86/87
U/10	N Whitmore	28.34	90/91	U/10	T Brimble	30.87	2003/04
U/11	N Whitmore	24.52	91/92	U/11	T Brimble	30.91	2004/05
U/12	N Whitmore	32.38	92/93	<b>U/12</b>	<b>C Cameron</b>	<b>35.99</b>	<b>2005/06</b>
U/13	A Wakeford	35.77	2001/02	U/13	A Hogan	33.82	2001/02
U/14	B Libke	30.50	92/93	U/14	A Libke	38.34	91/92
U/15	D McLeod-Robertson	33.34	2005/06	U/15	P Melville	42.82	2002/03
U/16				U/16			
U/17				U/17	S Macoun	23.28	2000/01

**JAVELIN**

U/11	N Whitmore	25.24	91/92	U/11	J McGuigan	32.00	90/91
U/12	N Whitmore	28.32	92/93	U/12	J McGuigan	34.74	91/92
U/13	S Bishop	34.87	99/2000	U/13	T Bradley	33.92	92/93
U/14	L Garwood	30.94	93/94	U/14	J McGuigan	45.04	93/94
U/15	D McLeod-Robertson	32.85	2005/06	U/15	M Whitmore	47.38	92/93
U/16				U/16	M Banks	42.48	2003/04
U/17				U/17	S Macoun	37.62	2000/01

## Centre Best Performances at:

**CENTRE CHAMPIONSHIPS (records commencing 1983/1984 Season)**FIELD

## GIRLS

## Boys

**HIGH JUMP**

U/9	A Hagan	1.08	97/98	<b>U/9</b>	<b>Z Dennis</b>	<b>1.120</b>	<b>2005/06</b>
U/10	S Horrocks	1.28	91/92	U/10	C Tonkin	1.26	92/93
<b>U/11</b>	<b>H Joye</b>	<b>1.26</b>	<b>2006/2007</b>	U/11	M Bell	1.39	91/92
U/12	R Cook	1.41	2003/04	U/12	B Foat	1.54	89/90
U/13	R Cook	1.48	2004/05	U/13	B Foat	1.51	90/91
U/14	V Vrbancic	1.54	2000/01	U/14	J McGuigan	1.71	93/94
U/15	A Macoun	1.55	2000/01	U/15	G Trenton	1.90	93/94
U/16				U/16			
U/17				U/17	S Macoun	1.50	2000/01

**TRIPLE JUMP**

U/10	S Horrocks	8.69	91/92	U/10	R Yates	8.59	92/93
U/11	K Robertson	8.83	96/97	U/11	B Foat (G) T Brimble (T)	9.40 9.44	88/89 2004/05
U/12	L Allen	9.67	98/99	U/12	D Irvine	10.05	96/97
U/13	K Booth	10.02	2001/02	U/13	B Foat	10.49	90/91
U/14	R Williams	10.54	2003/04	U/14	G Trenton	11.90	92/93
U/15	K Norman	10.30	94/95	U/15	S McLeod-Robertson	12.45	2002/03
U/16				U/16			
U/17				U/17	S Macoun	10.64	2000/01

**LONG JUMP**

U/6	A Hagan	2.80	94/95	U/6	Z Dennis	2.77	2002/03
U/7	C Shipp	3.06	84/85	U/7	M Meizer	3.30	89/90
U/8	L McLachlan	3.31	84/85	U/8	W Chesher (G) Z Dennis (T)	3.52 3.68	84/85 2004/05
U/9	T O'Shea	3.69	2001/02	<b>U/9</b>	<b>Z Dennis</b>	<b>3.94</b>	<b>2005/06</b>
U/10	S Horrocks	4.09	91/92	U/10	G Miskowycz	4.27	88/89
U/11	R Bielak-King	4.33	89/90	U/11	B Foat (G) C Cameron (T)	4.72 4.79	88/89 2004/05
U/12	K Norman	4.60	91/92	U/12	B Foat	4.87	89/90
U/13	L McLachlan	4.83	89/90	U/13	J McGuigan	4.97	92/93
U/14	L McLachlan	4.93	90/91	U/14	M Whitmore T Chansisourath	5.67 5.67	91/92 91/92
U/15	K Norman	5.12	94/95	U/15	N Morris	5.82	2004/05
U/16				U/16			
U/17				U/17			

## **State / National Achievements**

### **Current Queensland Best Performances held by Present or Past Algester Athletes**

<b><u>Age Group</u></b>	<b><u>Athlete</u></b>	<b><u>Events</u></b>	<b><u>Year</u></b>	<b><u>Performance</u></b>
U/13 Girls	Aleta Booth	80m Hurdles	2000	12.85
U/15 Boys	Scott McLeod-Robertson	Triple Jump	2003	13.27m
U/15 Girls	Kathleen Norman	Long Jump	1995	5.74m

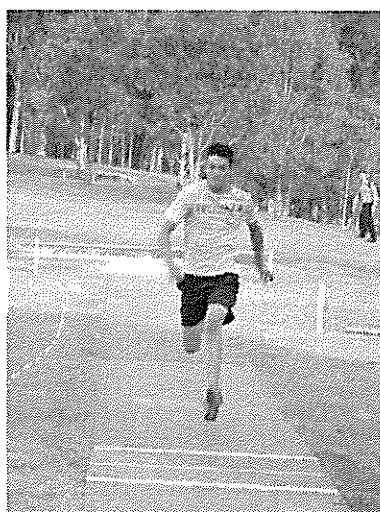
### **State Relay Queensland Best Performances**

<b><u>Age Group</u></b>	<b><u>Athletes</u></b>	<b><u>Events</u></b>	<b><u>Year</u></b>	<b><u>Performance</u></b>
U/9 Girls	Stacey Rosman, Nicole Whitmore	Shot Put	1989	12.71
U/10 Boys	Michael Slater, Ben Foat	High Jump	1989	2.56
U/11 Boys	Clay Cameron, Tyrone Brimble	Discus	2004	58.17m
U/14 Girls	Leanne McLachlan , Renee Varney	Long Jump	1990	10.23



## **Algester Athletes who have represented Queensland at the Australian Little Athletics Championships**

<b><u>Venue</u></b>	<b><u>Year</u></b>	<b><u>Age Group</u></b>	<b><u>Athletes</u></b>	<b><u>Events</u></b>
Launceston	1990	U/12 Boys	Ben Foat	High Jump, Triple Jump, Discus
Perth	1992	U/12 Boys	Ross Cottle	1500m, 1500m Walk
		U/12 Girls	Lisa Garwood	Shotput, Discus, Javelin
Melbourne	1993	U/13 Boys	Clinton Buckley	800m, 1500m
		U/13 Girls	Kathleen Norman	High Jump, Triple Jump, 1500m Walk
			Lisa Garwood	Shotput, Discus, Javelin, Relay
		U/15 Girls	Kelly Urwin	Pentathlon
Adelaide	1994	U/13 Girls	Nicole Whitmore	Shotput, Discus, Javelin
			Alana Smith	200m, 400m, Relay
Darwin	1995	U/13 Girls	Emma Wichgers ©	800m, 1500m
			Gemma Bright	100m, 200m, Relay
		U/15 Girls	Kathleen Norman	Pentathlon
Brisbane	1996	U/13 Boys	Kevin Lacey	1500m, 1500m Walk
		U/13 Girls	Carla Tolhopf	400m, 800m
Hobart	1998	U/13 Boys	David Irvine	100m, 200m, High Jump, Relay
Perth	2000	U/13 Girls	Linda Allen	Long Jump, Triple Jump, 200m, Relay
			Samantha Bishop	Javelin, 1500m Walk
			Aleta Booth	Javelin, 80m Hurdles, 100m, Relay
Adelaide	2002	U/13 Girls	Angela Hagan	Javelin, 1500m
Gold Coast	2003	U/13 Girls	Rebecca Williams	200m, 400m, Triple Jump, Relay
Sydney	2004	U/15 Girls	Hayley Cook	Pentathlon
Hobart	2005	U/13 Girls	Renee Cook	80m Hurdles, Javelin, Relay
Canberra	2006	U/13 Boys	Matthew Woods	1500m Walk, 1500m
Perth	2007	U/13 Boys	Jordan Shyu	Triple Jump, 800m, Relay



**Performance by Algester Athletes representing Queensland at the  
Australian Little Athletics Championships.**

U/12 Boys	1990	Launceston	Benjamin Foat	Discus High Jump Triple Jump	23.64m 1.50m 8.31m	
U/12 Boys	1992	Perth	Ross Cottle	1500m	5.26.6	
U/12 Girls			Lisa Garwood	Shotput Discus Javelin	10.52m 25.76m 24.10m	
U/13 Boys	1993	Melbourne	Clinton Buckley	800m 1500m	2.21.0 4.39.8	
U/13 Girls			Lisa Garwood	Javelin	34.34m	Silver
			Kathleen Norman	Triple Jump High Jump 1500m Walk	9.96m 1.45m 10.37.5	
U/13 Girls	1994	Adelaide	Nicole Whitmore	Shotput Discus	11.33m 32.42m	
			Alana Smith	200m 4 x 100m Relay	26.5 51.0	Silver
U/13 Girls	1995	Darwin	Emma Wichgers ©	1500m	5.22.8	
			Gemma Bright	100m	12.7	
U/15 Girls			Kathleen Norman	Pentathlon	3429 points	Silver
U/13 Boys	1996	Brisbane	Kevin Lacey	1500m Walk	8.12.3	
U/13 Girls			Carla Tolhopf	400m 800m	59.8 2.25.7	Silver
U/13 Boys	1998	Hobart	David Irvine	100m 200m High Jump 4 x 100m Relay	12.2 25.9 1.61m	Bronze
U/13 Girls	2000	Perth	Linda Allen	200m Long Jump Triple Jump 4 x 100m Relay	27.7 4.30m 10.55m 52.5	
			Samantha Bishop	1500m Walk Javelin	8.38.8 34.72m	
			Aleta Booth	100m 80m Hurdles Javelin 4 x 100m Relay	13.0 12.6 29.85m 52.5	Gold
U/13 Girls	2002	Adelaide	Angela Hagan	1500m Javelin	5.40.9 34.06m	
U/13 Girls	2003	Gold Coast	Rebecca Williams "Girls Most Valuable Performer 2003"	200m 400m Triple Jump 4 x 100m Relay	28.2 1.04.8 10.40m 52.3	=Bronze
U/15 Girls	2004	Sydney	Hayley Cook	Pentathlon	3052 pts	8
U/13 Girls	2005	Hobart	Renee Cook	80m Hurdles Javelin 4 x 100m Relay	13.48 23.40m 53.05	(6) (11) (4)
U/13 Boys	2006	Canberra	Matthew Woods	1500m Walk 1500m	8.30.1 4.43.0	(6) (6)
U/13 Boys	2007	Perth	Jordan Shyu	Triple Jump 800m 4 x 100m Relay	11.42m 2.24.2 49.4	(7) (11) (4)

**Centre Best Performances for Centre Championship Events No Longer Competed****Track**

BOYS				GIRLS		
	<b>70 Metres</b>					
U 11	J Kluver	10.9	83/94	K Duffy	10.7	83/84
U 12	S Duffy	10.5	83/84	G Ferguson	10.8	83/84
	<b>80 Metres</b>					
U 7	G Miskowycz	13.4	85/86	J Ward	13.9	85/86
				L Blackmore	13.9	86/87
U 8	M Whitmore	12.5	85/86	C Shipp	13.1	85/86
U 9	M Whitmore	12.1	86/87	K Urwin	13.0	86/87
U 10	D Blackmore	11.5	86/87	T Miskowycz	12.8	85/86
	<b>400 Metres</b>					
U 8	W Chesher	1.20.6	84/85	L McLachlan	1.24.0	84/85
	<b>300m Walk</b>					
U 6	S Burns	2.50.8	92/93	C Wichgers	2.07.6	93/94
U 7	C Clout	2.18.3	93/94	C Wichgers	1.52.7	94/95
	<b>400m Walk</b>					
U 7	B Cox	2.49.0	91/92	A Cusack	2.52.2	91/92
U 8	S Cusack	3.00.5	91/92			
	<b>800m Walk</b>					
U 9	D Duffy	5.14.9	85/86	K Johnston	5.15.3	85/86
U 10	C Gell	5.30.5	84/85	P Stevens	5.32.4	87/88
	A Gardiner	5.30.5	84/85			
	<b>60m Hurdles (5 Flights)</b>					
U 6				L Hall	16.0	92/93
U 7	T Urwin	12.9	91/92	S Bishop	12.3	93/94
				V Vrbancic	12.3	93/94
U 8	C Bougoure	11.2	86/87	L McLachlan	11.5	84/85
U 9	D Blackmore	10.2	85/86	R Varney	11.5	85/86
U 10	C Cusack	9.9	91/92	R Varney	10.4	86/87
U 11	B Foat	9.9	88/89	S Horrocks	10.3	92/93
U 12	J McGuigan	9.3	91/92	R Varney	9.9	88/89
	<b>80m Hurdles (8 Flights)</b>					
U 13	S Duffy	13.4	84/85	G Ferguson	14.1	84/85
U 14				G Ferguson	14.8	85/86
	<b>90m Hurdles (8 Flights)</b>					
U 13	M Whitmore	14.1	90/91	R Varney	15.2	89/90
U 14	G Trenton	13.5	92/93	K Urwin	13.9	91/92
U 15	M Whitmore	13.7	92/93	K Urwin	14.1	92/93
	<b>200m Hurdles (6 Flights)</b>					
U 13	B Foat	33.0	90/91	K Urwin	30.8	90/91
U 14	G Trenton	29.0	92/93	K Urwin	31.0	91/92
U 15	M Whitmore	29.4	92/93	K Urwin	32.3	92/93

**Field**

BOYS				GIRLS		
	Shot Put					
U 8	M Meizer (1kg)	8.98	90/91	N Whitmore (1kg)	8.37	88/89
U 11	C Cusack (3kg)	6.92	92/93			
	Discus					
U 7	M Meizer (500gm)	16.06	89/90	N Whitmore (500gm)	17.30	87/88
U 8	S Cusack (350gm)	16.74	91/92	K Rosman (350gm)	15.98	93/94
U 13				N Whitmore (1kg)	29.0	93/94
	High Jump					
U 8	W Chesher	0.98	84/85	E Pursey	0.98	84/85
	Javelin					
U 13				S Rosman (600gm)	27.94	93/94



# Queensland Little Athletics Association

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