

Yearbook 2018-19

Redlands Athletics



Redlands Athletics is proud to continue its association for the 2018/19 season with the following organisations.



Little Athletics QLD - Mission Statement

Little Athletics aims to develop children of all abilities by promoting positive attitudes and a healthy lifestyle through family and community involvement in athletics activities.

Little Athletics QLD - Equity Statement

LAQ aims to guarantee all children and adults access to a complete range of participation, training and competition opportunities and to ensure equity in all aspects of athletics including the provision of rewards and incentive, coaching, officiating and administration.

Redlands Athletics Year Book Season 2018/19

Hi our names are Kylah, Rihanna, Ruby & Lucille and on behalf of Redlands Athletics, our club. We would like to welcome you to our 2018/19 season.

We are so excited that our new season is almost here, we are so looking forward to catching up with all our friends again and having fun whilst competing. For us it's a very exciting year as we will be in U9's and will be eligible to go to States for the very first time.

To our new families who have joined us, we understand it can be overwhelming during those first few weeks as you might not know anyone. We were the same once but now we have made so many friends and had some really great times...it's been worth it.

An equally warm welcome is extended to our many returning families, it's great to see you all back again and we can't wait to say hello and high five you.

This yearbook is yours to keep. It provides you with a lot of information on how our club and Little Athletics works. Please take the time to read it and if you have any questions don't hesitate to ask one of our Committee Members. .



Family ▪ Fun ▪ Fitness

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Club Contact Details

Phone	0422 649 662
Email	info@redlandsathletics.org.au
Club website	www.redlandsathletics.org.au
LAQ website	www.laq.org.au
QA website	www.qldathletics.org.au

Club Management Committee 2018/19

Club Manager - Rodney Clarke	Secretary - Shane Goodwin
Treasurer - Hein Peeters	Registrar - Hein Peeters
Uniform Officer - Adrienne Shine	Program Officer - Linda Sorensen
Club Senior Coach - Jeff Stonehouse	Officials Officer - Rodney Clarke
Athlete Liaison - Rodney Clarke	Nominations Officer - Angela Clarke
General Committee - Linda Sorensen	

If you would like to join our club committee, it's not too late...this is as much your club as it is ours so don't hesitate to ask if you have any questions.

Club Patrons (Past & Present)

Carolyn Santagiuliana	1998 to present
Betty Goleby	1985-1998
John Goleby	1984-1985

Club Life Members

1989 Barrie Cox	2009 Adrienne Shine
1991 Anna Casey (dec'd)	2009 Linda & Paul Sorensen
1995 Greg Carmichael	2011 Kieth Shirt
1995 Peter Keegan	2013 Kerry Carroll
2000 Peter Hansen	2018 Donna Smith

Club Manager's Message

Welcome to our 2018-19 season at Redlands Little Athletics.

I would like to take this opportunity to welcome back all returning families and athletes and wish you all the very best this season. To our new families and athletes joining us for the first time a warm welcome is extended to you all. I am confident your experience with us will be a positive and enjoyable one.

At the same time we are welcoming both new and returning families sadly we farewell two of our long time athletes. Both Anna and Ethan have reached the end of their Little Athletics career as competing athletes and as a club we will miss them.



Anna (pictured left) has been a popular member of our club for 6 years joining us as an U10 athlete with her big sister Tiana. Blessed with a natural flair for running and throwing Anna is a truly great club person with a lovely smile and a quirky sense of humor. Anna you will be missed.

Ethan (pictured right) has been with us since U9's and is one of those athletes who despite not winning events in his early years kept on trying and returning year after year before finding his niche in Racewalking having achieved state level representation.



Ethan now puts back into the club as a coach and at major LAQ competitions you will hear him announcing medal winners. We will certainly miss his enthusiasm around the club.

On behalf of the club we wish both athletes all the very best as they move into the next phase of their life's and can I say you both will always be welcome to come back and say hello.



Last season Redlands welcomed a new Life Member. Current Little Athletics President Donna Smith (pictured left) was a member of our club from 2000 to 2010 upon her relocation from Emerald in Central QLD. Donna joined the club like so many as a parent helping out on events and as age group marshall before joining the committee and holding various positions including the role of Club President from 2002 to 2005. Her son Jordan was one of the first two athletes to go through from U6 to U17 at our club and still holds several club records. Donna has gone on to represent Little Athletics at the highest level in the state having served on the LAQ Board for the past 10 years and is our current LAQ President. We welcome Donna into this prestigious group of people.

This season sees the national introduction of our new age groups which are now based on the calendar year. Your age as at the 31st December will determine your age group for the season and don't worry you won't go up and age group if you have a birthday after Christmas. This change will have greatest impacts on those athletes born after 30th September who will go up two age groups. As a club we will be there to assist and help with your progression.

There has also been positive changes to the LAQ calendar this year most notably the combining of Senior and Junior Pentathlons into a two day multi carnival in February and the creation of the Coles Summer Carnival in November to replace the Senior & Junior Carnivals components that previously accompanied the two Pentathlon carnivals. Details of these new events can be found in your yearbook.

Townsville is the host city for the 2019 LAQ State Championships in March. For those unaware our State Championships are held in FNQ once every 4 years providing all athletes and parents a wonderful opportunity to visit another region within the state and compete against athletes and clubs you may not have seen before. Advance notice gives you time to begin planning for this event. As a club we have reserved a group accommodation booking so that all Redlands athletes can be together in supporting each other. Further details will follow.

Our new webpage is up and running, this has been a long time coming. We are very excited to see its launch for the season and hope you find it informative, user friendly and fresh. We will be adding more information over time to ensure its value remains for members.

On a more important note please take the time to read through your year book as it explains how the club is run, provides important dates & information for carnivals, club awards and major events. If you require any assistance at any time please come and ask any of our club committee members who will be more than willing to assist you.

What is important to us in Little Athletics, is that our children be given the opportunity to learn, enjoy and improve their physical skills at a level that suits them. Participation in sports provides an excellent grounding for their future years.

Queensland Little Athletics motto of *family, fun and fitness* and *be your best* is endorsed by Redlands Athletics and all athletes are encouraged to participate in all events.

In the case of wet weather, updates can be found on our website and Facebook page between midday and 1pm on the day. We will always endeavor to hold competition unless it is deemed unsuitable or unsafe to do so. If we do compete a modified program may also be offered.

If there is anything that you require assistance with please do not hesitate to speak with myself or any of our volunteer committee members.

Rodney Clarke
Centre Manager

Club Managers (past & present)

1980-81	Ray Griffiths	2000-01	Peter Hansen
1981-82	Ray Griffiths	2001-02	Jon Carson
1982-83	Ray Griffiths	2002-03	Donna Smith
1983-84	Ray Shoenauer	2003-04	Donna Smith
1984-85	Don Taylor	2004-05	Donna Smith
1985-86	Don Taylor	2005-06	Don Uhlmann
1986-87	Barrie Cox	2006-07	Linda Sorensen
1987-88	Barrie Cox	2007-08	Linda Sorensen
1988-89	Barrie Cox	2008-09	Linda Sorensen
1889-90	Barrie Cox	2009-10	Linda Sorensen
1990-91	Keith Curry	2010-11	Linda Sorensen
1991-92	Keith Curry	2011-12	Kerry Carroll
1992-93	Ken Brown	2012-13	Kerry Carroll
1993-94	Ken Brown	2013-14	Linda Sorensen
1994-95	Keith Curry	2014-15	Linda Sorensen
1995-96	Keith Curry	2015-16	Linda Sorensen
1996-97	Peter Keegan	2016-17	Linda Sorensen
1997-98	Peter Keegan	2017-18	Rodney Clarke
1998-99	Peter Hansen	2018-19	Rodney Clarke
1999-00	Peter Hansen		



2018-19 Season Calendar

Day	Date	Start	Event	Venue
2018				
Saturday	25-Aug	2:30pm	Week 1	CDSHS
Saturday	1-Sep	2:30pm	Week 2	CDSHS
Saturday	8-Sep	2:30pm	Week 3	CDSHS
Saturday	15-Sep	2:30pm	Week 4 - Tiny Tots Starts	CDSHS
Saturday	22-Sep	8am	Coles Spring Carnival - No Club Competition	Bundaberg
Saturday	29-Sep		No Club Competition - School Holidays	
Saturday	6-Oct		No Club Competition - School Holidays	
Saturday	13-Oct	2:30pm	Week 5 - Club Relay Day	CDSHS
Saturday	20-Oct	2:30pm	Week 6 - Club Champs #1	CDSHS
Saturday	27-Oct	2:30pm	Week 7 - PB Day #1	CDSHS
Saturday	3-Nov	2:30pm	Week 8	CDSHS
Sunday	4-Nov	8am	LAQ Coles Summer Carnival	SAF, Nathan
Saturday	10-Nov	2:30pm	Week 9 - Club Champs #2	CDSHS
Sunday	11-Nov	8am	LAQ SE Regional Relay Day	SAF, Nathan
Saturday	17-Nov	2:30pm	Week 10 - PB Day #2	CDSHS
Saturday	24-Nov	2:30pm	Week 11 - Club Champs #3	CDSHS
Saturday	2-Dec	2:30pm	Week 12	CDSHS
Fri-Sunday	7-9 Dec		Australian All Schools Championships	Barlow Park, Cairns, QLD
Saturday	8-Dec	2:20pm	Week 13 (Christmas Break Up Day)	CDSHS
Saturday	15-Dec	8am	LAQ McDonalds State Relay Championships	QSAC, Nathan
SUMMER BREAK				
2019				
Saturday	5-Jan	4:30pm	Week 14 (Twilight Meet)	CDSHS
Saturday	12-Jan	4:30pm	Week 15 (Twilight Meet) - PB Day #3	CDSHS
Saturday	19-Jan	4:30pm	Week 16 (Twilight Meet)	CDSHS
Sunday	27-Jan	8am	Club Carnival	Sheldon College
Saturday	2-Feb	4:30pm	Week 17 (Twilight Meet) - Club Champs #4	CDSHS
Sat-Sunday	9-10 Feb	8am	LAQ Nordic Sport Regional Championships	SAF, Nathan
Saturday	16-Feb	4:30pm	Week 18 (Twilight Meet) - PB Day #4	CDSHS
Saturday	23-Feb	2:30pm	Week 19	CDSHS
Saturday	24-Feb	2:30pm	Week 20	CDSHS
Sat-Sunday	2-3 Mar	8am	LAQ Coles Multi Event Championships	SAF, Nathan
Thur-Sunday	7-10 Mar		Queensland Athletics Championships (U14-Open)	SAF, Nathan
Sunday	9-Mar	2:30pm	Week 21 - Club Champs #5	CDSHS
Saturday	16-Mar	2:30pm	Week 22	CDSHS
Saturday	17-Mar	2:30pm	Week 23	CDSHS
Fri-Sunday	22-24 Mar	8am	LAQ McDonalds State Championships	Townsville
Sun-Sunday	31 Mar - 7 Apr		Australian Athletics Championships (U14-Open)	Sydney Olympic Park, NSW
	April		Presentation Day & AGM	TBA
Sat-Sunday	28-29 Apr		LAA Championships (ALAC's)	Hobart, Tasmania
Saturday	May	2pm	Redlands Cross Country	Capalaba State School

Please note our calendar is subject to change

Competition Changes for Season 2018/19

The following competition rule changes will come into effect for the 2018/19 season, please take the time to make yourself familiar with these changes.

Should you have any questions please ask one of our committee members.

Age Group Changes:

Age groups are now determined by the age of an athlete as at 31st December. This change now aligns to both School Sports and Queensland Athletics.

Eligibility for State Teams:

The club attendance requirement has been reduced from 50% attendance at club meets to 4 in total. No allowance for medical or special circumstances. All other criteria remain same.

U13 & U15 Multi - LAQ State Team:

Team size for U13's has increased from 26 to 32 (3 athletes per event). Team size for U15 Multi has increased from 3 boys and 3 girls to 4 girls and 4 boys. Both teams will compete in Hobart, Tasmania in April 2019.

State Championships Qualifying:

Should an athlete achieve a Qualifying Performance Level at Regionals they also shall qualify to advance to State Championships.

Regional Relay Teams:

The race distance for the U17 Boys & U17 Girls Regional Team has been changed from a 4x400m relay to a 4x100m relay.

Regional & State Relays Program:

A change to the relay events offered for age groups at both Regional & State Championships has been updated. Refer section on Regional & State Relays in yearbook for details.

Implement Weight Changes:

The following implement weight changes come into effect for the 2018/19 season as approved by LAA to align with SSA (School Sports Australia).

- U11 Boys & Girls Discus was 750g now 500g
- U13 Boys Discus was 1kg now 750g
- U12 Boys Shot Put was 3kg now 2kg.

New Club records will be set for these events as a result.

Queensland Athletics (QA)



Redlands Athletics is proud to continue its affiliation with Queensland Athletics (QA) providing our athletes a pathway into senior competition.

As an affiliated club of QA we are able to facilitate the registration for any athlete who wishes to compete in any sanctioned events.

QA offer both a Summer calendar (October to March including track & field) and a Winter calendar (April - September including cross country, distance running & race walking) with meets designed to cover all athletic abilities. Typically an athlete must be 12 years of age as at 31st December to enter events however some events do have lower age entry levels. Check the QA website for event specific event details to be sure.

Dual membership with QA through Redlands Athletics costs \$10-00 for U13-U15 athletes with members then required to select their QA membership package of either Base, Traditional or Platinum. Check the QA website for details on each package to determine which one best suits you.

Membership is for a 12 month period up to 30th September each year. If you are an U16 or U17 athlete you must hold a full membership with both LAQ & QA to compete at both levels.

Competing in QA events athletes become eligible for selection to the Qld Heat Athletics team to represent Queensland at several major national events including Australia Athletics Championships, National Cross Country Championships, National Race Walking Road Championships and the National Combined Events Championships to name a few.

Further information on all QA related matters can be found by visiting their website at www.qldathletics.org.au

2018 Redlands Cross Country Event



Our club has for the second year running held its annual cross country at Capalaba College as part of the growing QA Brisbane Cross Country Series. This year our event attracted runners of all ages across Brisbane and beyond.

Offering race distances of 1,000m, 2,000m, 3,000m, 4,000m, 6,000m & 8,000m over a revised course that took runners in reverse direction from the previous year. Its success was measured by having over 200 registrations on the day. We look forward to seeing you there next year.

This event provides a perfect warm up event for the upcoming Met East cross country selection trials.

2018 Cross Country – Capalaba College – 19th May



Club Information

Club rules – General

- The club has a **NO REFUND** policy. Once fees have been paid there can be no refund. New athletes have an opportunity to do a two-week trial at \$20.00. When they sign on as a full member the trial fee will be deducted from their registration fee.
- Athletes must compete in the clubs uniform which is to be worn at all club meets, carnivals and where representing Redlands. A uniform is not required where an athlete is 'trialing' but must be purchased once a registration has been taken up.
- Shoes must be worn when in competition at all times, no barefoot competing permitted.
- Athletes must be accompanied by an adult parent or carer on competition days, no athlete is to be left without an adult parent or carer present.
- No athlete is to leave the grounds unless accompanied by an adult parent or carer.
- Athletes (and parents) must obey and respect all instructions issued by Officials or Committee Members.
- School buildings and their surrounds (except the amenities block) are strictly out of bounds to everyone
- The clubs equipment shed, canteen and office are out of bounds to everyone unless accompanied or invited into by a Committee Member
- All towing vehicles and trailers are strictly off-limits to children and adults unless approved by a Committee Member.
- The following are strictly prohibited on school grounds and at any club meet:
 - Smoking
 - Alcohol and Alcohol consumption
 - Illicit Drugs
 - Abusive or threatening language
 - Dogs and pets of any nature

Club Rule – Equipment & Competition

The club provides all the correct equipment to enable competition to be held in an equitable way for all athletes. This equipment can be quite expensive to replace if used incorrectly. Some of this equipment can be dangerous if used incorrectly. The following rules apply to our equipment and competition areas.

- No athlete is to use any equipment until authorized and supervised by an official
- No person is permitted to cross in front of any throws event (Javelin, Shot Put or Discus) and parents or carer's must ensure any child under their supervision does not also.
- The javelin & discus areas are strictly out of bounds to all except those immediately participating in the event or officiating.
- Whilst we appreciate and welcome parent help at events, no child is to accompany a parent or carer at a throws event where they themselves are officiating as a spiker, measurer, sector judge or retriever.
- Any dangerous or disrespectful use of equipment by an athlete will result in disqualification from that event.
- No child who is not competing may handle any throwing implement
- Any willful damage to equipment by a person will be required to meet any replacement costs.

Codes of behaviour

Children's needs in sport

We all love seeing our kids out on the track doing well. However remember no two kids are the same and we ask everyone to embrace the ideals of Little Athletics and its ethos of "Family, Fun & Fitness" with all children and share in their fun and excitement as they strive to "be their best".

To this we advise our clubs Codes of Behaviour which all members, parents, carer's, officials & Committee Members must be aware of, respect and abide by.

Parents and Spectators

A child's basic training in good sportsmanship starts at home.

- Do not force an unwilling child to participate in sports or events.
- Condemn any violent or illegal acts, whether they are by athletes, coaches, officials, parents or spectators.
- Respect the official's decision. Don't complain or argue about actions or decisions during or after an event.
- Unsportsmanlike language, harassment or aggressive behaviour will not be tolerated.
- Encourage athletes to play by the rules and to respect opposing athletes and officials.
- Never ridicule or scorn an athlete for making a mistake, respect their efforts.
- Understand that sport is part of a total life experience, and the benefits of involvement go far beyond the final placing in an event.
- Participate in positive cheering that encourages the athletes in the Centre you are supporting.
- Don't engage in any cheering that taunts or intimidates opponents, their fans or officials.
- Remember children participate in Little Athletics for their enjoyment, not yours.
- At all times follow the directions of the Arena Manager and/or competition day officials.
- Never arrive at a Little Athletics competition under the influence of alcohol. Never bring alcohol to a Little Athletics competition or training.
- Behave in a manner that respects the rights of others regardless of mediums of communication used, e.g. digital mediums such as twitter, Facebook, email and texts.
- Remember, all persons that run the club are volunteers doing the best that can do, work with them when a problem arises.

Athletes

What matters the most isn't whether you win or lose, but how you play the game. Participate for your own enjoyment and benefit.

- Always respect the officials decision
- Be a good sport. Respect all good performances whether from your Centre or the opponents and shake hands with and thank the opposing athletes and officials after the event - win, lose or draw.
- Never become involved in acts of foul play.
- Honour both the spirit and intention of the competition rules and live up to the highest ideals of ethics and sportsmanship. Avoid gamesmanship and respect the traditions of the sport.

- Never engage in disrespectful conduct of any sort including profanity, sledging, obscene gestures, and offensive remarks, trash-talking, taunting or other actions that are demeaning to other athletes, officials or supporters.
- Care for and respect the facilities and equipment made available to you during training and competition.
- Recognise that officials and coaches are volunteers who give up their time to provide their services. Treat them with the utmost respect.

Coaches

The best coaches are more interested in their athletes' wellbeing than whether they win or lose.

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

Administrators and Officials

In Athletics, these people are mostly volunteers all pledging their time and effort so our athletes can enjoy themselves in competition.

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

- Officiate to the age and or experience of the athletes.

Breach of the code

Management committee may deal immediately with any breaches of these codes by warning offenders about their conduct, asking offenders to leave the venue, and calling police to intervene where necessary. Redlands Athletics is responsible for imposing any longer term consequences such as written warnings or barring attendance at future events for a period of time or indefinitely.

Parents and spectators should note that it is an offence to insult (meaning "to treat insolently or with contemptuous rudeness, to abuse") an official, athlete or committee member.

Consequences for athletes may include, but not limited to, notification of parents and being sent home at parent's expense.

General Information

Starting Time

Our Saturday program commence at 2:30pm, your arrival by this time ensures we are ready for competition to commence at 3pm sharp. Prior to competition we need to arrange for our Age Group Marshal's, have the athletes warm up and importantly deliver any necessary information to members.

Our Racewalk and 3,000m events will continue to be included at the start of the program as an extra optional event so for these athletes you will need to arrive earlier than normal.

Upon our return from the Christmas mid-season break weeks 14, 15, 16, 17 and 18 will be twilight meets commencing 4:30pm. This helps us to avoid competing in the heat of the day. Athletes are asked to arrive by 4:00pm on these days.

Approximate duration of competition is three hours, but this can vary depending on a range of factors including the number of events on the day, availability of age group marshals, parent help at events and commencing on time.

Cancellation of Competition

As a general rule, competition can be held in light intermittent showers, with the possible exception of high jump, hurdles and javelin. In this instance a modified program will be adopted.

If rain is continuous it is likely that competition will be cancelled. The decision to cancel or postpone competition due to extreme weather, such as excessive heat or rain, will be made by the management committee on the day of competition around midday with information posted to the Club's website and Facebook pages no later than 1pm. Please check these important communication tools first before calling the clubs telephone number.

Parent Attendance

It is extremely important that no child be left without at least one guardian to supervise the athlete's performances. Any child found to not have a guardian present will be removed immediately from competition until such time as their guardian returns. Our club is not a child-minding service rather an athletics club where parent participation is necessary for the competition to run smoothly and on time. Every parent is expected to contribute throughout the season.

In the interests of athlete safety and to meet the clubs duty of care to its members athletes will be required to sign in and out upon their arrival and departure by their parent or carer with their age group marshal.

The above policy ensures should a medical emergency arise we can contact the child's parent quickly which could assist in the athletes welfare. This becomes more important when permission to seek such assistance is not provided.

Sun Safety

All athletes must wear a hat at competition events when not actively competing. Parents and coaches are asked to set a good example by also wearing a hat to Club meets.

The club strongly encourages the use of sunscreen prior to any competition, should you forget yours there is sunscreen available at the canteen.

All athletes must bring a water bottle with them to Saturday meets. Water is freely available at the bubblers under M Block. Where hot weather is forecast water coolers will be placed at convenient places for use by members. Bottled water will also be available for sale from the canteen.

Blue Cards

People who help at Little Athletics events who do not have children of their own competing are required to have a blue card. They are also a prerequisite for assisting at LAQ carnivals. This applies to grandparents who help out at Saturday meets. For further information and how to apply details can be found on the QLD Government webpage at www.bluecard.qld.gov.au/applications .

Newsletter

The Club publishes a weekly newsletter with information on such things as club news, nominations process for upcoming events, carnivals and coaching. Copies of the newsletter will be emailed and sent to your email address used when registering with us. Please ensure this is accurately given to avoid missing out. We will also have the newsletter posted to our Facebook page and our website. No hard copy of the newsletter will be available from the club.

Photographs

We regularly take photos of athletes competing at Club meets. Photographs are digital and no negatives are made or kept. Parents are welcome to take photos of their own children competing. Photos of your child can be used to promote the club. If you are concerned about having your child photographed please see the Club manager. The club will advertise prior to an event if we are to have a designated photographer who may be a fellow parent / member of the club.

Uniform

It is compulsory for all athletes to wear our current Club uniform at all Club, other club carnivals and LAQ sanctioned events. Uniforms can be purchased from the Club's uniforms officer at or clubhouse up to 2pm each Saturday before competition commences.

New athletes are issued with a Redlands Bucket Hat when signing on, this forms part of our compulsory uniform when representing Redlands Athletics at any LAQ Regional or State competitions. It is strongly recommended that it is worn at club meets and don't forget to label it with your child's name.



Please note the following additional uniform information and rules:

- Athletes who compete out of uniform at club meets will not have their results recorded.
- It is mandatory for club uniforms to be worn at all Regional and LAQ carnivals.
- All uniforms must have the athletes Age Group patch, Registration Number and major sponsor's labels affixed as per the above positions.
- Boys are permitted to wear red or black bike pants when competing, the Clubs shorts must be worn over the top of them. Unless it is a sponsor logo, no logos are permitted on bike shorts or skins.
- Girls Crop tops and Boys Singlets may only be worn only by U13 and above athletes. Their club polo must be worn when not competing

Presentation Day

The highlight of the season is our Presentation Day celebrating the many performances of our athletes at Club, Regional, State and National levels during the season. Our awards system is designed to not just reward our high achievers but to provide opportunity for athletes of all abilities with criteria's around attendance, personal bests, sportsmanship and behaviour included.

Annual General Meeting

Our AGM is held prior to the start of our Presentation Day. This important meeting not only ensures our club remains compliant with its legal obligations but also provides members with the opportunity to discuss matters arising around the clubs operations and its future direction. Members may also seek election to one of the many roles within the club.

Suggestions & Ideas

The management committee, all of whom are volunteers, are happy to discuss items, ideas or issues put forward by any club member. These can be made in person, through conversation or in writing to the club.

Lost Property

Lost property is kept at the clubhouse. Items collected after each weekend's competition will available for their collection at the next club meet. Periodically these items will be appropriately disposed of.

Public Indemnity Insurance

Redlands Athletics Public Indemnity Insurance is provided by XL Company Insurance SE / V-Insurance Group. We are covered for \$20,000,000.00 for each and every occurrence.





Photo's courtesy Ryan Cloete Photography

Club Competition

Tiny Tots



Catering for our 3 and 4 year olds, our Tiny Tots program will run for 10 weeks commencing Week 4 of competition which this season will be the 15th September. We apologize for there being a gap between Week 1 and Week 2 but with school holidays and other calendar events to fit in we had little choice.

Tiny Tots does not commence until week four as the start of each season is a very busy time with a new season to get up and running and plenty of trialists all making for a very hectic time.

Children must have turned 3 to participate in our program.

Registrations can be made at the clubhouse on our sign on days and up to 2pm on those weekends leading up to the programs commencement.

Start Time for our Tiny Tots program is the same as our normal competition being 2:30pm and runs for approximately 60 minutes each week.

For wet weather please check our Facebook page for updates.

Should a Tiny Tot turn 5 during the 10 week program and or before we recommence after the summer break they are able to continue with us in the second half of the season in the U6 age group at no additional cost. Whilst they will not be eligible for any club awards they will gain valuable experience through event based competition.



Tiny Tots athletes are not required to purchase a club uniform but are encouraged to wear a green t-shirt and red shorts. Any Tiny Tot moving into the U6 age group at the conclusion of their program will not be required to purchase a club uniform until they return the next season.

Week	Date	Week	Date
1	15 th September 2018	6	10 th November 2018
2	13 th October 2018	7	17 th November 2018
3	20 th October 2018	8	24 th November 2018
4	27 th October 2018	9	8 th December 2018
5	3 rd November 2018	10	15 th December 2018

Footwear

Shoes are compulsory at all LAQ-sanctioned events, including Club competitions, Regional Carnivals and State Championships. Athletes will not be permitted to compete without shoes.

Spike shoes are permitted only for athletes in the under 11 to under 17 age groups only. Younger athletes (U6-U10) attempting to compete in spike shoes, with or without spikes attached, will not be permitted to participate.

Under 13 athletes and above may wear spikes in all track events (except walks) and all jumping events and javelin.

Under 11 and under 12 athletes may wear spikes in all laned track events (ie 100m, 200m, 400m and hurdles) with the exception of walks, all jumping events and javelin. Athletes in these age groups may also wear spike shoes, without spikes attached, in unlaned track events (ie 800m & 1,500m).

Athletes must not put spikes on until they are either at their field event or when instructed to do so by track officials and take them off **before leaving the immediate competition area** or at the completion of their event. Athletes failing to observe this requirement will be reprimanded and could be banned from wearing spikes at Club competitions if a repeat of the event takes place.

	U11	U12	U13	U14	U15	U16	U17
Track Events							
Laned	S∞S	S∞S	S∞S	S∞S	S∞S	S∞S	S∞S
Unlaned	----	----	S∞S	S∞S	S∞S	S∞S	S∞S
Relays	lr*	lr*	S∞S	S∞S	S∞S	S∞S	S∞S
Field Events							
Vertical Jumps	S∞S	S∞S	S∞S	S∞S	S∞S	S∞S	S∞S
Horizontal Jumps	S∞S	S∞S	S∞S	S∞S	S∞S	S∞S	S∞S
Javelin	S∞S	S∞S	S∞S	S∞S	S∞S	S∞S	S∞S

Legend

- S∞S - an athlete may wear spike shoes with spikes
- lr - U11 & U12 athletes may wear spike shoes with spikes in the 4x100m relay event
- * U13 - U17 relay teams may wear spike shoes with spikes



Parent Participation



Athletics competitions cannot run efficiently without the assistance of parents.

Qualified officials, who are mostly volunteer parents themselves, oversee each event but further help is required to run each event.

The more parents who offer their help, the quicker and smoother the events proceed and the day's competition can conclude at a reasonable time.

Jobs you can assist with include:

- set up and pack up — Assist in setting up and pulling down equipment
- age marshall — 20 to act as group leader and the recording of results
- age coordinator - facilitate the running of all events in each age group
- finish line — time track events with stopwatches, place judging, lap counting
- jumps — rake sandpits, measure jumps, maintain bar height, judge
- throws — measure throws, spiking, spotting where implement lands, judge
- track — starting, start marshall, hurdle set up
- canteen — sales and BBQ
- technical — line-marking, equipment maintenance

Becoming an Official



Becoming an official has never been so easy, your Level 1 grading can be achieved by way of an open book questionnaire which can be arranged at club level. Your results are then shared with LAQ to ensure they are correctly held should you change clubs.

Continuous application of your learnings at club level will see your confidence grow which in turn leads to development in other events.

Level 1 accreditations will see you able to officiate at Club Carnivals & Regional Carnivals and with continued development pathways to major LAQ carnivals will open up.

Should your desire to become more actively involved in officiating, pathways into Queensland Athletics also exists which provides a greater variety of events to experience.

The most important message is "have a go and don't be afraid", register your interest with the club at the start of the season.

Coaching

Our club provides a well-supported coaching program all year round. All coaches hold current or are working towards their accreditation under the Athletics Australia Coach Accreditation Framework which ensures your child receives the most up-to-date and correct training methods and techniques available.



Our Head Coach for 2018/19 is Jeff Stonehouse.

Jeff is entering his tenth year with the club and Senior Coach for the last 2 years.

Jeff is a Level 2 Coach in Throws, Track and Walks.

Life Member Kieth Shirt has been with Redlands since 1999 years and has been coaching for 18 years. Having seen his own children pass through the club his interest continues to remain in coaching with his specialty High Jump.

Kieth holds his Level 2 in this event and is at the club on Saturday's coaching and teaching the Fosbury Flop before competition and then officiating the event. Kieth is also accredited in other field events.



John has been with Redlands for the past 2 seasons and has coached athletics for over 60 years. John is a Level 4 Coach in sprints and hurdles and is also a qualified coach for our multi athletes. Having managed Australia's Para Olympic Team, John brings to the club a wealth of knowledge for our kids to absorb and learn from. John's wife is also an athlete in her own right, a blind racewalker whom he met whilst coaching NSW. Welcome back John.

Ethan finished his Little Athletics career in with Redlands at the end of the 2107/18 season. He joined the club as an U10 athlete and competed at LAQ club, regional & state levels. He was also a member of the QLD Heat Team and a dual all Schools State representative in Racewalking. Ethan recently gained his Level 1 coaching accreditation as part of the clubs development program for its coaches. Ethan continues to race walks and is a current member of Racewalking QLD



Athlete Results & Recording of Results

Our club uses ResultsHQ for the management of all athlete performances. When registering with us the email address provided becomes your login to this portal. You will receive an email with your password to this email address to enable access.

At present past seasons results are not available, this is known to the product developers but as yet no fix has been provided.

All club results will be updated that weekend enabling up to date information for you.

Some club carnivals and major LAQ carnivals will use ResultsHQ as part of their nominations process so this login is important. Passwords can be reset if required.

The ResultsHQ login page is <http://www.resultshq.com.au>

Parents will not have access to another child's results other than their own and the club will not provide another child's results to an unrelated person.

The club will use these results for such things as awards and selection for Regional Relays.

Club Records

Redlands Athletics only recognise records on our Club Championships days. We are often asked why club records are not recognised throughout the whole season. First and foremost we need to respect and maintain the integrity of our current record holders. Secondly to verify a record we require a number of qualified officials at each event which ensures the race, trial, jump or throw has been conducted within the rules of competition. Without qualified event officials we are unable to verify these crucial components. During Centre Championships, events indicated as an NCE (non-championship event) can still qualify for a club record provided as there are sufficient qualified officials at the event.

If your child is challenging for a club record and it is a club championship day let us know in advance. This will give us time to organise the required officials to ensure your child is given every chance at succeeding.





2017 Regional & State Relays



Redlands Athletics Special Event Days

The following special event days form part of our club calendar.

Athletes are encouraged to attend all special event days as they form part of our competition days with results and attendance counting towards many club awards.

Club Relay Day October 13th (Week 5)

The only team based event on the Little Athletics calendar this day provides all athletes with the opportunity to familiarise themselves with relay events. The focus of the day will be the running of relays with your club mates with a focus on relay rules, lane positioning, baton changeovers and correct techniques.

The day is designed to provide athletes with the confidence to nominate for Regional Relays (11th November 2018) to be held at State Athletics Facility (SAF).

Club Carnival Sunday, January 27th 2019



Following on from last year's successful carnival we are once again looking to hold our annual Club Carnival at Sheldon College. This venue provides athletes with a first class facility and a great opportunity to compete against athletes from other clubs prior to their Regional Championships.

Our carnival is open to all athletes from U6 - U17. Participation medals will be awarded to our U6 athletes with place medals for our U7-U17 athletes. Club Carnival records can also be broken on the day.

Athletes can register for a maximum of five events with our U6 athletes a maximum of four events.

Athletes will be required to nominate for their events and pay the entry fee on or before the close of nominations (date to be advised) via ResultsHQ. No nominations are accepted on the day.

McDonald's Improvement Days (PB Days)

Four days have been selected throughout the season (refer calendar for dates) in which athletes who achieve the highest number of personal bests on these days will be awarded the McDonald's Personal Best Award on presentation day.

Please note to be eligible for any Club Award an athlete must have achieved the minimum attendance requirement. Please refer to Club Awards section of the yearbook for further details.

Christmas Break Up Day, 8th December 2018

Our last competition day before we break for Christmas is one to attend.

Yes we will hold some competition events but we will also celebrate all things "Family, Fun & Fitness". We encourage parents to take this opportunity to participate alongside their children in events including both track and field. Further details on the day to follow.



Club Championships

Club Championships is our way of determining our age group champions (U6 to U17) for the season. Our Tiny Tots program does not extend into Club Championships as this is a program designed around a child's development and not competition.

During the season five designated competition days are set aside to provide athletes with the opportunity across all their events to compete for points. On these days athletes can expect to compete for points in at least 2 or 3 of their events.

Age group champions will be those top three athletes in their age group who have accumulated the most points across the five nominated days **AND** met the eligibility criteria as detailed below.

Those events not designated as a Club Championship event on Club Championship days are referred to as Non Championship Events or NCE's.

It is only on Club Championship days Club Records can be broken, and this includes NCE's but for the later only where the event has qualified officials present. Championship events will always take precedence when allocating officials.

This season's our Club Championship days will be held on the following dates:

- Week 1: Saturday 20th October 2018
- Week 2: Saturday 10th November 2018
- Week 3: Saturday 24th November 2018
- Week 4: Saturday 2nd February 2019
- Week 5: Saturday 9th March 2019

Club Championship Rules:

- All registered athletes (excluding Tiny Tots) are eligible to compete on Championships days for championship points
- Athletes must wear correct club uniform when competing.
- Championship points per championship event are awarded as follows:
 - 1st Place = 10 points
 - 2nd Place = 8 points
 - 3rd Place = 6 points
 - 4th Place = 4 points

- 5th Place = 3 points
- 6th Place = 2 points
- All other competitors are awarded 1 point
- To be eligible for championship medals athletes must have:
 - competed in a minimum of fifty percent of Redlands Athletics Club competitions (excluding Club Championship meets and Club Carnival) and having participated in a minimum of three events per meet
 - having competed in a minimum of three Club Championship days throughout the season and having competed in seventy-five percent of events on those days including NCE's.

Other Competition Rules:

- In the event of a tie, equal points are awarded. For example, if two athletes tie for 2nd place, seven points are awarded to each athlete and no points are awarded for 3rd place.
- All track event are timed finals. Placings are determined by heat times. Athletes are placed in heats according to their best performance for that event over the season.
- High Jump, standard event count back procedures will apply to determine placings for competitors
- For other field events where a tie exists a countback shall take place by referring to an athlete's second best performance. If a tie remains, the third best performances will be used. If results cannot be split after the third best performances a tie shall be declared.
- Except where varied, Club championships are held in accordance with the LAQ Competition Handbook and LAQ Officials Handbook. Where rules remain silent competition will be conducted according to those rules used by Queensland Athletics / Australian Athletics and the IAAF Handbook.
- Development events e.g. vortex, turbo javelin, play hurdles and floppy jump are not conducted as championship events.
- Any variation to the rules requested by a chief official must be agreed upon by the arena manager, and competitors must be notified before the competition begins.
- Only parents officiating are permitted within the competition arena.
- Coaching is permitted from the coaching area only.
- Points won by non-eligible athletes are not re-distributed.



Redlands Athletics Perpetual Trophies

Club Awards

To be eligible for any of the following Club Awards athletes must attain a minimum attendance level of 80% of actual club days (excluding washed out days). Winners are announced on Presentation Day.

Club Manager's Award

This award is presented for athletics excellence with the winner determined by the Centre Manager.

This award is presented to one athlete who has achieved on an overall basis the highest results at any of the following higher levels of competition rated in the following order:

1. AA Junior National Championships or LAA National Championships
2. All Schools National Championships or Primary Schools National Championships
3. QA State Championships or LAQ State Championships
4. Qld Secondary State Championships or Qld Primary Schools State Championships

Athletes must be dual registered through Queensland Athletics with Redlands Athletics to have any AA or QA sanctioned events count towards this award.

Stuart Cameron Memorial Trophy

This trophy was donated to the Club in memory of the late Stuart Cameron, who was our Club Secretary during the 1992-93 season. Stuart resigned the position due to overseas work with Care Australia.

The award is presented to one boy and one girl in the under 6 to under 17 age groups who achieve the most personal best performances for the season. Awarded points are weighted as younger age groups compete in fewer events than older age groups.

Personal Best Trophies

Personal best (PB) trophies are a subset of the Stuart Cameron Memorial Trophy. They are awarded to the boy and girl from each age group who achieves the most PB performances for the season, within their age group.

The age groups of the Stuart Cameron Memorial Trophy winners are excluded from these trophies, as those award recipients are the overall PB winners.

Anna Casey Memorial Encouragement Trophy

This perpetual trophy is in memory of the late Anna Casey, life member of Redlands Athletics who passed away in 2011.

This encouragement trophy is presented to one boy and one girl from the under 6 to under 17 age groups who shows a high attendance rate, good sportsmanship and display excellent behaviour.

Club Patron Athletic Trophy

This is an encouragement award and is awarded to one boy and one girl in the under 9 age group who has not finished in the top three placing's and is based on the number of PB performances achieved across the season, attendance, attitude, effort and behaviour.

The Club Manager selects the winner of this trophy.

Eddie Santagiuliana Memorial Trophy

Club patron Carolyn Santagiuliana donated this trophy in memory of her late husband, Eddie, who passed away suddenly in 2001 while Mayor of the Redland Shire.

The award is presented to one boy and one girl in the under 9 to under 17 age groups. The trophy is presented to the athlete who shows a high attendance rate (90% or better), consistently displays excellent behaviour and good sportsmanship, competes in all events on Club competition days and attends regional and state carnivals.

McDonald's Improvement Award

This perpetual trophy, donated by McDonald's Capalaba, is awarded to one boy and one girl from the under 6 to under 17 age groups who shows the most improvement across the season.

Awarded points are based on personal best performances achieved at four Club meets selected at random by the Club manager throughout the season. These meets are referred to as 'PB days'. Athletes are notified on the day that their performances will count towards this award. In the event of a tie, the trophy is shared.

Coaches Trophy

This trophy is presented to one boy and one girl from the under 6 to under 17 age groups who our coaches agree have participated in training and competition throughout the year in the greatest spirit of dedication, sportsmanship and within the values of the club embodying 'Family, Fun & Fitness'.

Volunteer of the Year Award

To be eligible for this award you must assist at a minimum of 75% club days volunteer at Regional and LAQ days.

The recipient will be selected by Club Management Committee.

LAQ State Team

Under 13 State Team



Laura Peeters - 2018 State Team Member & Dual Bronze Medalist

Athletes in the under 13 age group are eligible for selection to the LAQ State Team, which will compete at the 2019 National Titles (ALAC's) to be held in Hobart, Tasmania over 2 days.

ALAC's is a team competition with selection based on an athlete's performances at State Championships and their overall points potential to the team during the event.

To be eligible for selection, an athlete must compete in a minimum of 4 club meets throughout the season.

With the introduction of the new age groups this season those U12 athletes from the 2017/18 season who will skip the U13 age group will still be eligible.

The State Team has been increased in size by 3 female and 3 male athletes to cater for this change.

For athletes considering selection the qualifying standard is as follows:

- Athletes must attend a minimum of 4 Club meets in the season of selection excluding LAQ Carnivals,
- Athletes must attend and compete at LAQ Regional Championships
- Athletes must attend and compete at LAQ State Championships

Under 15 State Pentathlon Team

This is a multi-event national championship held in conjunction with the U13 State Championships and will also be held in Hobart, Tasmania in 2019.

Six under 15 athletes are selected to represent Queensland in predetermined events.

For athletes considering selection the qualifying standard for the team is as follows:

- Athletes must attend a minimum of 4 Club meets in the season of selection excluding LAQ Carnivals,
- Athletes must attend and compete at Regional Championships
- Athletes must attend and compete at the LAQ Multi Event Championships

Further information on eligibility for either team can be obtained from the club or by visiting the LAQ website.

Carnival Summaries

Club Carnivals



Throughout Queensland many clubs will host their own centre based carnival. This provides athletes with a wonderful opportunity to not only gain additional experience in track & field but also the opportunity to meet other athletes from other centres thereby making new friends.

The LAQ website has listed on its calendar page a complete list of club carnivals along with information on how to register, entry costs, event grids and much more.

<http://laq.org.au/Calendar>

Whilst Redlands does not facilitate the registration of our athletes into these carnivals we can provide assistance for you if unsure.

South East Regional Relays & Regional Championships



Our club is part of the South East Region along with fellow clubs: Algester, Balmoral, Beenleigh, Browns Plains, Mt Gravatt, Jimboomba, Springwood, Sunnybank & Wynnum-Manly.

Two major carnivals are held by our region each season, Regional Relays (11th November 2018) and Regional Championships (9-10th February 2019). Both events are held on the tartan track facility at the State Athletics Facility (SAF) in Nathan.

Both carnivals are open to all U7 to U17 registered athletes.

Successful athletes at each of these carnivals become eligible to compete at State Relays or State Championships.

Nominations for Regional Relays is via the club with Regional Championships via ResultsHQ using your unique login details as supplied when first registered. Updated details on these events will be advised through our newsletter and webpage closer to the time.

Regional Relays (11th November 2018)

Regional Relays is the only team based event athletes will experience during the season. Teams are formed in both track and field events with the top 3 placegetters advancing to State Relays on the 15th December 2018 to be held at SAF.

Our clubs track teams are determined based on early season performances of athletes using times recorded at club meets. The objective of selecting teams is to provide Redlands with the best possible outcome to qualify teams to States. If numbers permit we may enter more than one team in a given event.

It is important to stress teams are selected by the clubs selection committee, no changes are permitted to these teams without the prior consent of the selection committee.

Our weekly program is designed to provide athletes with multiple opportunities to achieve a qualifying time but we must advise preference will be given to athletes who have recorded a time.

For field events, athletes compete as per normal however the results of our top two athletes from the competition are combined to give an overall teams result. Should a club have more than two athletes competing in the same event the results of any subsequent pairs of athletes are also combined to give a combined result. If this result places any additional teams in the top 3 they will also advance to State Relays.

This year for both Regional Relays and State Relays the relay events on offer for each age group have changed. The below table outlines the relays on offer for each age group.

Age Group	Events
U9 & U10	4 x100m and 4x200 circular in lanes
U11 & U12	4x100m and 4xSwedish (100m, 200m, 300m & 400m)
U13 & U14	4x100m and 4xMedley (2 x 200m, 1x400m and 1 x 800m)
U15 & U17	4x 100m and 4xSwedish (100m, 200m, 300m & 400m)

Medals are not awarded at this event.

Please note that if competition is rained out on the 11th November 2018 the event will be held a week later on Sunday 18th November 2018.

Regional Championships (9th & 10th February 2019)

Held over 2 days athletes compete on an individual basis with the top 4 placegetters in each event progressing to State Championships (22nd - 24th March 2019) to be held at the Townsville Sports Reserve in Townsville.

All U7 to U17 athletes are encouraged to nominate for the South-East Regional Championships. Each athlete may compete in a maximum of five events with the first four place getters in events from U9 and above qualifying to compete at the LAQ State Championships.

Under 15 Pentathletes may nominate for one extra event in addition to their Pentathlon events and may be an event that is already included in the Pentathlon.

Athletes in the U7 and U8 age groups receive a participation medal. Placegetters in the U9 to U17 age will receive Gold, Silver and Bronze medals.

For U13 (and those U14) athletes considering selection into the QLD State Team you must attend this event and qualify for States to be considered.

Please note that if competition is rained out on 10 and 11 February, Regional Championships will be held a week later on Saturday 17th and Sunday 18th February 2019.

LAQ Major Events

The following section contains a summary of all major LAQ competition meets to be held during the 2018/19 Summer Season.

LAQ Coles Spring Carnival (Saturday 22nd September 2018)

To be held at the Bundaberg Regional Athletics Complex, Enid Ethel Drive, Bundaberg

This carnival is open to all interested athletes in the U7 -U17 age groups.

Maximum five events plus one relay.

Nomination fee is \$15 per athlete with nominations closing on 12th September 2018.

Nominations are online, the club does not facilitate entries into this event.

Non LAQ members may register for this event. (\$20 fee applies).

New Queensland Best Performances are able to set at this event.

Please note this event is on the FIRST weekend of the September school holidays not the middle weekend as in previous years.

LAQ Coles Summer Carnival (Sunday, 4th November 2018)

A new event that combines the Junior & Senior Carnivals previously held as separate events in the 2017/18 season. Held at the State Athletics Facility (SAF), this carnival provides the opportunity for athletes in the U7 to U17 age groups the opportunity to compete in a large-scale competition without the pressure of a major championship event. It will also allow those athletes seeking ALAC selection the opportunity to register performances State Team Selectors may refer back to when selecting the State Team.

Registration for this event is via ResultsHQ using your unique login with athletes able to nominate for up to 5 events. Entry fee is \$15 per nomination. Nominations close Wednesday 24th October 2018.

Medals are awarded to athletes who place first, second or third.

New Queensland Best Performances are able to set at this event.

Event Grid - Boys & Girls & Multi Athletes:

Multi Athletes U7-U17		100m	200m	400m	800m						LJ		Discus	Shot	
U7	70m	100m	200m								LJ		Discus	Shot	
U8	70m	100m	200m						60mH		LJ		Discus	Shot	
U9	70m	100m	200m	400m	800m		700mW		60mH		LJ		Discus	Shot	
U10	70m	100m	200m	400m	800m		1100mW		60mH		LJ		Discus	Shot	
U11		100m	200m	400m	800m	1500m	1100mW		60mH		LJ	TJ	Discus	Shot	Javelin
U12		100m	200m	400m	800m	1500m	1500mW		60mH		LJ	TJ	Discus	Shot	Javelin
U13		100m	200m	400m	800m	1500m	1500mW		80mH	200mH	LJ	TJ	Discus	Shot	Javelin
U14		100m	200m	400m	800m	1500m	1500mW	3000mW	80/90mH	200mH	LJ	TJ	Discus	Shot	Javelin
U15		100m	200m	400m	800m	1500m	1500mW	3000mW	90/100mH	300mH	LJ	TJ	Discus	Shot	Javelin
U16		100m	200m	400m	800m	1500m	1500mW	3000mW	90/100mH	300mH	LJ	TJ	Discus	Shot	Javelin
U17		100m	200m	400m	800m	1500m	1500mW	3000mW	100/110mH	300mH	LJ	TJ	Discus	Shot	Javelin

LAQ McDonalds State Relays (15th December 2018)



To be held at the State Athletics Facility (SAF) and is the very last event before the Christmas break on the LAQ calendar.

Teams that qualified from Regional Relays in either track or field are eligible to compete at this event.

Athletes will compete in the same track relay events as contested at Regionals.

Placegetters will receive medals at this event.

New Queensland Best Performances for Relays only are able to be set at this meet.

LAQ Multi-Event Championships (2nd & 3rd March 2019)

This is a new event that combines the Junior & Senior Pentathlon carnivals previously held as separate events in the 2017/18 season. This carnival provides the opportunity for athletes in the U7 to U17 age groups the opportunity to compete in a multi event carnival with a strong emphasis on participation in a wider range of events.

The following table outlines the program available to each age group at this meet.

For those athletes in the U15 age group who are seeking selection into the State Team to compete at ALAC's in Hobart, Tasmania this event is a compulsory one for you.

Age Group	Program Type	Events
U7 & U8	Triathlon	3 Events
U9, U10 & U11	Tetrathlon	4 Events
U12, U13 & U14	Pentathlon	5 Events
U15, U16 & U17	Heptathlon	7 Events

Event Grid - Girls:

Age Group	Track 1	Track 2	Track 3	Jump 1	Jump 2	Throw 1	Throw 2
U7	100m			Long		Discus	
U8	100m			Long		Shot	
U9	100m	800m		Long		Shot	
U10	100m	800m		High		Discus	
U11	100m	800m		Long		Shot	
U12	60mH	100m	800m	High		Discus	
U13	80mH	100m	800m	Long		Shot	
U14	80mH	100m	800m	High		Shot	
U15	90mH	200m	800m	Long	High	Shot	Javelin
U16	90mH	200m	800m	Long	High	Shot	Javelin
U17	100mH	200m	800m	Long	High	Shot	Javelin

Event Grid - Boys:

Age Group	Track 1	Track 2	Track 3	Jump 1	Jump 2	Throw 1	Throw 2
U7	100m			Long		Discus	
U8	100m			Long		Shot	
U9	100m	800m		Long		Discus	
U10	100m	800m		High		Shot	
U11	100m	800m		Long		Discus	
U12	60mH	100m	800m	High		Shot	
U13	80mH	100m	800m	Long		Discus	
U14	90mH	100m	800m	High		Shot	
U15	100mH	100m	800m	Long	High	Discus	Javelin
U16	100mH	100m	800m	Long	High	Discus	Javelin
U17	110mH	100m	800m	Long	High	Discus	Javelin

As an alternative to the above programs options athletes in the U13 to U17 age groups have the option to compete in either of the following "Triathlon" based programs.

Program Type	Events
Jumps Triathlon	High Jump, Long Jump & Triple Jump
Throws Triathlon	Discus, Shot Put & Javelin

LAQ McDonalds State Championships (22nd to 24th March 2019)

To be held at the Townsville Sports Reserve, Townsville.

Athletes that qualified from Regional Championships are eligible to compete at State Championships.

New Queensland Best Performances are able to be set at this meet.

Please note following the 2018 LAQ Conference in addition to the top 4 placegetters from Regional Championships advancing to State Championships any athlete that also achieves the Qualifying Performance Level at Regional Championships shall also advance to State Championships.

All athletes that qualify for State Championships will be asked to confirm their attendance for this event before final nominations are registered with LAQ by the club. The club will meet the registration costs for those athletes attending State Championships.

Medals are awarded to athletes who place first, second or third.

New Queensland Best Performances are able to set at this event.

LAQ McDonalds Winter Carnival (22nd to 23rd June 2019)

The McDonalds Winter Championships (U9-U17's) and the U7 & U8 Carnival will be held at the Townsville Sports Reserve, Burke Street, North Ward, Townsville.

It is open to all LAQ registered athletes and age appropriate non LAQ registered athletes. Age groups are calculated as at 31/12/2018. Maximum 7 individual events

Regional and State Carnivals Summary

Event	Registration Process	Venue	Date	Nominations close	Entry Cost (per athlete)
LAQ Coles Spring Carnival	Online	Bundaberg Regional Athletics Facility	22/09/2018	12/09/2018	\$15.00 LAQ registered athlete \$20.00 non LAQ registered athlete
LAQ Coles Summer Carnival	Online	State Athletics Facility (SAF)	4/11/2018	24/10/2018	\$15.00 maximum of five events
South East Regional Relay Day	Through Centre	State Athletics Facility (SAF)	11/11/2018	To be Advised	Included with your Membership Maximum of five events
LAQ McDonalds State Relays	Through Centre	State Athletics Facility (SAF)	15/12/2018	28/11/2018	Redlands Athletics will meet the nomination fee
South East Regional Championships	Online	State Athletics Facility (SAF)	9/02/2019 & 10/02/2019	To be Advised	\$15.00 maximum of five events \$15.00 for pent athletes, plus option of one additional event.
LAQ Coles Multi-Event Championships	Online	State Athletics Facility (SAF)	2/3/2019 & 3/3/2019	20/02/2019	\$15.00: maximum of five events \$15.00 Pentathlon
LAQ McDonalds State Championships	Through Centre	Townsville Sports Reserve	22/3/19 to 24/3/2019	26/02/2019	Redlands Athletics will meet the nomination fee



Queensland Athletics

Shield Meets

Throughout the Summer Season (Oct-March) QA offer a variety of entry level meets, referred to as Shield Meets. These meets include all the normal events you will see at Little Athletics along with some not so familiar ones such as pole-vault, hammer throw, steeple and longer track distance events (5,000m & 10,000m). Shield Meets are the perfect introductory opportunity to senior athletics.

Redlands Athletes can register with QA once they turn 12 years of age, please note the minimum competition age group is U14.

Specialised Meets

In addition to Shield Meets, there are many specific events held throughout the season that registered athletes can enter into.

1500m Classic

Thursday 1st November

Athletes self-nominate for this championship.

Entries are online with payment required at time of entry.

QA Athletics Championships (U14 - Open)

7th - 10th March 2019, QSAC, Nathan

Athletes self-nominate for this championship.

Entries are online with payment required at time of entry.

Queensland Combined Event Championships

12th - 13th January 2019, QSAC, Nathan

Athletes self-nominate for this championship.

Entries are online with payment required at time of entry.

Full details can be found on the QA www.qldathletics.org.au



Know Your Events

Redlands Athletics requires the assistance of parents to run events on club competition days to ensure our athletes get the best out of their time with us. Little Athletics offers athletes a modified program of events that are age specific. The following pages will provide you with the necessary information on how to successfully run these events. We understand it can be a daunting task with the greatest fear being making a mistake. Don't worry, our committee members will always be around to offer assistance and guidance to you. The important thing is to have a go.

Field Events

Field events are broken up into two distinct categories, Throws & Jumps. Throws include Discus, Shot Put & Javelin. Jumps includes two subsets being Horizontal Jumps (Long Jump & Triple Jump) and Vertical Jumps (High Jump). There exists other field events in these categories however these are not included as part of the Little Athletics Australia program of events.



Measurement

In measuring all field events, with the exception of High Jump, the zero end of the tape should be placed at the nearest edge of the mark where the implement first lands (throws) or where the athlete makes a mark in the pit closest to the take-off (long or triple jump).

Distances shall always be recorded to the nearest whole centimeter below the actual distance jumped or thrown if not a whole centimeter.



Event Recording

The following symbols shall be used when recording at field events at LAQ & Centre competitions:

X	=	Failed / Foul
-	=	Pass
O	=	Cleared (high jump)
7.36	=	Distance thrown or jumped

Long Jump

U6 to U11 Age Groups

For athletes in these age groups the use of a mat is required.

The front edge of the mat is placed square with the front edge of the takeoff board before being lightly & evenly covered in sand. A light sprinkling of water will ensure the sand sets well which helps to provide a clear foot imprint.

Athletes run in and jump from the mat into the sandpit. The distance is measured from the toe imprint made on the mat, to the closest break in the landing area to the takeoff mat.

Should an athlete in these age groups not land directly in front of the takeoff mat but off to one side, the measurement is taken from the toe imprint on the mat directly to the first break in the landing area.

Should an athlete takeoff before reaching the takeoff mat a measurement is taken to the back of the takeoff mat.

Using a small hand broom the mat is levelled after each athlete jumps.

U12 to U17 Age Groups

For athletes in these age groups no mat is used, athletes will use the takeoff board that exists.

Measurements are taken from the front edge of the takeoff board to the closest break in the landing area.

Should an athlete not land directly in front of the takeoff board but off to one side, extend a straight line using a rake or broom level with the front edge of the takeoff board and measure back to this from the first break in the landing area.

Should an athlete takeoff before reaching the takeoff board a measurement is taken from the front of the takeoff board to the nearest break in the landing area.

Triple Jump

This is the old "Hop, Step and Jump" which accurately describes the action involved. Athletes must use the takeoff foot for the Hop and the opposite foot for the Step. So if an athlete takes off on their right foot, the right foot must be used for the "Hop", the left foot is used for the "Step" and both feet for the "Jump".

The rest of the rules are the same as long jump.

The following diagram helps to understand the sequence of feet for a left foot take off to ensure a fair trial is recorded. For a right foot take off it's the opposite.



Take Off



Hop



Step



Jump

The spike is placed at the nearest break in the sand made by any part of the body or limbs. If using a mat the measurement is taken at the imprint made in the take-off area by the take-off foot.

When using the board the measurement is taken at the front edge of the take-off board.

High Jump

The athlete's task is to run up from an approach area and jump over a crossbar supported between two uprights that has been set at an advised height. Each participating athlete has three attempts at this height. Those athletes that successfully clear this height will continue on in the event, those that don't will exit the event with their height being recorded as the last one they successfully cleared.

After all athletes have either cleared the height or failed to clear the height the bar is raised and the process begins again and continues until all athletes are eliminated.

There are two methods used in High Jump, Scissors (U6 to U10) and Flop (U11 to U17). Athletes must take off on one foot only for both methods. When using the scissor method athletes must attempt to land on their feet having cleared the bar, failure to do so can result in a failed attempt being recorded.

All age groups can use the scissors technique but the flop can only be used by the U11 to U17 age groups. Our U6 & U7 athletes will use an elastic training crossbar with all other age groups using a fibreglass bar.

The two most common questions asked are ***"What height do we start at?"*** and ***"How much do we increase the height of the bar by?"***.

As an Age Group Marshall your first step is to review your results sheet as all athletes Season's Best's results will be there to help with question 1. The number one objective is to ensure all athletes record a result so set the first height below the personal best of the lowest recorded height of all the athletes. Those athletes that can clear higher heights should be encouraged to pass.

Please fill out the form as per sample below, using the correct symbols.

LD EVENT RESULT SHEET										
2004/2005										
ATHLETICS - BLOCK C - UNDER 9 BOYS										
id	HIGH JUMP							Final Height Cleared		
	Height of Bar									
3	.50	.55	.60	.65	.70	.75				
	-	-	o	o	x o	x x x				.70

Javelin

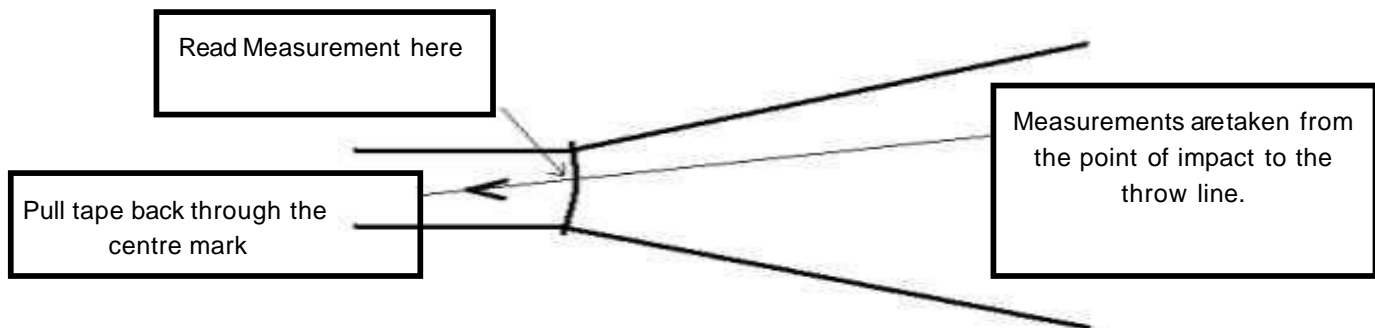
Javelin is a spear like implement that is thrown from a runway into a sector area marked by 2 lines. The throw must be completed from within the confines of the runway and the javelin nose must be the first to touch the ground in the designated area. The athlete must leave the runway from behind the arc and lines on the runway.

For Little Athletics our U6 & U7 athletes use a vortex to help develop the right technique. Our U8-U9 athletes will use the Turbo Javelin to continue this development before moving into using our Mini Javelin when in U10's. From U11's upwards proper competition Javelins are used.

Vortex	Under 6 - 7	Boys & Girls
Turbo	Under 8 - 9	Boys & Girls
Mini Javelin	Under 10	Boys & Girls
400g	Under 11 - 12	Boys
400g	Under 11 - 14	Girls
500g	Under 15 - 17	Girls
600g	Under 13 - 14	Boys
700g	Under 15 - 17	Boys

This table shows the weights of javelin used in each age group. Please note this event does not contribute towards club awards for U6-U10 age groups.

To correctly measure javelin throws the below diagram provides this information.



Shot Put

The shot is a round steel ball varying in weight, the below table shows the weight used by each age group and gender.

		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
1kg	Blue	BG	BG
1.5kg	Yellow	BG
2kg	Orange	BG	BG	BG	BG
3kg	White	BG	BG	G	G	G
4kg	Red	B	B	...
5kg	Green	B

Note: U12 Boys will use a 2kg Shot Put (previously 3kg) for the 2018/19 Season



The hand holding the shot rests in the hollow where the neck meets the shoulder, with the shot in contact with the side of the neck. The shot is then PUSHED out to land within the marked lines.

When the shot has landed, the athlete must leave so that their first step outside the circle is behind the lines that are extending from the outside of the circle.

Discus

This is one of the oldest field events dating back to the ancient Olympiads. In Little Athletics a moulded rubber disc is used.

Weights used per age group are as follows:

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
350g	BG	BG
500g	BG	BG	BG	BG
750g	BG	BG
1kg	BG	BG	BG	G
1.5kg	B

Note: U11 Boys & Girls will use a 500g Discus (previously 750g) AND U13 Boys will use a 750g Discus (previously 1kg) for the 2018/19 Season.

For a fair trial to be recorded an athlete must (a) throw from within the marked area, (b) the discus must land within the landing zone, (c) once the implement has landed (and not before) the athlete must leave so that their first step outside the circle is behind the line extending from the side of the circle.

This is the same as for Shot Put.

Entry into the circle can be via the front but the exit must always be behind the line extending from the side of the circle.

Once inside the circle, like Shot Put an athlete's foot must not make contact with the top of the ring be it in the act of setting oneself up or actually throwing the implement. Failing this rule will result in a foul being recorded.

For Shot Put and Discus ensure the tape is pulled back through the centre of the throwing circle and the measurement is taken at the inside circumference of the throwing circle.



TRACK EVENTS

Track events take precedence over field events. Only the Arena Manager in consultation with the starter can make changes to how track events will be run. Distance runs can be held simultaneously with other track events. All track events will run in an anti-clockwise direction on a circular track.

Sprints

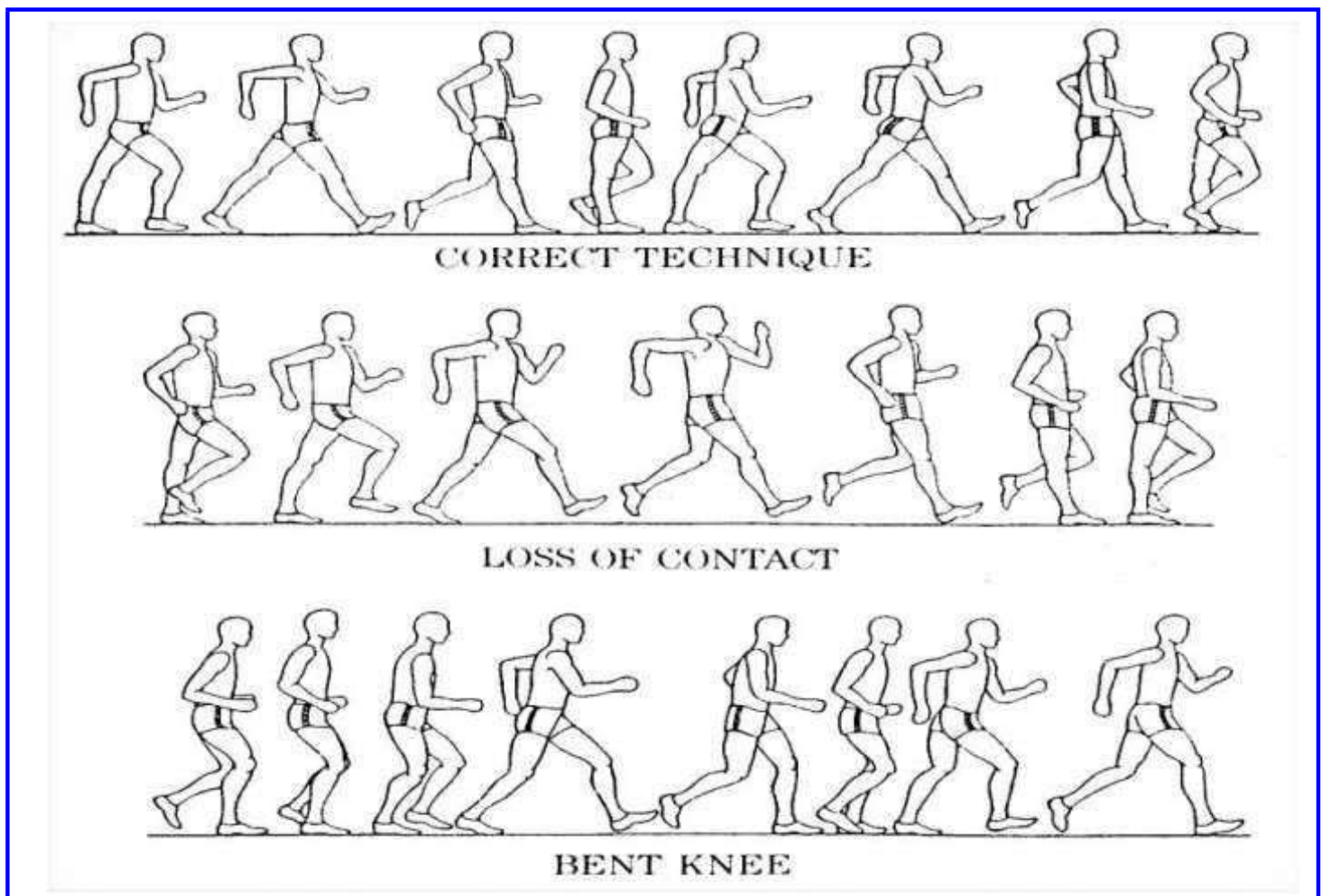
Sprinting essentially involves running at full speed over the full race distance. Little Athletics sprint distances are 70, 100, 200 and 400 meters.

Distance

In Little Athletics distance events are run over 800m, 1500m & 3,000m. Greater endurance levels are required for these events and the running style has to be considerably less vigorous than for the sprints.

Race Walking

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



Hurdles

Hurdles is a sprint event, not a jumping event, and athletes will learn to run over the hurdle rather than jumping over them.

Redlands Athletics remains compliant with the requirement by Australian Little Athletics to only be using collapsible hurdles which provides the greatest safety to our athletes. Our hurdles are designed to tumble or collapse 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 could cause serious injury.

Athletes are NOT PERMITTED to use hurdles on competition days unless competing to avoid injury.

Under 6 & 7 athletes use plastic training hurdles over 60m with our U8 and above athletes using collapsible wooden hurdles.

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
60mH	BG (20cm)	BG (30cm)	BG (45cm)	BG (45cm)	BG (60cm)	BG (60cm)	BG (68cm)
80mH	BG (76cm)	G (76cm)
90mH	B (76cm)	G (76cm)	G (76cm)	...
100mH	B (76cm)	B (76cm)	G (76cm)
110mH	B (76cm)
200mH	BG (68cm)	BG (76cm)
300mH	BG (76cm)	BG (76cm)	BG (76cm)



Relays

Two types of relays may be run - circular and shuttle. In the circular relay, all athletes run in the same direction around the track with the baton being carried in the right hand (1st runner) left hand (2nd runner) right hand (3rd runner) and left hand (4th runner).

Runners 2 and 4 should be towards the outside of the lane when moving the baton. If this is done, changing hands with the baton is not necessary so the possibility of dropping it is reduced.

MCDONALDS AWARDS

McDonalds Awards provide your child with the opportunity to track their progress throughout the season.

At sign-on each child that registers for the season will receive their Achievement Award certificate to complete as they reach the various performance levels.

A **Green level**, which is within the reach of 100% of children with a little application and has achieved a good level of performance.



A **Red level** represents a very good performance, but still achievable by about 65% of children.

A **Blue level** represents an excellent performance achievable by about 20% of Little Athletes

Each athlete can receive one Green Level, one Red Level and one Blue Level award each season for those Event Groups that apply to their age group.

The achievement levels are calculated from the averages of performances attained by Little Athletics Queensland athletes over previous years. A regular review of these levels is conducted at least every three years and is available on the LAQ website as well as on the reverse side of your child's Achievement Award certificate which are pink in colour for girls and blue in colour for Boys.

Parents are encouraged through the regular use of ResultsHQ to track their child's performances and when they believe a child has met the requirements across all events within the event group they can request their child's certificate be marked.

 **LITTLE ATHLETICS QUEENSLAND** 
ACHIEVEMENT AWARDS

NAME: Your Athlete AGE: U12

Group	Event	Green	Red	Blue	Green	Red	Blue
HURDLES	40/80/95/100m HURDLES	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
	200m HURDLES	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
SPRINTS	70m	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
	100m	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
	200m	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
DISTANCE	400m	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
	800m	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
	1500m	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
WALKS	300/700m WALK	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
	700/1200 WALK	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
	1500m WALK	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
THROWS	SHOT PUT	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
	JAVELIN	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
	DISCUS	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
JUMPS	HIGH JUMP	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
	LONG JUMP	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
	TRIPLE JUMP	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>



Athlete Development Opportunities

Little Athletics Queensland offers the following development opportunities to registered athletes.

Coaching Camps

LAQ runs various coaching clinics and camps for our members. A number of clinics and camps will be organised and conducted at various venues throughout the state. In providing clinics and camps to the community, Little Athletics Queensland aims to:

- Provide an equitable and affordable coaching service to athletes throughout the state and allow access to quality coaching that result in the development of skills
- Promote long term involvement in athletics by encouraging participants of all standards to identify the sport with enjoyment, friendship, improvement, learning, personal achievement and positive experiences
- Offer participants opportunities to experience aspects of the sport beyond what may be available at a local centre level

All coaches are highly skilled in working with the age groups catered for each event. Parents can be assured that all clinics and camps are conducted in a professional manner, as LAQ only employ qualified and accredited coaches, who have undergone a full 'Working with Children Check' in accordance with the Queensland Government Blue Card Services. Further details can be found on the ALQ website, through the Clubs Facebook Page or our Newsletter.

New Zealand Development Tour



The purpose of this tour is a development opportunity for athletes aged 14 & 15 and of all athletic abilities.

The 2019 tour will take place from 10th - 20th January. It is not necessary to be an elite athlete to take part in this Tour. Athletes in the Team will spend time travelling and competing together throughout the South Island of New Zealand.

Qualified LAQ Team Management will accompany the athletes while on the tour and will be in complete control of the athletes while they are away.

This is a once in a lifetime opportunity for athletes and places are limited, so be sure to get your nomination in so you don't miss out. The team usually consists of 10 boys and 10 girls at a cost of \$2,750 per athlete which covers airfares, government taxes, transfers, accommodation, travel insurance, all meals, competition fees, uniform and touring sightseeing activities. The cost to attend is payable over 3 instalments, \$1,500 within 7 days of acceptance followed by two payments of \$625 in October and November.

Nominations close on the 19th September 2018.

LAQ National U15 Camp



Little Athletics Australia provides an exciting opportunity for athletes in the under 15 age group with the National U15 Camp. This camp will take place during October 2018 at the Australian Institute of Sport, Canberra.

This is a live in elite camp and is a great opportunity to improve athletic skills by providing elite coaching and active participation in athletics. Being held at the AIS in Canberra means athletes can take full advantage of the world class facilities on offer. Each day will consist of coaching sessions to enhance performance in chosen events and improve general fitness. Workshops will be held on various topics such as strength and conditioning and stretching and there will also be guest appearances by senior elite athletes.

The aim of the camp is to develop and support young athletes who are showing a commitment to the sport and have reached national standard. Not only will athletes receive expert advice from some of the very best coaches from around Australia, it will be a fun and exciting time, and a chance for athletes to make new friends from all over the country.



Selection of athletes will be at the sole discretion of Little Athletics Australia, LAQ has no involvement or input into the selection of athletes from our State.

Last year Redlands athlete Nelson McCutcheon was selected to attend the camp in his chosen sport of Racewalking.

Nelson provided the following on his experience at the 2017 AIS Camp.....

"It was a great experience and I learnt a lot about athletics through the AIS Camp. It taught me how to recover right after training and how to prepare myself for competition. Overall it was fun and I made a lot of friends throughout Australia".



2017/18 in Pictures





2017/18 in Pictures

Club Achievements & Awards 2017-18

Perpetual Trophy Recipients

Club Managers Award for Athletics Excellence



Anika Clarke (Under 12)
2018 Australian Juniors 4th Place 3,000,
Racewalk
2018 Gold Medalist LAQ State Championships
1,500m Racewalk
2018 Silver Medalist QA State Championships
3,000m Racewalk

Stuart Cameron Memorial Trophy



Rihanna Lucas (U10) & Leonardo
Seremet (U9)

Anna Casey Memorial Trophy



Jacob Petrovic (U10), Hayley
Waters (U13), Ruby Hazell (U8) &
Laura Peeters (U13)

Eddie Santagiuliana Memorial Trophy



Myles Callaghan (U10) & Claudia Peeters (U11)

Club Achievement Awards 2017-18

Perpetual Trophy Recipients

McDonalds Improvement Award



Joshua Tolley (U11) & Tamaku Kelly (U6)

Club Patron Athletic Trophy



Makenna Clarke (U9)

Coaches Award



Hayley Lucas (U11) & Jayden Lucas (U9)

Volunteer of the Year Award



Adrienne Shine

Adrienne has committed many years to this club holding various positions on our club committee year in year out.

Despite no longer having children competing at the club Adrienne still officiates our Throws events at club, Regional and State Level Competition. Adrienne is also a Life Member of our club.

Under 15 Merit Award (Proudly donated by Barrie Cox)



Kirra Stonehouse & Jessica Hoban (pictured)
(Absent: Mire Cloete & Alana Grace)

Personal Best Trophy Award Winners

Girls

Boys

Under 6	Tamaku Kelly	Emmett Thirkill
Under 7	Keilani Kratzmann	Liam Dorman
Under 8	Stuart Cameron Winner	Flynn Callaghan
Under 9	Taylah Hazell	Stuart Cameron Winner
Under 10	Vanessa Mclay	Jacob Petrovic
Under 11	Hayley Lucas	Joshua Tolley
Under 12	Chloe Michell	Ilan Cloete
Under 13	Hayley Waters	Jayden Lloyd
Under 14	Annabel Lee	n/a
Under 15	Kirra Stonehouse	n/a
Under 16	n/a	Harrison Penglis
Under 17	n/a	Ethan Clarke

2017/18 Club Record Breakers

Congratulations to the following athletes on their record breaking efforts during the 2017/18 Season

Age Group	Athlete	Event
U7 Girls	Keilani Kratzmann	500m
U8 Girls	Siaan Fisher	300m Racewalk
U8 Boys	Flynn Callaghan	300m Racewalk
U9 Girls	Harper Greer	300m
U9 Boys	Emmett Thirkill	300m
U11 Boys	Kody Fisher	High Jump
U12 Girls	Kalliyann Seremet	400m
U13 Girls	Laura Peeters	800m
	Laura Peeters	1500m
U14 Girls	Annabel Lee	3000m
U14 Boys	Antonio Seremet	Shot Put
U16 Boys	Harrison Penglis	400m
	Harrison Penglis	Shot Put
	Harrison Penglis	300m Hurdles
U17 Boys	Ethan Clarke	1500m Racewalk

2017/18 New Records

Congratulations to the following athletes on setting new records during the 2017/18 Season

Age Group	Athlete	Event
U8 Girls	Ruby Hazell	400m
U8 Boys	Flynn Callaghan	400m

Club Champions 2017/18

	Gold	Silver	Bronze
Under 6			
Girls	Harper Greer	Tamaku Kelly	Alisha Waters
Boys	Emmett Thirkill	Chad Rae	Ethan Callander
Under 7			
Girls	Keilani Kratzmann	Laylah Dodds	Sienna Baldacchino
Boys	Liam Dorman	Max Hilditch	No Winner
Under 8			
Girls	Rihanna Lucas & Ruby Hazell	Ailish Kelly	Kylah Da Silva
Boys	Flynn Callaghan	Aran Steyn	Hugo Greer
Under 9			
Girls	Taylah Hazell	Summer Pryde	Millie Rae
Boys	Xander Dodds	Benjamin Waters	Leonardo Seremet
Under 10			
Girls	Vanessa Mclay	Erica Polak	Frankie Greer
Boys	Will Degraaf	Myles Callaghan	Roan Steyn
Under 11			
Girls	Ashleigh Jones	Summer Thomson	Sovannary Seremet
Boys	Vincent Bowman	Kody Fisher	Joshua Tolley
Under 12			
Girls	Anika Clarke	Chloe Michell	Kalliyan Seremet
Boys	Ilan Cloete	Alex Polak	Kynan Coombes
Under 13			
Girls	Neve Darroch & Laura Peeters	n/a	Torryn Fisher
Boys	Isaac Picton	Jayden Lloyd	No Winner
Under 14			
Girls	Annabel Lee	No Winner	No Winner
Under 15			
Girls	Kirra Stonehouse	No Winner	No Winner
Under 16			
Boys	Harrison Penglis	No Winner	No Winner
Under 17			
Boys	Ethan Clarke	n/a	n/a

Regional Relays 2017

On the 10th & 11th November 2017, our club attended Regional Relays which was held at the State Athletics Facility (SAF). Competing against the other 9 clubs in our region our club was represented by athletes from our U9 to U17 age groups in 37 track relay events and 30 team field events.

Finishing in the Top 3 placings at Regional Relays ensured teams advanced to State Relays.

Relays provide athletes with the only opportunity during the season to compete alongside and with their fellow club members as it is a team based championship.

Our U7 & U8 athletes also had the opportunity to participate on the day but were not eligible to advance.

No medals are awarded at this event.

Our club set three new Regional records during the carnival in the U16 Boys Medley, U12 Girls Medley and the U12 Girls High Jump all pictured below.



U16 Boys Medley



U12 Girls Medley

We had a total of 33 teams advance to State Relays on the 2nd December also held at SAF made up of 19 track relay teams and 14 field teams.

Congratulations to the following athletes and teams on their record breaking performances during the 2017 South East Regional Relays

U16 Boys Medley	Harrison Penglis, Ethan Booth, Jayden Crowther & Antonio Seremet
U12 Girls Medley	Anika Clarke, Molly Degraaf, Daniella Hankey & Kalliyen Seremet
U12 Girls High Jump	Kalliyen Seremet & Daniela Hankey



A special mention is also made of our U12 Girls Medley team who have now won this event three years in a row at Regional level and have set new Regional Records each year.

Hot on their heels is our U11 Girls 4x100m team (pictured left) who are also setting new heights winning their event for the second year in a row. Perhaps a sign of greater things to come?

State Relays 2017

State Relays was held at the State Athletics Facility (SAF) on the 2nd December.

For many years our club has been well represented, this year was no exception with 3 State Relay titles in the Girls U12 Medley Relay, Girls U11 Long Jump & the Boys U12 Medley Relay. In addition our athletes also won a further 6 Silver medals and a Bronze medal taking our overall tally to 10 medals for the carnival.

Congratulations to all our teams with special mention to our teams below that medaled.

Under 11's	
Gold Girl's Long Jump	Summer & Josephine
Silver Girl's 4x100m	Charlotte, Summer, Josephine & Ashleigh
Silver Girl's 4x100m	Charlotte, Summer, Josephine & Ashleigh
Under 12's	
Gold Girl's Medley	Anika, Molly, Summer & Chloe
Gold Boy's Medley	Alex, Kynan, Zane & Zephyr
Silver Girl's 4x100m	Anika, Molly, Summer & Daniela
Silver Girl's Long Jump	Molly & Daniela
Silver Boy's High Jump	Zane & Zephyr
Under 14's	
Silver Boys Medley	Riley, Isaac, Zane & Antonio
Under 16's	
Silver Boys Medley	Antonio, Ethan, Jayden & Harrison

In addition our club was represented in the South East Regional relay teams by Jessica Hoban in the Girls U15 4x100 (the team finished fourth) and Harrison Penglis in the Boys U16 4x400m which finished second. Well done to both Jess & Harrison.



Regional Championships 2018



The 2018 Regional Championships were held over 2 days on the 10th & 11th February at the State Athletics Facility (SAF).

Competition is open to all athletes from U7 to U17 with athletes from the U9 and above eligible to qualify for State Championships. To qualify for States athletes must finish in the top 4 placings for each event.

A total of 66 Redlands athletes nominated for this championship in 174 individual event entries. Again our club performed well with an impressive 85 medals being won (40 Gold, 20 Silver and 25 Bronze).

In addition our athletes set an amazing 9 new Regional Records with strong performance in Racewalking (3) and track running (6).

Congratulations to the following athletes on their record breaking performances during the 2018 South East Regional Championships

Harrison Penglis	U16 Boys 100m
Harrison Penglis	U16 Boys 200m
Nelson McCutcheon	U15 Boys 1,500m Race Walk
Laura Peeters	U13 Girls 800m
Laura Peeters	U13 Girls 1,500m
Anika Clarke	U12 Girls 1,500m Race Walk
Summer Thomson	U11 Girls 200m
Myles Callaghan	U10 Boys 1,100m Race Walk
Taylah Hazell	U9 Girls 400m

State Championships 2018

The 2018 State Championships commenced Friday night the 23rd March and concluded Sunday the 25th March at the State Athletics Facility (SAF).

Congratulations to our 42 athletes below who qualified from Regional Championships to compete at States.

Under 9	Makenna Clarke, Taylah Hazell, Summer Pryde, Xander Dodds, Leonardo Seremet & Benjamin waters
Under 10	Vanessa Mclay, Erica Polak, Jacob Petrovic, Will Degraaf & Myles Callaghan
Under 11	Ashleigh Jones, Hayley Lucas, Claudia Peeters, Sovannary Seremet, Summer Thomson, Vincent Bowman, Kapohau Johnston-Parekura, Kody Fisher & Travis Verster
Under 12	Anika Clarke, Molly Degraaf, Chloe Michell, Daniela Hankey, Kalliyann Seremet, Zane Pearce, Kynan Coombes & Zephyr Marlin
Under 13	Laura Peeters, Torrynn Fisher, Tayla Hankey, Ashlee Forsyth & Isaac Picton

Under 14	Annabel Lee, Lauren Toovey, Antonio Seremet & Nelson McCutcheon
Under 15	Kirra Stonehouse & Jessica Hoban
Under 16	Ethan Booth & Harrison Penglis
Under 17	Ethan Clarke



A special mention to our U9 athletes (pictured left receiving their State Jerseys) who attended their first ever State Championships.

All performed very well and enjoyed the experience.

At State Championships Redlands athletes won an impressive 11 State Titles (Gold Medals), 6 Silver Medals and 7 Bronze medals for a total of 24 medals. Congratulations to the following athletes who medaled during the championships.

Makenna Clarke	Gold	U9 700m Racewalk
Myles Callaghan	Gold	U10 1100m Racewalk
Anika Clarke	Gold	U12 100m Racewalk
Nelson McCutcheon	Gold	U15 1500m Racewalk
Will Degraaf	Gold	U10 60m Hurdles & High Jump
Zane Pearce	Gold	U12 400m, 800m, & 1500m
Zephyr Marlin	Gold	U12 High Jump
Sovannary Seremet	Gold	U11 High Jump
Taylah Hazell	Gold	U9 400m
Kalliyann Seremet	Gold	U12 400m
Molly Degraaf	Gold	U12 60m Hurdles
Nelson McCutcheon	Silver	U15 Discus
Ethan Clarke	Silver	U17 1500m Racewalk
Laura Peeters	Silver	U13 800m & 1500m

Summer Thomson	Silver	U11 400m
Vince Bowman	Silver	U11 60m Hurdles
Kalliyam Seremet	Silver	U12 Long Jump
Anika Clarke	Bronze	U12 800m
Kody Fisher	Bronze	U11 1100m Racewalk
Kynan Coombes	Bronze	U12 200m
Summer Thomson	Bronze	U11 200m
Summer Pryde	Bronze	U9 800m
Jacob Petrovic	Bronze	U10 1100m Racewalk
Kalliyam Seremet	Bronze	U12 High Jump

Record Breakers - QLD Best Performances (QBP's)

During the 2017/18 Season athletes have the opportunity to set new QLD Best Performances. Eligible events during this season were as follows:

LAQ Winter Championships LAQ Senior Carnival
 LAQ Spring Carnival LAQ Junior Carnival
 LAQ State Championships

Congratulations to the following athletes on setting new Queensland Best Performances during the 2017/18 LAQ Season.

Nelson McCutcheon	U15 Boys 1,500m Race Walk	6mins 7.96secs
Anika Clarke	U12 Girls 1,500m Race Walk	7mins 23.60secs
Will Degraaf	U10 Boys 60m Hurdles	10.24secs
Taylah Hazell	U9 Girls 400m	1min12.40secs

Season 2017-18 Age Group Title Holders

Under 6's		
	Girls	Boys
70m	Harper Greer	Emmett Thirkill
100m	Harper Greer	Emmett Thirkill
200m	Harper Greer	Emmett Thirkill
300m	Harper Greer	Emmett Thirkill
Shot	Tamaku Kelly	Emmett Thirkill
Discus	Tamaku Kelly	Ethan Callander
Long Jump	Harper Greer	Emmett Thirkill

Under 7's		
	Girls	Boys
70m	Laylah Dodds	Max Hilditch
100m	Keilani Kratzmann	Oliver Egerton
200m	Keilani Kratzmann	No Title Holder
500m	Keilani Kratzmann	Max Hilditch
Shot	Laylah Dodds	Liam Dorman
Discus	Keilani Kratzmann	No Title Holder
Long Jump	Briony Hetherington	Liam Dorman

Under 8's		
	Girls	Boys
70m	Rihanna Lucas	Hugo Greer
100m	Sienna Crowther	Hugo Greer
200m	Sienna Crowther	Flynn Callaghan
400m	Ruby Hazell	Flynn Callaghan
700m	Ruby Hazell	Hugo Greer
300m R/Walk	Siaan Fisher	Flynn Callaghan
Shot	Kylah Da Silva	Aran Steyn
Discus	Ruby Hazell	Flynn Callaghan
Long Jump	Rihanna Lucas	Aran Steyn
High Jump	Ruby Hazell	Flynn Callaghan

Season 2017-18 Age Group Title Holders (cont)

Under 9		
	Girls	Boys
70m	Taylah Hazell	Frankie Smedley
100m	Taylah Hazell	Xander Dodds
200m	Taylah Hazell	Xander Dodds
400m	Taylah Hazell	Xander Dodds
800m	Taylah Hazell	Xander Dodds
60m Hurdles	Taylah Hazell	Xander Dodds
700m R/Walk	Makenna Clarke	Xander Dodds
Shot	Taylah Hazell	Benjamin Waters
Discus	Taylah Hazell	Xander Dodds
Long Jump	Taylah Hazell	Xander Dodds
High Jump	Tanisha Winstanley	Leonardo Seremet

Under 10's		
	Girls	Boys
70m	Vanessa Mclay	Lachlan Bartlett
100m	Frankie Greer	Will Degraaf
200m	Frankie Greer	Lachlan Bartlett
400m	Vanessa Mclay	Myles Callaghan
800m	Frankie Greer	Myles Callaghan
60m Hurdles	Vanessa Mclay / Frankie Greer	Will Degraaf
1100m R/Walk	Erica Polak	Myles Callaghan
Shot	Vanessa Mclay	Will Degraaf
Discus	Vanessa Mclay	Mitchell Kruetzer
Long Jump	Erica Polak	Will Degraaf
High Jump	Vanessa Mclay	Will Degraaf

Under 11's		
	Girls	Boys
100m	Summer Thomson	Vincent Bowman
200m	Summer Thomson	Joshua Tolley
400m	Ashleigh Jones	Travis Verster
800m	Summer Thomson	Travis Verster
1500m	Summer Thomson	Vincent Bowman
60m Hurdles	Sovannary Seremet	Vincent Bowman
1100m R/Walk	Ashleigh Jones	Kody Fisher
Shot	Claudia Peeters	Kapohau Johnston-Parekura
Discus	Claudia Peeters	Kapohau Johnston-Parekura
Javelin	Hayley Lucas	Kapohau Johnston-Parekura
Long Jump	Summer Thomson	Vincent Bowman
Triple Jump	Sovannary Seremet	Joshua Tolley
High Jump	Sovannary Seremet	Kody Fisher

Season 2017-18 Age Group Title Holders (cont)

Under 12's		
	Girls	Boys
100m	Anika Clarke	Ilan Cloete
200m	Kalliyen Seremet	Kynan Coombes
400m	Kalliyen Seremet	Zane Pearce
800m	Anika Clarke	Ilan Cloete
1500m	Anika Clarke	Zane Pearce
60m Hurdles	Daniela Hankey	Kynan Coombes
1500m R/Walk	Anika Clarke	Alex Polak
Shot	Anika Clarke	Ilan Cloete
Discus	Molly Degraaf	Zane Pearce
Javelin	Anika Clarke	Ethan Bartlett
Long Jump	Kalliyen Seremet	Zane Pearce
Triple Jump	Kalliyen Seremet	Zane Pearce
High Jump	Daniela Hankey	Ethan Bartlett

Under 13's		
	Girls	Boys
100m	Laura Peeters	Isaac Picton
200m	Laura Peeters	Isaac Picton
400m	Laura Peeters	Jayden Lloyd
800m	Laura Peeters	Jayden Lloyd
1500m	Torryn Fisher	Toby Price
80m Hurdles	Tayla Hankey	Isaac Picton
200m Hurdles	Kate Hammond	Trent Verster
1500m R/Walk	Torryn Fisher	Isaac Picton
Shot	Neve Darroch	Jayden Lloyd
Discus	Laura Peeters	Trent Verster
Javelin	Neve Darroch	Toby Price
Long Jump	Laura Peeters	Trent Verster
Triple Jump	Laura Peeters	Trent Verster
High Jump	Laura Peeters	Jayden Lloyd



Season 2017-18 Age Group Title Holders (cont)

Under 14's		
	Girls	Boys
100m	No Title Holder	Riley Crowther
200m	Lauren Toovey	Riley Crowther
400m	Annabel Lee	Antonio Seremet
800m	No Title Holder	Riley Crowther
1500m	Annabel Lee	Riley Crowther
3000m	Annabel Lee	No Title Holder
80m Hurdles	Annabel Lee	
90m Hurdles		Antonio Seremet
200m Hurdles	Lauren Toovey	Antonio Seremet
1500m R/Walk	No Title Holder	No Title Holder
Shot	Annabel Lee	Antonio Seremet
Discus	No Title Holder	Riley Crowther
Javelin	Annabel Lee	No Title Holder
Long Jump	Francesca Peacock	Antonio Seremet
Triple Jump	No Title Holder	Riley Crowther
High Jump	No Title Holder	Antonio Seremet

Under 15's & Under 16's Girls		
	U15	U16
100m	Jessica Hoban	Andrea Wanambi
200m	Jessica Hoban	Andrea Wanambi
400m	Alana Grace	Andrea Wanambi
800m	Jessica Hoban	Andrea Wanambi
1500m	Jessica Hoban	No Title Holder
3000m	Jessica Hoban	No Title Holder
90m Hurdles	Jessica Hoban	Andrea Wanambi
200m Hurdles	Jessica Hoban	Andrea Wanambi
300m Hurdles	Alana Grace	No Title Holder
1500m R/Walk	Jessica Hoban	No Title Holder
Shot	Kirra Stonehouse	Andrea Wanambi
Discus	Kirra Stonehouse	Andrea Wanambi
Javelin	Kirra Stonehouse	Andrea Wanambi
Long Jump	Kirra Stonehouse	Andrea Wanambi
Triple Jump	Jessica Hoban	Andrea Wanambi
High Jump	Alana Grace	Andrea Wanambi

Season 2017-18 Age Group Title Holders (cont)

Under 16's & Under 17's Boys		
	U16	U17
100m	Harrison Penglis	Ethan Clarke
200m	Ethan Booth	Ethan Clarke
400m	Harrison Penglis	Ethan Clarke
800m	Jayden Crowther	Ethan Clarke
1500m	Jayden Crowther	Ethan Clarke
100m Hurdles	Harrison Penglis	
110m Hurdles		Ethan Clarke
200m Hurdles	Harrison Penglis	Ethan Clarke
300m Hurdles	Harrison Penglis	Ethan Clarke
1500m R/Walk	Harrison Penglis	Ethan Clarke
Shot	Harrison Penglis	Ethan Clarke
Discus	Ethan Booth	Ethan Clarke
Javelin	Ethan Booth	Ethan Clarke
Long Jump	Ethan Booth	Ethan Clarke
Triple Jump	Harrison Penglis	Ethan Clarke
High Jump	Harrison Penglis	Ethan Clarke



U13 Girls



U14 Girls

Season 2017-18 Club Best Performances

Under 6's				
	Girls		Boys	
70m	Harper Greer	13.98	Emmett Thirkill	13.85
100m	Harper Greer	20.21	Emmett Thirkill	18.63
200m	Harper Greer	41.84	Emmett Thirkill	43.85
300m	Harper Greer	01:07.5	Emmett Thirkill	01:09.8
Shot	Tamaku Kelly	3.54	Jonah Koopu	3.98
Discus	Tamaku Kelly	5.80	Jonah Koopu	8.34
Long Jump	Harper Greer	2.54	Emmett Thirkill	2.65

Under 7's				
	Girls		Boys	
70m	Laylah Dodds	12.63	Max Hilditch	13.37
100m	Keilani Kratzmann	18.68	Max Hilditch	19.08
200m	Keilani Kratzmann	39.49	Max Hilditch	42.68
500m	Keilani Kratzmann	01:53.8	Max Hilditch	02:03.6
Shot	Laylah Dodds	3.79	Bentley Smith	4.61
Discus	Keilani Kratzmann	5.76	Bentley Smith	10.42
Long Jump	Briony Hetherington	2.82	Liam Dorman	2.65

Under 8's				
	Girls		Boys	
70m	Sienna Crowther	12.04	Flynn Callaghan	11.83
100m	Sienna Crowther	16.95	Hugo Greer	16.54
200m	Sienna Crowther	36.23	Flynn Callaghan	35.21
400m	Sienna Crowther	1:27.29	Flynn Callaghan	1:21.03
700m	Ruby Hazell	2:40.60	Hugo Greer	2:32.96
300m R/Walk	Siaan Fisher	1:47.62	Flynn Callaghan	1:42.12
Shot	Rihanna Lucas	4.96	Aran Steyn	5.85
Discus	Rihanna Lucas	10.04	Flynn Callaghan	12.56
Long Jump	Rihanna Lucas	3.21	Hugo Greer	3.25
High Jump	Ruby Hazell	0.94	Flynn Callaghan / Hugo Greer	1.05



U6 Girls



U6 Boys

Season 2017-18 Club Best Performances (cont)

Under 9's				
	Girls		Boys	
70m	Taylah Hazell	11.59	Frankie Smedley	11.50
100m	Summer Pryde	16.20	Xander Dodds	16.69
200m	Taylah Hazell	32.94	Xander Dodds	34.89
400m	Taylah Hazell	1:17.00	Xander Dodds	1:24.79
800m	Taylah Hazell	2:58.05	Xander Dodds	3:07.19
60m Hurdles	Taylah Hazell	11.72	Xander Dodds	11.84
700m R/Walk	Makenna Clarke	4:13.10	Xander Dodds	4:48.00
Shot	Summer Pryde	4.93	Leonardo Seremet	4.93
Discus	Taylah Hazell	16.19	Leonardo Seremet	17.66
Long Jump	Taylah Hazell	3.49	Xander Dodds / Frankie Smedley	3.39
High Jump	Taylah Hazell	1.04	Leonardo Seremet	1.03

Under 10's				
	Girls		Boys	
70m	Frankie Greer	12.06	Will Degraaf	10.49
100m	Kyah McCray	16.18	Will Degraaf	15.20
200m	Kyah McCray	34.03	Lachlan Bartlett	31.68
400m	Frankie Greer	1:24.82	Myles Callaghan	1:15.69
800m	Ashlee Merder	3:22.05	Myles Callaghan	2:48.70
60m Hurdles	Vanessa Mclay & Frankie Greer	14.16	Will Degraaf	11.82
1100m R/Walk	Erica Polak	7:25.89	Myles Callaghan	6:06.64
Shot	Vanessa Mclay	6.40	Rorey Nielson	7.08
Discus	Vanessa Mclay	15.32	Mitchell Kruetzer	16.47
Long Jump	Erica Polak	3.37	Will Degraaf	4.17
High Jump	Kyah McCray	1.16	Will Degraaf	1.25



U10 Girls

Season 2017-18 Club Best Performances (cont)

Under 11's				
	Girls		Boys	
100m	Summer Thomson	14.65	Joshua Tolley	14.74
200m	Summer Thomson	30.87	Travis Verster	31.73
400m	Summer Thomson	1:12.97	Travis Verster	1:13.84
800m	Summer Thomson	2:51.45	Travis Verster	2:54.66
1500m	Summer Thomson	6:13.27	Kody Fisher	5:55.31
60m Hurdles	Sovannary Seremet	11.48	Vincent Bowman	11.78
1100m R/Walk	Ashleigh Jones	7:26.66	Kody Fisher	6:45.89
Shot	Claudia Peeters	7.56	Kapohau Johnston-Parekura	7.63
Discus	Claudia Peeters	21.83	Kapohau Johnston-Parekura	21.68
Javelin	Lucy Knight	10.52	Kapohau Johnston-Parekura	19.58
Long Jump	Summer Thomson	4.07	Vincent Bowman	4.24
Triple Jump	Sovannary Seremet	8.50	Travis Verster & Kody Fisher	7.85
High Jump	Sovannary Seremet	1.30	Kody Fisher	1.36

Under 12's				
	Girls		Boys	
100m	Kalliyon Seremet	13.91	Kynan Coombes	13.84
200m	Kalliyon Seremet	28.28	Zane Pearce & Kynan Coombes	28.95
400m	Kalliyon Seremet	1:05.34	Zane Pearce	1:04.00
800m	Anika Clarke	2:37.77	Zane Pearce	2:31.41
1500m	Anika Clarke	5:27.90	Zane Pearce	4:55.48
60m Hurdles	Molly Degraaf	10.72	Zane Pearce	11.36
1500m R/Walk	Anika Clarke	7:45.50	Zephyr Marlin	10:41.50
Shot	Kalliyon Seremet	10.46	Zane Pearce	7.78
Discus	Phoebe Nielson	22.63	Zane Pearce	24.76
Javelin	Phoebe Nielson	14.10	Ethan Bartlett	23.87
Long Jump	Kalliyon Seremet	4.65	Zane Pearce	4.63
Triple Jump	Kalliyon Seremet	9.25	Zane Pearce	9.72
High Jump	Kalliyon Seremet	1.6	Zane Pearce	1.45



U10 Boys

Season 2017-18 Club Best Performances (cont)

Under 13's				
	Girls		Boys	
100m	Laura Peeters	14.27	Jaylan McCray	14.47
200m	Laura Peeters	28.82	Trent Verster	31.33
400m	Laura Peeters	1:04.12	Toby Price	1:12.96
800m	Laura Peeters	2:30.51	Toby Price	2:51.28
1500m	Laura Peeters	5:05.05	Toby Price	5:24.69
80m Hurdles	Tayla Hankey	14.82	Trent Verster	17.35
200m Hurdles	Laura Peeters	33.64	Trent Verster	34.68
1500m R/Walk	Torryn Fisher	9:51.48	Isaac Picton	14:25.31
Shot	Neve Darroch	7.21	Toby Price	6.15
Discus	Laura Peeters	20.96	Trent Verster	14.94
Javelin	Neve Darroch	19.45	Trent Verster	17.5
Long Jump	Laura Peeters	4.41	Trent Verster	4.10
Triple Jump	Laura Peeters	9.66	Trent Verster	8.76
High Jump	Laura Peeters	1.37	Trent Verster	1.40

Under 14's				
	Girls		Boys	
100m	Lauren Toovey	14.66	Antonio Seremet	12.74
200m	Lauren Toovey	29.18	Antonio Seremet	25.22
400m	Lauren Toovey	1:12.11	Antonio Seremet	1:03.93
800m	No Title Holder	2:48.29	Riley Crowther	2:19.12
1500m	Annabel Lee	5:41.02	Riley Crowther	4:54.62
3000m	Annabel Lee	12:22.87	Riley Crowther	13:41.06
80m Hurdles	Francesca Peacock	15.75		
90m Hurdles			Antonio Seremet	14.05
200m Hurdles	Francesca Peacock	33.01	Antonio Seremet	29.63
1500m R/Walk	Annabel Lee	11:58.87	No Season Best Performance	
Shot	Annabel Lee	7.40	Antonio Seremet	11
Discus	Annabel Lee	19.49	Antonio Seremet	23.5
Javelin	Annabel Lee	22.78	Antonio Seremet	19.43
Long Jump	Francesca Peacock	4.70	Antonio Seremet	5.16
Triple Jump	Annabel Lee	7.57	Riley Crowther	10.16
High Jump	Francesca Peacock	1.50	Antonio Seremet	1.58

Season 2017-18 Club Best Performances (cont)

Under 15's & Under 16's Girls				
	U15		U16	
	100m	Alana Grace	13.79	Andrea Wanambi
200m	Alana Grace	28.84	Andrea Wanambi	28.92
400m	Alana Grace	1:09.26	Andrea Wanambi	1:12.08
800m	Alana Grace	3:03.69	Andrea Wanambi	3:24.65
1500m	Jessica Hoban	6:26.19	Andrea Wanambi	7:45.21
3000m	Alana Grace	14:53.67	No Performance Registered	
90m Hurdles	Jessica Hoban	17.77	Andrea Wanambi	16.36
200m Hurdles	Alana Grace	32.17	Andrea Wanambi	33.10
300m Hurdles	Alana Grace	53.24	No Performance Registered	
1500m R/Walk	Jessica Hoban	9:24.81	Andrea Wanambi	13:15.69
Shot	Alana Grace	10.48	Andrea Wanambi	7.42
Discus	Kirra Stonehouse	22.65	Andrea Wanambi	17.81
Javelin	Kirra Stonehouse	27.15	Andrea Wanambi	26.59
Long Jump	Alana Grace	4.26	Andrea Wanambi	4.21
Triple Jump	Jessica Hoban	9.89	Andrea Wanambi	9.21
High Jump	Tilliah Oxley / Alana Grace	1.35	Andrea Wanambi	1.25

Under 16's & Under 17's Boys				
	U16		U17	
	100m	Harrison Penglis	11.91	Ethan Clarke
200m	Harrison Penglis	23.93	Ethan Clarke	28.30
400m	Harrison Penglis	56.00	Ethan Clarke	1:12.50
800m	Jayden Crowther	2:22.56	Ethan Clarke	3:24.03
1500m	Jayden Crowther	5:25.24	Ethan Clarke	7:28.03
3000m	Nelson McCutcheon	11:04.04	Ethan Clarke	16:10.73
100m Hurdles	Harrison Penglis	16.04		
110m Hurdles			Ethan Clarke	20.15
200m Hurdles	Harrison Penglis	28.89	Ethan Clarke	33.48
300m Hurdles	Harrison Penglis	46.85	Ethan Clarke	51.70
1500m R/Walk	Nelson McCutcheon	6:19.33	Ethan Clarke	8:48.60
Shot	Harrison Penglis	11.14	Ethan Clarke	7.05
Discus	Ethan Booth	30..29	Ethan Clarke	25.69
Javelin	Ethan Booth	38.77	Ethan Clarke	24.55
Long Jump	Ethan Booth	5.28	Ethan Clarke	4.64
Triple Jump	Ethan Booth	11.00	Ethan Clarke	9.83
High Jump	Harrison Penglis	1.55	Ethan Clarke	1.25

Club Championship Record Holders

Girls			
70 metres			
U6	Victoria Pullar	12.60	1991
U7	Victoria Pullar	11.60	1992
U8	Victoria Pullar	11.00	1993
U9	Victoria Pullar	10.60	1994
U10	Kirsty Hill	10.40	1984
U11	Jenny Jordan	10.00	1992
U12	Charlotte Fisher	9.60	2009

Boys			
70 metres			
U6	Danny Routledge	12.10	1995
U7	Trent Carmichael	11.30	1990
U8	Trent Carmichael	10.80	1991
U9	Sam Carson	10.00	1999
U10	Trent Carmichael	9.80	1993
U11	Kane Ransom	9.80	1985
	Trent Carmichael	9.80	1994
	Samuel Parun	9.80	1996
U12	Sam Carson	9.10	2002
	Lyndon Phipps	9.10	2004

100 metres			
U6	Victoria Pullar	18.20	1991
U7	Victoria Pullar	17.00	1992
U8	Victoria Pullar	15.90	1993
U9	Kirsty Hill	15.20	1983
	Ella Peters	15.20	2014
U10	Kirsty Hill	14.80	1984
U11	Hayley Phipps	14.10	1994
U12	Kirsty Hill	13.40	1986
U13	Lorienne Karey	13.20	2004
U14	Jenny Jordan	12.90	1993
U15	Tenille Anning	13.10	1996
U16	Joanne Barry	13.80	2005
U17	Shona Cant	14.20	2010

100 metres			
U6	Danny Routledge	17.50	1995
U7	Trent Carmichael	16.30	1990
U8	Trent Carmichael	15.50	1991
U9	Jake Playford	14.50	1999
U10	Kyle Bennett	14.10	2014
U11	Trent Carmichael	13.60	1994
U12	Lyndon Phipps	12.80	2004
U13	Brent Taylor	12.20	2004
	Lyndon Phipps	12.20	2005
U14	Sam Carson	11.50	2004
U15	Matthew Tucker	11.60	1992
U16	Caiden Robinson	11.80	2013
U17	Caiden Robinson	11.80	2014

200 metres			
U6	Victoria Pullar	39.00	1991
U7	Victoria Pullar	35.70	1992
U8	Melissa Walker	34.10	1984
U9	Kirsty Hill	31.50	1983
U10	Kirsty Hill	29.80	1984
U11	Hayley Phipps	29.10	1994
U12	Heidi Bird	28.20	1995
U13	Jenny Jordan	27.00	1994
U14	Tenille Anning	27.30	1995
U15	Jessica Cant	26.50	1999
U16	Erin Stonehouse	29.31	2016
U17	Natasha Sorensen	30.80	2007

200 metres			
U6	Danny Routledge	35.60	1995
U7	Trent Carmichael	35.60	1990
U8	Jake Playford	31.70	1998
U9	Jake Playford	28.90	1999
U10	Jake Playford	28.60	2000
U11	Michael Leith	28.40	1996
U12	Sam Carson	27.00	2002
U13	Sam Carson	25.20	2003
U14	Bryan Nagorcka	24.60	1999
U15	Matthew Tucker	23.90	1992
U16	Jamie Pannam	24.90	2013
	Caiden Robinson	24.90	2013
U17	Troy Pannam	24.50	2013

Club Championship Record Holders (cont)

300 metres			
U6	Harper Greer	01:09.7	2018
U7	Taylah Hazell	01:02.5	2016

300 metres			
U6	Emmett Thirkill	01:10.6	2018
U7	Callum Lamb	01:01.1	2012

400 metres			
U8	Ruby Hazell	01:30.1	2018
U9	Kirsty Hill	01:12.4	1983
U10	Kirsty Hill	01:10.8	1984
U11	Renee Hebson	01:08.8	2003
U12	Kalliyann Seremet	01:05.4	2017
U13	Tenille Anning	01:04.7	1994
U14	Nikkita Durward	01:02.9	2002
U15	Tenille Anning	01:02.0	1996
U16	Jamie Howell	01:10.2	2014
U17	Natasha Sorensen	01:10.5	2007

400 metres			
U8	Flynn Callaghan	01:21.0	2018
U9	Mark Smith	01:12.8	1984
U10	Max Plath	01:08.8	2012
U11	Max Hooper	01:04.5	2015
U12	Shannon Kelso	01:03.9	1994
U13	Sam Carson	59.30	2003
U14	Brent Taylor	56.90	2005
U15	Ben Seymour	55.20	2010
U16	Harrison Penglis	56.00	2018
U17	Ben Seymour	53.70	2012

500 metres			
U7	Keilani Kratzmann	01:53.8	2018
U8	Anika Clarke	01:50.5	2014

500 metres			
U7	Flynn Callaghan	01:55.0	2016
U8	Zane Pearce	01:43.6	2014

700 metres			
U8	Taylah Hazell	02:43.2	2017

700 metres			
U8	Riley Brunt	02:54.5	2017

800 metres			
U9	Kristen Onley	02:59.4	2002
U10	Marnie Turnor	02:51.0	1985
U11	Ruth Grail	02:45.9	1983
U12	Ruth Grail	02:33.2	1984
U13	Laura Peters	02:31.0	2018
U14	Kristyn Mackrell	02:25.3	2004
U15	Nadia Tschirpig	02:33.5	1998
U16	Natasha Sorensen	02:35.1	2006
U17	Natasha Sorensen	02:55.7	2007

800 metres			
U9	Scott Hammermeister	02:45.8	1985
U10	Max Hooper	02:37.8	2014
U11	Scott Hammermeister	02:31.0	1987
U12	Max Hooper	02:24.8	2016
U13	Tristan McDougall	02:26.1	1985
U14	Ben Seymour	02:18.5	2009
U15	Ben Seymour	02:07.1	2010
U16	Ben Seymour	02:18.8	2011
U17	Ben Seymour	02:14.6	2012

1500 metres			
U11	Kaitlyn Price	05:38.2	2008
U12	Ruth Grail	05:13.5	1984
U13	Laura Peters	05:05.0	2018
U14	Kristyn Mackrell	05:24.9	2004
U15	Zara Houston	05:04.0	1996
U16	Natasha Sorensen	05:20.1	2006
U17	Natasha Sorensen	05:40.9	2007

1500 metres			
U11	Max Hooper	05:04.3	2015
U12	Scott Hammermeister	05:01.5	1988
U13	Paul Casey	05:03.1	1989
U14	Ben Seymour	04:47.0	2009
U15	Tony Carrick	04:42.3	1995
U16	Devon Benadie	04:50.5	2016
U17	Ben Seymour	04:39.2	2012

Club Championship Record Holders (cont)

3000 metres			
U14	Annabel Lee	12:22.9	2017
U15	Erin Stonehouse	14:30.6	2015
U16	Erin Stonehouse	14:37.8	2016
U17	Erin Stonehouse	17:19.2	2017

3000 metres			
U14	Alistair Swann	11:38.9	2015
U15	Justin McKillop	11:33.2	2015
U16	Devon Benadie	10:42.8	2016
U17	Caiden Robinson	14:34.0	2014

300 metre Racewalk			
U6	Winona Dougan	02:16.6	2007
U7	Chloe McGovern	01:54.6	2012
U8	Siaan Fisher	01:47.6	2018

300 metre Racewalk			
U6	Connor Bradfield	02:12.8	2007
U7	Kyran Ford	01:53.7	2012
U8	Flynn Callaghan	01:42.1	2018

500 metre Racewalk			
U8	Anika Clarke	03:06.4	2014

500 metre Racewalk			
U8	Jack Collins	02:58.3	2013

700 metre Racewalk			
U9	Sarah Hillier	04:04.4	1992

700 metre Racewalk			
U9	Matthew Houston	03:45.0	1994

1100 metre Racewalk			
U10	Breanne Goschnick	05:53.7	2004
U11	Anika Clarke	05:59.7	2017

1100 metre Racewalk			
U10	Matthew Houston	05:48.3	1995
U11	Matthew Houston	05:37.4	1996

1500 metre Racewalk			
U12	Courtney Sorensen	08:06.0	2005
U13	Natasha Sorensen	07:47.9	2003
U14	Courtney Sorensen	07:45.3	2007
U15	Natasha Sorensen	07:16.9	2005
U16	Natasha Sorensen	07:35.1	2006
U17	Natasha Sorensen	07:34.9	2007

1500 metre Racewalk			
U12	Mark Small	07:48.8	1996
U13	Nelson McCutcheon	07:11.4	2016
U14	Adam Wilson	07:15.3	1996
U15	Luke McCutcheon	07:04.3	2013
U16	Joshua Hanson	08:41.4	2011
U17	Ethan Clarke	08:48.6	2018

60m Hurdles			
U8	Laura Rafter	11.60	1993
	Victoria Pullar	11.60	1993
U9	Kristy Brennan	11.00	1999
U10	Kirsty Hill	10.40	1989
U11	Fiona Elliot	10.50	1989
	Jenny Jordan	10.50	1992
U12	Jenny Jordan	10.40	1993

60m Hurdles			
U8	Todd McDonald	10.10	2004
U9	Trent Carmichael	10.00	1992
	Todd McDonald	10.00	2005
U10	Peter Casey	10.30	1984
	Sam Carson	10.30	2000
U11	Andrew Marshall	10.20	2003
	Brendon Uhlmann	10.20	2004
U12	Sam Carson	9.30	2002

80m Hurdles			
U13	Nicole Mullen	14.00	1999
U14	Lorienne Karey	13.60	2005

80m Hurdles			
U13	Sam Carson	12.90	2003

Club Championship Record Holders (cont)

90m Hurdles			
U15	Tenille Anning	14.70	1996
U16	Ashleigh Macaulay	15.74	2016
U17	Natasha Sorensen	16.30	2007

100m Hurdles			
U17	Georgia Kallinicos	18.26	2016

200m Hurdles			
U13	Rebecca Haynes	30.60	1998
U14	Rebecca Houston	31.00	1993
U15	Tenille Anning	29.60	1996
U16	Natasha Sorensen	33.20	2006
U17	Natasha Sorensen	33.60	2007

300m Hurdles			
U15	Andrea Wanambi	53.22	2017
U16	No Record Holder		
U17	Georgia Kallinicos	55.73	2017

Shot Put			
U6	Kalliyon Seremet	4.41	2012
U7	Tanya Kramer	5.60	1986
U8	Kalliyon Seremet	6.42	2014
U9	Jodie Grimmond	6.53	1984
U10	Lee Chittendon	8.20	1993
U11	Lee Chittendon	11.28	1994
U12	Lee Chittendon	12.08	1995
U13	Stephanie Wadsworth	10.07	2010
U14	Leah Peach	11.19	1989
U15	Stephanie Wadsworth	12.23	2012
U16	Joanne Barry	9.60	2005
U17	Stephanie Wadsworth	12.29	2014

90m Hurdles			
U14	Sam Carson	12.90	2004
U15	Nathan Taylor	13.80	1992

100m Hurdles			
U15	Jamie Burgess	14.10	1996
U16	Caiden Robinson	14.30	2013
U17	Caiden Robinson	13.80	2014

110m Hurdles			
U17	Caiden Robinson		2014

200m Hurdles			
U13	Dominic Hennessy	30.00	2001
	Sam Carson	30.00	2003
U14	Jamie Burgess	27.10	1995
U15	Jamie Burgess	26.60	1996
U16	Jamie Pannam	26.50	2013
U17	Jamie Pannam	27.30	2014
	Caiden Robinson	27.30	2014

300m Hurdles			
U15	No Record Holder		
U16	Ethan Clarke	51.29	2017
U17	Seth Parry-Johnson	49.72	2017

Shot Put			
U6	Brent Murphy	5.32	1992
U7	Todd McDonald	7.62	2003
U8	Todd McDonald	8.78	2004
U9	Ryan Cochran	9.63	2000
U10	Daniel Piddick	9.62	1989
U11	Tony Carrick	10.95	1991
U12	Jamie Burgess	10.88	1993
U13	Jamie Burgess	13.35	1994
U14	Bailey Doyle	9.88	2014
U15	Derek Bell	13.39	1990
U16	Harrison Penglis	11.39	2018
U17	Jordan Smith	11.84	2010

Club Championship Record Holders (cont)

Discus			
U6	Sonya Beasley	9.44	1993
U7	Zara Cull	13.58	2004
U8	Kylie Graham	15.54	1993
U9	Jodie Grimmond	19.64	1984
U10	Claudia Peters	24.02	2016
U11	Lee Chittendon	27.04	1994
U12	Lee Chittendon	29.44	1995
U13	Lee Chittendon	35.02	1996
U14	Stephanie Wadsworth	31.85	2011
U15	Stephanie Wadsworth	35.54	2012
U16	Natasha Sorensen	23.52	2006
U17	Stephanie Wadsworth	33.65	2014

Discus			
U6	Brent Murphy	13.90	1992
U7	Adam McKerrow	17.00	1994
U8	Simon McPherson	20.14	1993
U9	Ryan Cochran	23.11	2000
U10	Ryan Cochran	28.93	2001
U11	Danny Routledge	26.99	2000
U12	Jamie Burgess	32.64	1993
U13	Nelson McCutcheon	46.90	2016
U14	Nelson McCutcheon	50.80	2017
U15	Jamie Burgess	48.22	1996
U16	Tom Abraham	35.98	2009
U17	Jordan Smith	39.95	2010

Javelin			
U11	Lee Chittendon	21.56	1994
U12	Lee Chittendon	25.54	1995
U13	Lee Chittendon	29.58	1996
U14	Andrea Wanambi	30.88	2016
U15	Yirmala Mununggurritj	30.53	2015
U16	Yirmala Mununggurritj	31.00	2016
U17	Stephanie Wadsworth	22.66	2014

Javelin			
U11	Shane Damsa	31.74	1986
U12	Shane Damsa	36.44	1987
U13	Jamie Burgess	40.96	1994
U14	Jamie Burgess	40.20	1995
U15	Callum Jackson	33.90	2015
U16	Ethan Booth	32.22	2018
U17	Tom Harris	36.71	2012

Triple Jump			
U11	Lee Chittendon	9.18	1994
U12	Ella Peters	9.99	2017
U13	Charlotte Fischer	9.99	2010
	Lily Yadlosky	9.99	2016
U14	Jenae Crowley	10.05	1999
U15	Zara Houston	10.16	1996
U16	Natasha Sorensen	9.67	2006
U17	Shona Cant	9.61	2010

Triple Jump			
U11	Trent Carmichael	9.50	1994
U12	Sam Carson	10.75	2002
U13	Jamie Burgess	11.81	1994
U14	Jamie Burgess	12.50	1995
U15	Jamie Burgess	12.10	1996
U16	Tyrone Vallance	11.66	2015
U17	Jordan Smith	11.53	2010

Club Championship Record Holders (cont)

Long Jump			
U6	Renee Peach	2.90	1986
U7	Kelley Pitt	3.01	1992
U8	Anita Wells	3.60	1986
U9	Anita Wells	3.74	1987
U10	Ella Peters	4.48	2015
U11	Charlotte Fischer	4.78	2008
U12	Kirsty Hill	4.71	1986
U13	Melissa Whitby	4.78	1988
U14	Amanda Thorley	4.82	1998
U15	Tenille Anning	5.04	1996
U16	Ashleigh Macaulay	4.70	2017
U17	Natasha Sorensen	4.60	2007

Long Jump			
U6	Craig Zonruiter	3.20	1986
U7	Laurence Begni	3.40	1989
U8	Todd McDonald	4.12	2004
U9	Trent Carmichael	4.29	1992
U10	Trent Carmichael	4.87	1993
U11	Trent Carmichael	4.79	1994
U12	Sam Carson	5.27	2002
U13	Sam Carson	5.48	2003
U14	Jamie Burgess	5.88	1995
U15	Matthew Tucker	6.24	1992
U16	Jordan Smith	5.79	2009
U17	Seth Parry-Johnson	5.44	2017

High Jump			
U8	Kalliyon Seremet	1.04	2014
U9	Penelope Lynch	1.16	2013
U10	Penelope Lynch	1.26	2014
U11	Kalliyon Seremet	1.35	2016
U12	Ella Peters	1.50	2017
U13	Rebecca Haynes	1.51	1998
U14	Morgan Johnston	1.49	2009
U15	Emily Richards	1.49	2009
U16	Lauren Spreadborough	1.48	2015
U17	Dannielle Hansen	1.40	2001

High Jump			
U8	Zane Pearce	1.12	2014
U9	Bailey Ford	1.16	2013
U10	Zane Pearce	1.29	2016
U11	Zane Pearce	1.35	2017
U12	Jason Leis	1.55	2004
U13	Andrew Allen-Sympson	1.63	2002
U14	Ben McKillop	1.71	2012
U15	Tim Janke	1.83	2000
	Andrew Allen-Sympson	1.83	2004
U16	Chris Cloherty	1.71	2015
U17	Jordan Smith	1.70	2010

Redlands LAQ State Team Representatives

1982	Brendan Grail	2002	Andrew Allen-Sympson
1984	Ruth Grail	2003	Sam Carson
	Tristan McDougal	2004	Lorienne Karey
1985	Rhys McDougal		Joel Barnard
1986	Kirsty Hill		Brent Taylor
1987	Melissa Whitby	2005	Renee Hebson
1988	Natalie Taylor		Lyndon Phipps
1991	Matthew Mabin	2006	Ruby Maguire
1992	Katy Anderson	2007	Breanne Groschnick
	Leanne Puller	2008	Elise Ferguson
1994	Jamie Burgess		Stacey Williams
	Jenny Jordan	2011	Luke McCutcheon
1996	Jamie Burgess	2012	Maria Leen
	Lee Chittendon		Joanne Miller
	Heidi Bird	2013	Justin McKillop
1997	Mark Small	2015	Olivia Woolf-Hewitt
1998	Matthew Houston	2016	Nelson McCutcheon
	Peter Biggs	2017	Antonio Seremet
2000	Phillip Hemsworth	2018	Laura Peeters



