

KARRINYUP LITTLE ATHLETICS CLUB



YEAR BOOK
2017/2018 SEASON



WELCOME FROM THE PRESIDENT

Dear Athletes & Parents

Welcome to all new members of Karrinyup Little Athletics. And a big hello to those returning members, it's great to have you back.

The 2017/18 season promises to be another great season of Little Athletics. Our sport continues to grow as a popular choice to keep our children active and fit. I have no doubt we will witness all of our little athletes have a great time both at training and during competition.

I'd like to thank our committee of extremely dedicated volunteer parents who make it possible for the club and its activities to function. I'd also like to thank our dedicated volunteer coaches. Without our coach's special efforts each week our children would lack the guidance and direction necessary for them to achieve personal bests during the season. To the parents of new and returning members I'd like to extend an invitation to take up arms and assist in the operation of the club. At first you may just be comfortable filling your roster duties, but we strongly encourage you reach into your bag of past experiences and lend a hand where appropriate. Perhaps you've coached another sport, you are a former athlete, or maybe you are a great administrator. Your particular skills can be a great asset to this club.

Whether it be your first, second or fifth season, we have put in place tools to help keep you up to date and answer any questions. Please always refer to our website, www.karrinyuplac.com.au and take a moment to install our app, *Karrinyup LAC* onto any smartphone device. You may also approach me or any committee member with any questions.

Please enjoy the season!

Carissa Boss
President KLAC
September 2017

KARRINYUP LITTLE ATHLETICS CLUB COMMITTEE

POSITION	NAME	TELEPHONE	EMAIL
President	Carissa Boss	0408 888 825	klacpresident@gmail.com
Vice President	Mirella Barilla	0404 409 144	klacvicepresident@gmail.com
Secretary	Diane Gearon	0419 048 637	klacsecretary@gmail.com
Treasurer	Dean de Wit	0432 889 600	klactreasurer@gmail.com
Registrar	Rebeka Terry	0430 137 935	klacregistrar@gmail.com
Rosters	Trish Connery	0402 788 821	klacrosters@gmail.com
Uniforms	Lucy Hristianopoulos	0410 332 556	klacuniforms@gmail.com
BBQ Co-ordinator	Nikki Samuels	0422 411 024	Nicole.samuels@bigpond.com
Records Officer	Paul Perin	0404 480 301	paul.perin@hotmail.com
Head Coach (Mon)	Ashley Clementi	0434 867 261	ancdjb@gmail.com
Head Coach (Thu)	Graham Jenkins	0415 719 718	jenks22@iinet.net.au
Hamersley Delegates	Paul Perin	0404 480 301	paul.perin@hotmail.com
	Ashley Clementi	0434 867 261	ancdjb@gmail.com

Other key links:

Hamersley LAC Website - <http://www.hamersleyaths.com/>
Little Athletics WA - <http://walittleathletics.com.au/>

ABOUT OUR CLUB

Karrinyup Little Athletics Club was established in 1969. We are one of five clubs that together make up Hamersley Little Athletics Centre. The other clubs are Glendale, North Beach, Oceanside and Sorrento. We compete with these clubs on Saturday mornings, but represent Karrinyup LAC and wear Karrinyup uniforms for general Saturday morning competition. When competing at Zone and State competitions Karrinyup athletes represent Hamersley Centre and wear a Hamersley uniform.

Each club has its own committee, with two parent delegates that represent the club at Hamersley Centre meetings.

The Hamersley Centre Committee is made up of parents from all six clubs who meet monthly to organise and co-ordinate the smooth running of the Centre.

Each Saturday morning competition is held between the clubs at CHARLES RILEY RESERVE, WENDLING ROAD, NORTH BEACH.

PARENT PARTICIPATION

Little Athletics is a sport requiring family involvement. It is not like any other sport. Parents should be aware that their involvement is required both at training and on competition days on a roster basis. Competition days will involve parents and athletes from 7.45am until approximately 11.30am. You will be required to perform one of a myriad of different functions to help the athletics program progress smoothly. For example, measuring long jumps, raking the sand, and generally supervising children (none of these tasks are difficult). No experience is necessary, only a keenness to learn and participate. There will also be other occasions when your assistance is required on a roster basis with setting out and putting away equipment, marking ovals, helping at the BBQ etc. This also includes helping to erect the Karrinyup tent at the start of the day, and at the end of the day's events taking it down and packing it away in the store room.

On the plus side, it can be a very rewarding and social experience, and you will make as many new friends as your children do, and you will get as much out of it as you are prepared to put in.

REGISTRATION AND COMPETITION

Once registrations have been processed, the children will receive a number and an age group tag to wear on their Karrinyup competition T-shirts. These must be worn each Saturday - NUMBERS PINNED ON FRONT OF T-SHIRT, AGE GROUP TAGS ON TOP LEFT HAND CORNER, SPONSOR BADGE ON TOP RIGHT HAND CORNER.

Children may be prevented from competing if their uniform is incorrect, or registration number and age group tag are not worn. Shoes must be worn for all events.

All competition details for the season is covered in the 'Yellow Book' from Hamersley Little Athletics Centre. The Yellow Book can be found at <http://www.hamersleyaths.com/yellow-book/>.

Results can be accessed throughout the season via www.resultshq.com.au using your family login.

- Under 7 to Under 9 age groups may compete in a maximum of four events
- Under 10 to Under 17 may compete in a maximum of five events.

OPENING DAY FOR COMPETITION IS SATURDAY 7th OCTOBER 2017.

Remember to bring sunscreen, drink, hat, as well as warm clothes if the weather is unpredictable.

BEHAVIOUR

We expect all our athletes to behave themselves, both at training and during competition. Bad behaviour, bad manners and swearing will not be tolerated at any time. Everyone can have fun if we all listen to each other and follow instructions. Behaviour is taken into consideration when trophies are presented at the end of the year.

Little Athletics West Australian (LAWA) has a code of behaviour policy and Hamersley's Yellow Book has some guidelines as well. Please be mindful of the fact that all officials are volunteers, and they give their time and resources freely to provide recreational activities for your child. The following acts committed by Little Athletes, parents or guardians will be not

tolerated and may result in removal from the site or group suspension from training and/or competition or termination of membership:

1. Improper conduct, language or behaviour at any training session, competition, social function or other meeting, which others find offensive.
2. Blasphemy, profanity, lewd behaviour or language towards or within hearing of any person.
3. Disobedience or disregard of any instruction from any official or other supervisory person at any training session, competition meeting or social function.

TRAINING

Children benefit from individual advice at training, therefore any parent who can contribute to supervision at training sessions would be welcomed. Coaches and more experienced parents aim to provide specialised event training. Training sessions provide an opportunity for new members to learn some of the rules and techniques associated with athletics competition. Basic skills can be learned quickly, but need to be reinforced regularly. Safety is of particular concern, especially with young and new athletes. Parents are expected to watch their own children and assist with the safety of others at all times.

Club rules at training sessions:

1. Only registered Little Athletes are permitted to participate or use the equipment.
2. ALL athletes must be at Karrinyup Reserve five minutes before the start of training to assist with setting up of the equipment.
3. No food, lollies or chewing gum is to be consumed during training.
4. The Coach will decide what "warm-up" is appropriate. All athletes must participate before they will be allowed to commence training.
5. Athletes will be organised into groups and sent to supervised sites where they must remain until the order to change sites is given.
6. Athletes are permitted to run or walk laps of the oval unsupervised.
7. Unsupervised handling of throwing implements or jumping on high jump mats is strictly forbidden.
8. Parent helpers in charge of sites have the authority to send an athlete off sites for misconduct. The athlete must then report to the Coach who will decide what action will be taken.

9. Dogs *are not to be brought to training*.
10. All athletes are required to assist with returning equipment to the storeroom before they gather for the presentation/wrap-up of the session. Parents are encouraged to join the group for the presentation and announcements.

Please take note of the following points:

1. During cold weather, athletes should wear a tracksuit or sweater.
2. Athletes should always bring a cold drink; preferably water, to every session.
3. Training **MAY** be modified or cancelled if the temperature is above 35C at 3.00pm. Please do not drop and leave your children.
4. Training is **NOT** conducted in the rain. If it looks like rain, please **DO NOT** leave your children.
5. Training is **NOT** a babysitting service. Children are **NOT** to be left unattended on the oval at any time.
6. Karrinyup LAC and Hamersley Centre recognises that smoking and passive smoking are hazardous to health. We will ensure a smoke free environment and will also openly discourage adults from smoking in front of or near children.

SUN SAFE POLICY

Karrinyup has adopted a sun safe policy in accordance with the recommendations from the Australian Cancer Council and Healthways WA, which advocate the SunSmart program. This means that athletes must at all times, wherever possible, wear a hat and cover all exposed skin with a broad spectrum block with an SPF factor of at least SPF30 plus.

Whilst part of our athletics program is held in the most dangerous hours (10am - 2pm), we endeavour to protect our athletes from exposure to the sun by way of the following methods:

- Our Club has 3 large tents, which are erected every Saturday at the club competition. Our children are encouraged to be under the tent whenever they are not competing in an event.
- Our Club provides sun block, which is accessible in the tent for all to use.
- Our Club promotes that a hat is to be worn while not competing.

COACHING

The club has accredited coaches but relies upon parents to ensure that training runs smoothly. This is particularly important in the area of safety when utilising equipment. It is important to remember that all coaching and other positions are undertaken voluntarily. Please offer support rather than criticism.

Parents are encouraged to undertake coaching courses to enable them to help the athletes with their skill development. Athletics Australia (<http://www.athletics.com.au/Coaches/Coach-Education/Athletics>) provide a couple of great courses: Level 1 for those who want an entry level athletics coaching course, and Level 2 for those wanting some further development on athletics skills and drills. Look out for more information once the season gets underway.

All accredited coaches at the club hold current Working with Children Checks.

COMPETITION DAYS

When new children arrive at the Hamersley Centre competition on Saturday mornings, they should report to the Karrinyup tents where a Coach or one of the committee will assist them with directions to the various sites for their events. Children should always be accompanied by an adult, who will be encouraged to assist with the running of the program.

TROPHIES & AWARDS

To be eligible for an award, athletes must fulfil certain conditions:

1. Athletes must satisfy the eligibility criteria as outlined in the Hamersley Centre Yellow Book.
2. Athletes must compete in a minimum number of events to be eligible for an award - 25 events for juniors (U7-9), 30 events for seniors (U10-17).
3. Athletes should attend training regularly.
4. Bad behaviour at either training or competition days could prevent an athlete from being considered for an award.

KARRINYUP LIFE MEMBERS

Bob Fergie, Edna Fergie, Margaret Ley (Dec), Ron Tester, Margaret Davis, Ken Scott (Dec), Val Jones, Ian Cassey, Carol Cassey, Kevin Grigson, Frits Vanirsen, Jan Veitch, Dom Parlongo, Jan Parlongo, Effie Stoitis, Anita Pesti, Ian Cooper, Janice Butt, Steve Roberts, Ashley Clementi.

PAST PRESIDENTS

1969/70	Vern Herd (Dec)	1994/95	Pat Stephenson
1970/71	Vern Herd	1995/96	David Cooper
1971/72	Jack Sturrock (Dec)	1996/97	Ken Dodd
1972/73	Jack Sturrock	1997/98	Ken Dodd
1973/74	Barrie Carnegie	1998/99	Ken Dodd
1974/75	Reg Clairs	1999/00	Anita Pesti
1975/76	Ken Byron	2000/01	Ian Cooper
1976/77	Peter Winstanley	2001/02	Ian Cooper
1977/78	Terry Kingston	2002/03	Ian Cooper
1978/79	Terry Kingston	2003/04	Ian Cooper
1979/80	John Ley	2004/05	Brad Walsh
1980/81	John Ley	2005/06	Brad Walsh
1981/82	Noel Poetschka	2006/07	John Nicolaou
1982/83	Noel Poetschka	2007/08	John Nicolaou
1983/84	Ken Goodwin	2008/09	John Nicolaou
1984/85	Ken Goodwin	2009/10	Steve Watson
1985/86	Ken Goodwin	2010/11	Steve Watson
1987/88	Dom Parlongo	2011/12	Steve Roberts
1988/89	Dom Parlongo	2012/13	Steve Roberts
1989/90	Dom Parlongo	2013/14	Steve Roberts
1990/91	Dom Parlongo	2014/15	Clint Johnson
1991/92	Peter Jones	2015/16	Clint Johnson
1992/93	Peter Jones	2016/17	Carissa Boss
1993/94	Kim Willott		

2016/17 STATE CHAMPIONSHIP MEDALLISTS

GOLD

Aqua Samuels	U9 Girls	High Jump	Scissors
Alex Perin	U12 Boys	High Jump	
Alex Perin	U12 Boys	Discus	
Olivia Roberts	U15 Girls	800m	

SILVER

Imogen Boss	U10 Girls	Javelin	
Jorja Elisseou	U12 Girls	100m	
Luka Samuels	U13 Girls	200m	
Olivia Roberts	U15 Girls	1500m	

BRONZE

Imogen Boss	U10 Girls	Discus	
Jorja Elisseou	U12 Girls	200m	
Alex Perin	U12 Boys	Long Jump	
Alex Perin	U12 Boys	Shot Put	
Luka Samuels	U13 Girls	100m	

2016/17 ZONE CHAMPIONSHIP MEDALLISTS

GOLD

Clancy Boss	U7 Girls	Discus	
Clancy Boss	U7 Girls	Shot Put	
Rahul Ramaish	U7 Boys	70m	
Poppy Vogl	U8 Girls	Shot Put	

SILVER

Rahul Ramaish	U7 Boys	100m	
Jordee Clarke	U8 Girls	Shot Put	

BRONZE

Clancy Boss	U7 Girls	Vortex
Jordee Clarke	U8 Girls	70m

KARRINYUP LITTLE ATHLETICS CLUB AWARDS 2016/2017

AWARD	WINNER	RUNNER UP
U/7 Champion Girl	Clancy Boss	Saige Riolo
U/7 Champion Boy	Rahul Ramaish	Marley Parise
U/8 Champion Girl	Jordee Clarke	Meg Jenkins
U/8 Champion Boy	Harry Biddeloo	Thomas Wimbridge
U/9 Champion Girl	Siella de Wit	Aqua Samuels
U/9 Champion Boy	Jordan Watson	Charlie Cossom
U/10 Champion Girl	Tania Barilla	Jenna King
U/10 Champion Boy	Caleb Moran	Noah Humberstone
U/11 Champion Girl	Ashleigh Prentice	Tessa Porter
U/11 Champion Boy	Tom Sweeney	Jack Donatti
U/12 Champion Girl	Jorja Elisseou	Jessica Wheeler
U/12 Champion Boy	Alex Perin	Reuben Clementi
U/13 Champion Girl	Luka Samuels	Paige Maloney
U/13 Champion Boy	Alec Connery	Ryan Tedge
U/14 Champion Girl	Alyssa Wheeler	Mikayla Prentice
U/14 Champion Boy	Jacob Hristianopoulos	-
U/15 Champion Girl	Alyssa Whalan	Olivia Roberts
U/15 Champion Boy	Marcus Tognala	Thomas Papathanassiou

PERPETUAL TROPHY AWARDS 2016/2017

AWARD	WINNER
Grigson Trophy (Junior Girl Champion)	Clancy Boss
Jones Trophy (Junior Boy Champion)	Jordan Watson
Cooper Trophy (Intermediate Girl Champion)	Tania Barilla
Metropolitan Trophy (Intermediate Boy Champion)	Alex Perin
Vanirsen Trophy (Senior Girl Champion)	Luka Samuels
Cassey Trophy (Senior Boy Champion)	Jacob Hristianopoulos
Parlongo Trophy (Throws Champion)	Clancy Boss
Personal Best Award	Jenna King
Coaches Award	Marcus Tognala

KARRINYUP LAC RECORDS 1974 - 2017

EVENT	AGE	NAME	SEASON	PERFORMANCE
70 M	U / 7 Boys	DAVID TRIMBOLI	87/88	11.3 (11.23s)
100 M	U / 7 Boys	DAVID TRIMBOLI	87/88	16.7 (16.67s)
200 M	U / 7 Boys	DAVID TRIMBOLI	87/88	34.7 (34.69s)
300 M	U / 7 Boys	MICHAEL COOPER	92/93	57.40s
LONG JUMP (Mat)	U / 7 Boys	MICHAEL DODD	98/99	3.40m
1kg SHOT	U / 7 Boys	MICHAEL DODD	98/99	8.00m
350g DISCUS	U / 7 Boys	MICHAEL DODD	98/99	20.48m
VORTEX	U / 7 Boys	RAHUL RAMAISH	16/17	16.16m

70 M	U / 7 Girls	MONICA FIORE	86/87	12.2 (12.16s)
100 M	U / 7 Girls	SUZANNAH PESTI	94/95	17.4 (17.31s)
200 M	U / 7 Girls	SARAH McPHARLIN	91/92	37.2s
300 M	U / 7 Girls	SIELLA DE WIT	14/15	1:02.66
LONG JUMP (Mat)	U / 7 Girls	MACEY SHERIDAN	16/17	3.02m
1kg SHOT	U / 7 Girls	CLANCY BOSS	16/17	7.03m
350g DISCUS	U / 7 Girls	CLANCY BOSS	16/17	17.40m
VORTEX	U / 7 Girls	CLANCY BOSS	16/17	15.41m

60 M H	U / 8 Boys	SIMON WALSH	01/02	10.6 (10.58s)
70 M	U / 8 Boys	MATTHEW DEAN	97/98	10.8 (10.72s)
100 M	U / 8 Boys	SHANE CASSEY	78/79	14.7s
200 M	U / 8 Boys	SHANE CASSEY	78/79	31.6s
500 M	U / 8 Boys	HARRY BIDDELOO	16/17	2:11.90
LONG JUMP (Mat)	U / 8 Boys	MICHAEL DODD	99/00	3.87m
1.5kg SHOT	U / 8 Boys	PETER PARLONGO	84/85	8.10m
500g DISCUS	U / 8 Boys	SIMON WALSH	01/02	22.32m
TURBO JAV.	U / 8 Boys	MICHAEL DODD	99/00	20.60m

60 M H	U / 8 Girls	SIELLA DE WIT	15/16	11.80s
70 M	U / 8 Girls	C. MARDON	78/79	11.1s
100 M	U / 8 Girls	C. MARDON	78/79	15.3s
200 M	U / 8 Girls	C. MARDON	78/79	33.4s
500 M	U / 8 Girls	MEG JENKINS	16/17	1:59.88
LONG JUMP (Mat)	U / 8 Girls	BETHANIE MELIS	85/86	3.41m
1.5kg SHOT	U / 8 Girls	BETHANIE MELIS	85/86	6.00m
500g DISCUS	U / 8 Girls	J. BOAKES	81/82	14.34m
TURBO JAV.	U / 8 Girls	IMOGEN BOSS	14/15	10.96m

60 M H	U / 9 Boys	SIMON WALSH	02/03	10.0s
70 M	U / 9 Boys	SHANE CASSEY	79/80	10.1s
100 M	U / 9 Boys	ANDREW DEAN	78/79	14.1s
200 M	U / 9 Boys	SHANE CASSEY	79/80	30.4s
400 M	U / 9 Boys	SHANE CASSEY	79/80	1:12.70
800 M	U / 9 Boys	MICHAEL COOPER	94/95	2:49.7 (2:49.69)
LONG JUMP (Mat)	U / 9 Boys	ALEX PERIN	13/14	4.25m
HIGH JUMP SCISSORS	U / 9 Boys	CALEB MORAN	15/16	1.04m
2kg SHOT	U / 9 Boys	PETER PARLONGO	85/86	8.22m
500g DISCUS	U / 9 Boys	SHANE CASSEY	79/80	29.04m
TURBO JAV.	U / 9 Boys	MICHAEL DODD	00/01	27.92m

60 M H	U / 9 Girls	SIELLA DE WIT	16/17	11.26s
70 M	U / 9 Girls	RENEE POETSCHKA	79/80	10.5s
100 M	U / 9 Girls	LAUREN POETSCHKA	83/84	14.9s
200 M	U / 9 Girls	LAUREN POETSCHKA	83/84	31.2 (31.16s)
400 M	U / 9 Girls	DONNA FLOOD	77/78	1:14.00
800 M	U / 9 Girls	LOUISE BRANDSMA	10/11	3:00.12
LONG JUMP (Mat)	U / 9 Girls	SARA STOITIS	91/92	4.01m

HIGH JUMP SCISSORS	U / 9 Girls	AQUA SAMUELS	16/17	1.12m
2kg SHOT	U / 9 Girls	G. LOMBARDO	78/79	6.48m
500g DISCUS	U / 9 Girls	NICOLE KUHAUPT	79/80	19.26m
TURBO JAV.	U / 9 Girls	IMOGEN BOSS	15/16	14.12m

60 M H	U / 10 Boys	SIMON WALSH	03/04	10.8s
70 M	U / 10 Boys	ANDREW DEAN SHANE CASSEY	79/80 80/81	9.9s
100 M	U / 10 Boys	SHANE CASSEY	80/81	14.0s
200 M	U / 10 Boys	JAY BURTON	82/83	29.0 (28.97s)
400 M	U / 10 Boys	SHANE CASSEY	80/81	1:08.0
800 M	U / 10 Boys	GLYN CASSIDY	89/90	2:42.9 (2:42.85)
LONG JUMP (Mat)	U / 10 Boys	JOEL DEACON MICHAEL COOPER	85/86 95/96	4.36m
HIGH JUMP SCISSORS	U / 10 Boys	ALEX PERIN	14/15	1.32m
2kg SHOT	U / 10 Boys	SCOTT VICKERY	74/75	10.32m
500g DISCUS	U / 10 Boys	ALEX PERIN	14/15	32.33m
TURBO JAV.	U / 10 Boys	No Previous Record	-	-

60 M H	U / 10 Girls	KIRRA PRUMM	15/16	11.44s
70 M	U / 10 Girls	MALAIKA DEACON	86/87	9.9 (9.87s)
100 M	U / 10 Girls	RENEE POETSCHKA	80/81	14.3s
200 M	U / 10 Girls	RENEE POETSCHKA	80/81	29.7s
400 M	U / 10 Girls	SHARON KERNAGHAN	77/78	1:11.5
800 M	U / 10 Girls	KIRRA PRUMM	15/16	2:53.29
LONG JUMP (Mat)	U / 10 Girls	BETHANIE MELIS	87/88	4.02m
HIGH JUMP SCISSORS	U / 10 Girls	SOPHIE AITKEN	08/09	1.23m
2kg SHOT	U / 10 Girls	BETHANIE MELIS	87/88	7.79m
500g DISCUS	U / 10 Girls	NICOLE KUHAUPT	80/81	26.44m

TURBO JAV.	U / 10 Girls	No Previous Record	-	-
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60 M H	U / 11 Boys	SIMON WALSH	04/05	9.9s
100 M	U / 11 Boys	ANDREW DEAN	80/81	13.3s
200 M	U / 11 Boys	SHANE CASSEY	81/82	28.1s
400 M	U / 11 Boys	GLYN CASSIDY	90/91	1:05.1 (1:05.06)
800 M	U / 11 Boys	S. LEIPOLD	77/78	2:37.4
1500 M	U / 11 Boys	MALCOLM KARMELICH	81/82	5:13.5
LONG JUMP (20cm B/M)	U / 11 Boys	SHANE CASSEY	81/82	4.60m
TRIPLE JUMP (20cm B/M)	U / 11 Boys	SHANE CASSEY	81/82	9.94m
HIGH JUMP FOSBURY	U / 11 Boys	JAY BURTON	83/84	1.52m
2kg SHOT	U / 11 Boys	ALEX PERIN	15/16	10.47m
750g DISCUS	U / 11 Boys	ALEX PERIN	15/16	32.08m
400g JAVELIN	U / 11 Boys	DARREN JONES	79/80	35.76m

60 M H	U / 11 Girls	LUKA SAMUELS	14/15	10.36s
100 M	U / 11 Girls	ANITA JONES	79/80	13.6s
200 M	U / 11 Girls	RENEE POETSCHKA	81/82	27.9s
400 M	U / 11 Girls	JADE WHYTE	12/13	1:07.98
800 M	U / 11 Girls	SHARON KERNAGHAN	78/79	2:35.8
1500 M	U / 11 Girls	SHARON KERNAGHAN	78/79	5:21.2
LONG JUMP (20cm B/M)	U / 11 Girls	DORIS LIVICH	77/78	4.14m
TRIPLE JUMP (20cm B/M)	U / 11 Girls	KIRRA PRUMM	16/17	8.25m
HIGH JUMP FOSBURY	U / 11 Girls	MALAIKA DEACON	87/88	1.36m
2kg SHOT	U / 11 Girls	TASHA MARCIANO	04/05	9.65m
750g DISCUS	U / 11 Girls	BETHANIE MELIS	88/89	24.08m
400g JAVELIN	U / 11 Girls	KIRRA PRUMM	16/17	24.31m

60 M H	U / 12 Boys	SIMON WALSH	05/06	10.1s
100 M	U / 12 Boys	SHANE CASSEY	82/83	12.8s
200 M	U / 12 Boys	SHANE CASSEY	82/83	26.8s
400 M	U / 12 Boys	SHANE CASSEY	82/83	1:04.5
800 M	U / 12 Boys	SCOTT EIZELLE	81/82	2:36.3
1500 M	U / 12 Boys	MARK KERNAGHAN	77/78	5:14.5
LONG JUMP (20cm B/M)	U / 12 Boys	SHANE CASSEY	82/83	5.17m
TRIPLE JUMP (20cm B/M)	U / 12 Boys	SHANE CASSEY	82/83	11.13m
HIGH JUMP	U / 12 Boys	JAY BURTON	84/85	1.62m
3kg SHOT	U / 12 Boys	ALEX PERIN	16/17	11.06m
750g DISCUS	U / 12 Boys	DARREN JONES	80/81	35.88m
400g JAVELIN	U / 12 Boys	SHANE CASSEY	82/83	39.00m

60 M H	U / 12 Girls	LUKA SAMUELS	15/16	10.31s
100 M	U / 12 Girls	MEGAN CROSSWELL	84/85	13.3 (13.24s)
200 M	U / 12 Girls	LUKA SAMUELS	15/16	27.76s
400 M	U / 12 Girls	DEBBIE WHINNEN	78/79	1:02.0
800 M	U / 12 Girls	LISA SCOTT	77/78	2:31.7
1500 M	U / 12 Girls	SHARON KERNAGHAN	79/80	5:13.6
LONG JUMP (20cm B/M)	U / 12 Girls	DEBBIE WHINNEN	78/79	4.59m
TRIPLE JUMP (20cm B/M)	U / 12 Girls	RENEE POETSCHKA	82/83	8.86m
HIGH JUMP	U / 12 Girls	LAUREN HODDER	03/04	1.46m
2kg SHOT	U / 12 Girls	FRANCES DEGRUCHY	79/80	11.50m
750g DISCUS	U / 12 Girls	BETHANIE MELIS	89/90	25.75m
400g JAVELIN	U / 12 Girls	EMMA BOND	13/14	29.31m

80 M H	U / 13 Boys	DARREN DEMASI	89/90	13.7 (13.68s)
200 M H	U / 13 Boys	JACOB HRISTIANOPOULOS	15/16	30.95s
100 M	U / 13 Boys	SHANE CASSEY	83/84	12.6s

200 M	U / 13 Boys	SHANE CASSEY	83/84	26.3 (26.28s)
400 M	U / 13 Boys	SHANE CASSEY	83/84	1:00.7 (1:00.68)
800 M	U / 13 Boys	DARREN DEMASI	89/90	2:27.0 (2:26.97)
1500 M	U / 13 Boys	JESSE HUNT	10/11	5:06.53
LONG JUMP	U / 13 Boys	SHANE CASSEY	83/84	5.56m
TRIPLE JUMP	U / 13 Boys	SHANE CASSEY	83/84	11.08m
HIGH JUMP	U / 13 Boys	JAY BURTON	86/87	1.67m
3kg SHOT	U / 13 Boys	FRANK TRIMBOLI SHAUN O'BRIEN	86/87 90/91	12.11m
1kg DISCUS	U / 13 Boys	DESMOND HEADLAND	93/94	26.76m
600g JAVELIN	U / 13 Boys	PHILLIP WINSTANLEY	78/79	40.64m

80 M H	U / 13 Girls	JADE WHYTE	14/15	13.98s
200 M H	U / 13 Girls	JADE WHYTE	14/15	30.21s
100 M	U / 13 Girls	KYLIE VALLENCE	88/89	13.4 (13.39s)
200 M	U / 13 Girls	SARA STOITIS	95/96	27.5 (27.43s)
400 M	U / 13 Girls	SHARON KERNAGHAN	80/81	1:03.6
800 M	U / 13 Girls	LISA SCOTT	78/79	2:25.6
1500 M	U / 13 Girls	SHARON KERNAGHAN	80/81	5:14.2
LONG JUMP	U / 13 Girls	DIANE CHRISTENSON	74/75	5.07m
TRIPLE JUMP	U / 13 Girls	TAYLOR WATSON	09/10	10.19m
HIGH JUMP	U / 13 Girls	TAYLOR WATSON	09/10	1.50m
3kg SHOT	U / 13 Girls	L. VICKERY	76/77	11.03m
750g DISCUS	U / 13 Girls	FRANCES DEGRUCHY	79/80	31.04m
400g JAVELIN	U / 13 Girls	EMMA BOND	14/15	31.32m

90 M H	U / 14 Boys	DARREN DEMASI	90/91	13.6 (13.59s)
200 M H	U / 14 Boys	JARRAD MCINTEE	07/08	29.50s
100 M	U / 14 Boys	FRANK TRIMBOLI	87/88	12.1 (12.04s)
200 M	U / 14 Boys	SHANE CASSEY	84/85	25.0s
400 M	U / 14 Boys	DAVID ROBERTSON	90/91	57.9 (57.81s)

800 M	U / 14 Boys	DAVID ROBERTSON	90/91	2:18.3 (2:18.25)
1500 M	U / 14 Boys	JESSE HUNT	11/12	4:52.64
LONG JUMP	U / 14 Boys	SHANE CASSEY	84/85	5.95m
TRIPLE JUMP	U / 14 Boys	SHANE CASSEY	84/85	12.65m
HIGH JUMP	U / 14 Boys	JAY BURTON	86/87	1.73m
3kg SHOT	U / 14 Boys	DARREN JONES	82/83	14.51m
1kg DISCUS	U / 14 Boys	ANDREW COOPER	01/02	38.10m
600g JAVELIN	U / 14 Boys	DARREN JONES	82/83	47.26m

80 M H	U / 14 Girls	ALICE ROUND	01/02	14.0s
200 M H	U / 14 Girls	ALICE ROUND	01/02	31.0 (30.96s)
100 M	U / 14 Girls	CHRISTINE THOMPSON	82/83	13.0s
200 M	U / 14 Girls	SILVIA LIONE ALICE ROUND	90/91 01/02	27.2 (27.14s)
400 M	U / 14 Girls	SHARON KERNAGHAN	81/82	1:01.8
800 M	U / 14 Girls	NICOLE KUHAUPT	84/85	2:25.5 (2:25.41)
1500 M	U / 14 Girls	SHARON KERNAGHAN	81/82	5:05.9
LONG JUMP	U / 14 Girls	KYLIE VALLENCE	89/90	5.06m
TRIPLE JUMP	U / 14 Girls	KYLIE VALLENCE	89/90	10.47m
HIGH JUMP	U / 14 Girls	CATHERINE SINFIELD	93/94	1.53m
3kg SHOT	U / 14 Girls	BETHANIE MELIS	91/92	10.47m
1kg DISCUS	U / 14 Girls	BETHANIE MELIS	91/92	25.66m
400g JAVELIN	U / 14 Girls	EMMA BOND	15/16	30.71m

100 M H	U / 15 Boys	SHAUN O'BRIEN	92/93	14.4 (14.32s)
300 M H	U / 15 Boys	THOMAS PAPATHANASSIOU	16/17	51.58s
100 M	U / 15 Boys	FRANK TRIMBOLI	88/89	11.7 (11.63s)
200 M	U / 15 Boys	FRANK TRIMBOLI	88/89	24.4 (24.34s)
400 M	U / 15 Boys	DEAN STOITIS	93/94	56.7 (56.69s)
800 M	U / 15 Boys	DAVID ROBERTSON	91/92	2:19.7 (2:19.64)

1500 M	U / 15 Boys	JESSE HUNT	12/13	4:46.26
LONG JUMP	U / 15 Boys	DARREN TEMPANY	90/91	5.97m
TRIPLE JUMP	U / 15 Boys	SHAUN O'BRIEN	92/93	12.17m
HIGH JUMP	U / 15 Boys	DARREN TEMPANY PETER SINFIELD	90/91 92/93	1.80m
4kg SHOT	U / 15 Boys	SHAUN O'BRIEN	92/93	15.63m
1kg DISCUS	U / 15 Boys	SHAUN O'BRIEN	92/93	50.90m
700g JAVELIN	U / 15 Boys	MARCUS TOGNALA	16/17	27.09m

90 M H	U / 15 Girls	LAUREN HODDER	06/07	15.20s
300 M H	U / 15 Girls	ALYSSA WHALAN	16/17	57.44s
100 M	U / 15 Girls	ALICE ROUND	02/03	12.9s
200 M	U / 15 Girls	ALICE ROUND	02/03	26.3s
400 M	U / 15 Girls	SALLY SHINE	90/91	1:03.5 (1:03.41)
800 M	U / 15 Girls	SHARLENE RAFTIS	86/87	2:25.1
1500 M	U / 15 Girls	SHARLENE RAFTIS	86/87	5:04.7 (5:04.61)
LONG JUMP	U / 15 Girls	CONNIE STRATAS	85/86	5.09m
TRIPLE JUMP	U / 15 Girls	KYLIE VALLENCE	90/91	10.75m
HIGH JUMP	U / 15 Girls	CHRISTINA WHITE	87/88	1.58m
3kg SHOT	U / 15 Girls	BETHANIE MELIS	92/93	11.48m
1kg DISCUS	U / 15 Girls	BETHANIE MELIS	92/93	27.46m
500g JAVELIN	U / 15 Girls	ERIN O'BRIEN	12/13	29.73m

100 M H	U / 16 Boys	DUNCAN BRADBURY	08/09	14.25s
300 M H	U / 16 Boys	No Previous Record	-	-
100 M	U / 16 Boys	PAUL PESTI	00/01	11.8 (11.72s)
200 M	U / 16 Boys	PAUL PESTI	00/01	24.0s
400 M	U / 16 Boys	PERRIN PAPATHANASSIOU	11/12	57.04s
800 M	U / 16 Boys	No Previous Record	-	-
1500 M	U / 16 Boys	No Previous Record	-	-

LONG JUMP	U / 16 Boys	JARRAD MCINTEE	09/10	5.92m
TRIPLE JUMP	U / 16 Boys	GEORGIOS PAPATHANASSIOU	08/09	12.29m
HIGH JUMP	U / 16 Boys	PAUL PESTI	00/01	1.80m
4kg SHOT	U / 16 Boys	DUNCAN BRADBURY	08/09	13.28m
1kg DISCUS	U / 16 Boys	DUNCAN BRADBURY	08/09	36.35m
700g JAVELIN	U / 16 Boys	No Previous Record	-	-

90 M H	U / 16 Girls	TAYLOR WATSON	12/13	14.72s
300 M H	U / 16 Girls	No Previous Record	-	-
100 M	U / 16 Girls	SARA STOITIS	98/99	13.3 (13.26s)
200 M	U / 16 Girls	SARA STOITIS	98/99	27.6s
400 M	U / 16 Girls	SARA STOITIS	98/99	1:05.9 (1:05.85)
800 M	U / 16 Girls	EMILY-ROSE WALLACE	14/15	2:51.07
1500 M	U / 16 Girls	AMY STAFFE	08/09	6:33.69
LONG JUMP	U / 16 Girls	TAYLOR WATSON	12/13	4.69m
TRIPLE JUMP	U / 16 Girls	SARA STOITIS	98/99	10.06m
HIGH JUMP	U / 16 Girls	TAYLOR WATSON	12/13	1.55m
3kg SHOT	U / 16 Girls	KIMBERLEY CLIFTON	16/17	9.02m
1kg DISCUS	U / 16 Girls	KIMBERLEY CLIFTON	16/17	24.04m
500g JAVELIN	U / 16 Girls	KIMBERLEY CLIFTON	16/17	21.16m

110 M H	U / 17 Boys	GEORGIOS PAPATHANASSIOU	09/10	15.61s
300 M H	U / 17 Boys	No Previous Record	-	-
100 M	U / 17 Boys	DUNCAN BRADBURY	09/10	12.06s
200 M	U / 17 Boys	GEORGIOS PAPATHANASSIOU	09/10	24.73s
400 M	U / 17 Boys	DUNCAN BRADBURY	09/10	58.07s
800 M	U / 17 Boys	PERRIN PAPATHANASSIOU	12/13	2:16.32

1500 M	U / 17 Boys	PERRIN PAPATHANASSIOU	12/13	5:05.69
LONG JUMP	U / 17 Boys	GEORGIOS & PERRIN PAPATHANASSIOU	09/10 & 12/13	6.03m
TRIPLE JUMP	U / 17 Boys	GEORGIOS PAPATHANASSIOU	09/10	12.92m
HIGH JUMP	U / 17 Boys	GEORGIOS PAPATHANASSIOU	09/10	1.74m
5kg SHOT	U / 17 Boys	DUNCAN BRADBURY	09/10	12.50m
1.5kg DISCUS	U / 17 Boys	DUNCAN BRADBURY	09/10	32.26m
700g JAVELIN	U / 17 Boys	GEORGIOS PAPATHANASSIOU	09/10	39.00m

100 M H	U / 17 Girls	TAYLOR WATSON	13/14	16.72s
300 M H	U / 17 Girls	No Previous Record	-	-
100 M	U / 17 Girls	TAYLOR WATSON	13/14	13.54s
200 M	U / 17 Girls	TAYLOR WATSON	13/14	28.41s
400 M	U / 17 Girls	EMILY-ROSE WALLACE	15/16	1:06.81
800 M	U / 17 Girls	EMILY-ROSE WALLACE	15/16	2:35.49
1500 M	U / 17 Girls	EMILY-ROSE WALLACE	15/16	5:14.00
LONG JUMP	U / 17 Girls	TAYLOR WATSON	13/14	4.42m
TRIPLE JUMP	U / 17 Girls	SOFIA PAPATHANASSIOU	16/17	9.54m
HIGH JUMP	U / 17 Girls	TAYLOR WATSON	13/14	1.40m
3kg SHOT	U / 17 Girls	TAYLOR WATSON	13/14	8.57m
1kg DISCUS	U / 17 Girls	GEORGIA SALATHIEL	11/12	26.00m
500g JAVELIN	U / 17 Girls	TAYLOR WATSON	13/14	22.78m

KARRINYUP LAC DISCONTINUED RECORDS

EVENT	AGE	NAME	SEASON	PERFORMANCE
60 M H	U / 7 Boys	MICHAEL DODD	98/99	12.6 (12.55s)
500 M W	U / 7 Boys	MICHAEL COOPER	92/93	3:24.05
1.5kg SHOT	U / 7 Boys	MICHAEL COOPER	92/93	5.44m
500g DISCUS	U / 7 Boys	DAVID TRIMBOLI	87/88	12.04m
400g JAVELIN	U / 7 Boys	MICHAEL COOPER	92/93	13.72m
TURBO JAV.	U / 7 Boys	MICHAEL DODD	98/99	16.41m
60 M H	U / 7 Girls	SIELLA DE WIT	14/15	12.99s
500 M W	U / 7 Girls	BETH WARD	86/87	3:04:1 (3:04.04)
1.5kg SHOT	U / 7 Girls	SARAH McPHARLIN	91/92	4.31m
500g DISCUS	U / 7 Girls	AMY STEVENSON	92/93	8.70m
400g JAVELIN	U / 7 Girls	JULIA McPHARLIN	91/92	6.98m
TURBO JAV.	U / 7 Girls	TAYLOR TRENT	07/08	9.93m
400 M	U / 8 Boys	R. HUNTLEY	81/82	1:15.20
500 M W	U / 8 Boys	JAMES EVERDEN	90/91	3:12.00
LONG JUMP (20cm Board)	U / 8 Boys	SHANE CASSEY	78/79	3.99m
TRIPLE JUMP (20cm Board)	U / 8 Boys	SHANE CASSEY	78/79	7.85m
TRIPLE JUMP (m ² Mat)	U / 8 Boys	MICHAEL COOPER	93/94	7.73m
400g JAVELIN	U / 8 Boys	JAY HUNTER	1979	22.36m
400 M	U / 8 Girls	LAUREN POETSCHKA	82/83	1:17.60
500 M W	U / 8 Girls	AMY STEVENSON	93/94	2:54.94
LONG JUMP (20cm Board)	U / 8 Girls	O. BENNETT	78/79	3.07m
TRIPLE JUMP (20cm Board)	U / 8 Girls	LAUREN POETSCHKA	82/83	7.36m
TRIPLE JUMP (m ² Mat)	U / 8 Girls	BETHANIE MELIS	85/86	7.27m
400g JAVELIN	U / 8 Girls	SAMANTHA VANIRSEN	82/83	10.06m
700 M W	U / 9 Boys	MALCOLM ASHTON	81/82	3:45.9
LONG JUMP (20cm Board)	U / 9 Boys	SHANE CASSEY	79/80	4.45m

TRIPLE JUMP (20cm Board)	U / 9 Boys	SHANE CASSEY	79/80	9.06m
TRIPLE JUMP (m ² Mat)	U / 9 Boys	DARREN TEMPANY	84/85	8.65m
400g JAVELIN	U / 9 Boys	PETER PARLONGO	85/86	27.88m
700 M W	U / 9 Girls	NICOLE KUHAUPT	79/80	3:48.3
LONG JUMP (20cm Board)	U / 9 Girls	NICOLE KUHAUPT	79/80	3.48m
TRIPLE JUMP (20cm Board)	U / 9 Girls	JO-LEE BOAKES	82/83	6.81m
TRIPLE JUMP (m ² Mat)	U / 9 Girls	BETHANIE MELIS	86/87	8.25m
400g JAVELIN	U / 9 Girls	FIONA DEMASI	89/90	16.74m
700 M W	U / 10 Boys	JAMES EVERDEN	92/93	3:38.89
1100 M W	U / 10 Boys	SIMON DIB	03/04	5:50.3
LONG JUMP (20cm Board)	U / 10 Boys	SHANE CASSEY	80/81	4.65m
TRIPLE JUMP (20cm Board)	U / 10 Boys	SHANE CASSEY	80/81	9.97m
TRIPLE JUMP (Mat)	U / 10 Boys	DARREN TEMPANY	85/86	9.32m
HIGH JUMP FOSBURY	U / 10 Boys	JAY BURTON	82/83	1.45m
400g JAVELIN	U / 10 Boys	PETER PARLONGO	86/87	31.68m
700 M W	U / 10 Girls	LISA WALLIS	82/83	3:58.2
1100 M W	U / 10 Girls	NAOMI GALLAGHER	94/95	7:10.6 (7:10.54)
LONG JUMP (20cm Board)	U / 10 Girls	RENEE POETSCHKA	80/81	3.71m
TRIPLE JUMP (20cm Board)	U / 10 Girls	CATHERINE VEITCH	82/83	7.44m
TRIPLE JUMP (Mat)	U / 10 Girls	BETHANIE MELIS	87/88	8.68m
HIGH JUMP FOSBURY	U / 10 Girls	RACHEL CHRISTIE	78/79	1.16m
400g JAVELIN	U / 10 Girls	BETHANIE MELIS	87/88	19.70m
1100 M W	U / 11 Boys	ANDREW COOPER	98/99	7:54.0
1500 M W	U / 11 Boys	DESMOND HEADLAND	91/92	8:45.43
LONG JUMP (½m Mat)	U / 11 Boys	SIMON WALSH	04/05	4.71m
TRIPLE JUMP (½m Mat)	U / 11 Boys	DARREN TEMPANY	86/87	9.58m
HIGH JUMP	U / 11 Boys	SIMON WALSH	04/05	1.31m

SCISSORS				
3kg SHOT	U / 11 Boys	SHAUN O'BRIEN	88/89	9.54m
1100 M W	U / 11 Girls	LARISSA BOSCHART	00/01	7:04.1
1500 M W	U / 11 Girls	KAREN BRINKWORTH	77/78	7:44.9
LONG JUMP (½m Mat)	U / 11 Girls	MALAIKA DEACON	87/88	4.35m
TRIPLE JUMP (½m Mat)	U / 11 Girls	BETHANIE MELIS	88/89	9.22m
HIGH JUMP SCISSORS	U / 11 Girls	SOPHIE AITKEN	09/10	1.26m
1500 M W	U / 12 Boys	DESMOND HEADLAND	92/93	8:37.8
LONG JUMP (½m Mat)	U / 12 Boys	SHAUN O'BRIEN	89/90	4.86m
TRIPLE JUMP (½m Mat)	U / 12 Boys	SHAUN O'BRIEN DEAN STOITIS	89/90 90/91	10.07m
1500 M W	U / 12 Girls	SUSAN FERGIE	79/80	7:54.1
LONG JUMP (½m Mat)	U / 12 Girls	KYLIE VALLENCE	87/88	4.71m
TRIPLE JUMP (½m Mat)	U / 12 Girls	BETHANIE MELIS	89/90	10.24m
60 M H	U / 13 Boys	JOHN PERIN	82/83	9.5s
1500 M W	U / 13 Boys	MARK KERNAGHAN	78/79	8:26.1 (8:26.01)
750g DISCUS	U / 13 Boys	DARREN JONES	81/82	41.10m
60 M H	U / 13 Girls	SHARON KERNAGHAN LARA MATELJAN	80/81 81/82	10.5s
1500 M W	U / 13 Girls	NICOLE KUHAUPT	80/81	8:21.9 (8:21.81)
600g JAVELIN	U / 13 Girls	STEPHANIE BEST	85/86	21.32m
60 M H	U / 14 Boys	JOHN PERIN	83/84	9.18s
100 M H	U / 14 Boys	SHANE CASSEY	84/85	15.88s
1500 M W	U / 14 Boys	MARCO STURNIOLO	87/88	8:50.2 (8:50.16)
4kg SHOT	U / 14 Boys	SHAUN O'BRIEN	91/92	12.42m
750g DISCUS	U / 14 Boys	DARREN JONES	82/83	49.54m
60 M H	U / 14 Girls	LARA MATELJAN	82/83	9.60s
90 M H	U / 14 Girls	BETHANIE MELIS	91/92	15.73s
100 M H	U / 14 Girls	NICOLE KUHAUPT	84/85	18.81s
1500 M W	U / 14 Girls	NICOLE KUHAUPT	84/85	8:04.2 (8:04.14)

750g DISCUS	U / 14 Girls	CONNIE STRATAS	84/85	34.12m
600g JAVELIN	U / 14 Girls	CONNIE STRATAS	84/85	27.48m
200 M H	U / 15 Boys	DUNCAN BRADBURY	07/08	28.6s
1500 M W	U / 15 Boys	FRANK STURNIOLO	86/87	7:52.0 (7:51.96)
600g JAVELIN	U / 15 Boys	PETER SINFIELD	92/93	51.04m
200 M H	U / 15 Girls	ALICE ROUND	02/03	30.1s
1500 M W	U / 15 Girls	NICOLE KUHAUPT	85/86	7:35.4 (7:35.38)
750g DISCUS	U / 15 Girls	CONNIE STRATAS	85/86	39.62m
600g JAVELIN	U / 15 Girls	CONNIE STRATAS	85/86	31.50m
200 M H	U / 16 Boys	PAUL PESTI DUNCAN BRADBURY	00/01 08/09	28.1 (28.06s)
600g JAVELIN	U / 16 Boys	PAUL PESTI	00/01	39.68m
200 M H	U / 16 Girls	SOFIA PAPATHANASSIOU	15/16	31.33s
200 M H	U / 17 Boys	DUNCAN BRADBURY	09/10	25.89s
200 M H	U / 17 Girls	TAYLOR WATSON	13/14	31.88s
1500 M W	U / 17 Girls	AMY STAFFE	09/10	12:26.00
4kg SHOT	U / 17 Girls	STEPHANIE BUTT	05/06	6.73m
600g JAVELIN	U / 17 Girls	STEPHANIE BUTT	05/06	16.90m

These events are not currently being contested at Hamersley Little Athletics Centre.