

Liverpool City Little Athletics Centre

2025-26 Season Handbook



Club Handbook 2025-26 Season

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LIFE MEMBERS

The following people have been admitted to life membership of our Centre in recognition of their dedication and support of Little Athletics.

1983	Bill and Jean Howlett	2001	Mark Whalan
1986	Robert and Vicki Bateman	2002	Deborah and Ross Penney
1988	Lyn Minister	2006	Robbi Sain
1990	Gina Kleindy	2007	David Cox
1990	Chris Strand	2012	Sharyn Dickson
1991	Maria Kelly	2012	Peter Vander Jagt
1991	Laurie Gerisch	2013	John Joester
1991	Sharon Martin	2013	Paul Gallovich
1991	Mario Polis	2015	Dianne Thompson
1995	David Birss	2015	Nicole Reynolds
1995	Adrian Jones	2016	Lubi Maric
1997	Maureen Dark	2020	Aggie Hornung
1997	George D'ugo	2020	Ian Strevens
1997	Judy Rich	2021	Catherine Ong
2000	Steve Bowman		

JUNIOR LIFE MEMBERS

2015	Kristen Thompson	2023	Olivia Pyda
2016	Hannah Kaine	2023	Robert Ong
2017	Daniel Reynolds	2025	Charlotte Skundric
2017	Georgia Towell	2025	Mikayla Skundric
2021	Raven Pyda		
2021	Martin Ong		
2021	Andrew Strevens		
2021	Joshua Lewsam		

Centre Committee for 2025-2026

Liverpool City LAC committee is made up of parents who volunteer their time to ensure that our Centre functions correctly. We welcome all members to open committee meetings which are usually held every 1st Thursday of the month. If you have any ideas, suggestions or complaints please put in writing to the secretary. It's your club, so please give us some feedback; it's the only way we can improve.

<u>President</u>	Aggie Hornung	hornundzek@hotmail.com	0412887160
<u>Vice President</u>	Olivia Pyda	liverpoolcitylac@gmail.com	
<u>Secretary</u>	Georgia Holloway	liverpoolcitylac@gmail.com	0449124942
<u>Treasurer</u>	Ian Strevens	liverpoolcitylac@gmail.com	0414418747
<u>Registrar</u>	Roulla Epistithiou	liverpoolcitylac@gmail.com	0423418367
<u>Registrar - Assistant</u>	Elizabeth Martin		
<u>Canteen</u>	Jessica Strevens Zena Dablan		
Championships	Marylou Henry	lclac.championships@gmail.com	
Uniforms	Olivia Pyda		
Records & Rankings	Joshua Serafim Catherine Ong		
Equipment Officer	Raven Pyda Andrew Strevens		
First Aid Officer	Ian Strevens Jessica Strevens		
Working with Children	Ian Strevens		
General Committee	Christy Osimen Chukwudi Zena Dablan Michael Sadler		

Welcome to Liverpool City Little Athletics

A Message from the Committee

On behalf of the Liverpool Little Athletics Club, we would like to welcome back returning athletes from the previous season and warmly welcome all new members to our club for an exciting season of Little Athletics 2025-26.

Following the Partnership between Little Athletics NSW and Athletics NSW the pathways from Zone/Region to State Championships will be the same as in previous season. However, there are some minor changes to the Rules of Competition, as outlined in the handbook. If you have any questions, please come and see our committee members.

Our club was established in 1972, our motto is "Family, Fun and Fitness".

We would like to encourage your whole family to be involved. Our club is entirely run by parent volunteers and can only run successfully with your help! This handbook is the perfect way to learn more about our club, but you will also find our friendly committee is always available to help if you have any questions.

We have a club website at www.lclac.com.au and Facebook page "Liverpool City Little Athletics Centre" which will keep you up to date as the season progresses with everything you need to know! We encourage your questions and suggestions and are happy to discuss your concerns with you. This year we will be trailing **What'sApp Age Group chats** for better communication for all our members, especially those not on social media.

We rely on Parent volunteers to assist with Age Groups. IN fact, we can not run Club Competition without Parents Assistance. Experience is not necessary. We ask the parents to help supervise children, measure and record events, get Age Groups to and from each event, etc. We have also set up an Age Group Roster to help with equipment set up and pack up. This helps with a smooth running of Friday nights as well as allows parents to be actively involved in their activities. **We do not allow drop and run practices. Children who are left unsupervised will not be allowed to participate!**

We would love you to support our club canteen, our raffles and fundraiser BBQs. All the money raised by the club goes into buying new equipment and trophies at the end of the season.

Parents and athletes will be able to monitor and track individual results through ResultsHQ with season results, personalize Family booklets and much more.

We look forward to hearing your stories and sharing in your successes during 2025-26

Kind Regards,

LCLAC Committee



What Happens on A Friday Night?

The Program: We run a 3-week program, the details are on page 10, and this allows the athletes to participate in a variety of events more frequently. Each Age Group will take turns helping with set-up and pack up. The roster will be published separately.

6's-17's and U20: Each Friday evening athletes will be called to meet in their designated areas. There will be equipment trolleys for each age group, please note, trolleys are for equipment only, so we ask you not to place your personal belongings there. The athletes are to wait for their age manager and parent helpers in their appropriate groups, and then they will be taken to their various events throughout the evening.

Tiny Tots: Each Friday night Tiny Tots activities will start at approx. 6pm. Tots participate in various play activities which are fun but at the same time develop their motor skills. They will also run a few races that are non-competitive.

Uniforms: All children must wear centre uniform with the patches handed out at registration and comfortable shoes (see page 8 for more details).

Wet Weather: We will always try to run the night, even if the program is reduced. We will attempt to have the information on our Facebook as soon as we can. Sometimes the decision may not be made until 4-4:30pm, as we may need to inspect the grounds prior.

Keep in mind that if the Council has closed the grounds due to wet weather that decision can not be over ruled by the Committee.

Liverpool City Council wet-weather line: [87117748](tel:87117748), message updated daily by 3:30pm

Parent Attendance: There must always be a parent and or guardian that stays at the ground. If your child is left unsupervised, they will be excluded from competition.

First Aid: All injuries, no matter how small, must be reported to the First Aid Officer. Please see the announcer where a First Aid Officer will be called.

Fundraising: Don't forget we have a canteen & BBQ each week. Please help by buying raffle, as this will help raise money to upgrade our equipment and Presentation Day.

Competitions and Championships:

There are numerous opportunities for registered athletes to attend Gala Days or other special events, a chance to compete against athletes from other clubs.

Please see our Championship Officer if you would like to receive more details.

See below for some important Rule Changes effective from 2025-26 Season



What will stay the same?

- ✓ Membership Rules
- ✓ Parallel Walks and Hurdles Events
- ✓ Affiliation Types
- ✓ Use of the LANSW Rules of Competition
- ✓ State Championships Structure
- ✓ Progressions for 8s-12s
- ✓ Specifications
- ✓ Direct entry for 16s, 17s and U20s



What will change

1 Age Group Naming Convention

Tiny Tots	Born in 2021 & 2022
6s	Born in 2020
7s	Born in 2019
8s	Born in 2018
9s	Born in 2017
10s	Born in 2016
11s	Born in 2015
12s	Born in 2014
13s	Born in 2013
14s	Born in 2012
15s	Born in 2011
16s	Born in 2010
17s	Born in 2009
U20	Born in 2007 & 2008



What will change

2 Walks

- 1500m walk will continue to be offered at Zone and Region, with progression opportunities to the state championships
- 3000m walks will continue to be offered for 13s+ at the State championships via direct entry
- In 2025/26, athletes will be eligible to contest both the 1500m walk and the 3000m walk at the State Championships



What will change

3 State Championships Progression (13s-15s)

- Progression from Zone to Region will continue to be consistent with past LANSW practice
- The top 2 athletes from each Region will continue to progress directly to the State Championships
- The next best 8 will now come from results at:
 - ✓ Each of the 8 Region Championships
 - ✓ ANY State or WA Permit meet held in NSW between 1st October to mid February
 - ✓ Any interstate or National permit meet (by application)



What will change

4 State Relays

- 2025 State Relays will be held at Blacktown International Sports Park
- Weekend 1 (8's-12's) will be held on Saturday/Sunday
- Weekend 2 (13's-Masters) will be held Friday/Saturday/Sunday



What will change

5 Rule Changes

- All jumps and throws will be given 3+1 attempts
- Start rules will revert to World Athletics rules from Regional Championships onwards
- Referees will be permitted to view video evidence prior to ruling upon a protest



2025/26 Summer Events Calendar

Date	Event	Venue
Sat-Tues 27-30 September	NSW All Schools	SOPAC
Sat -Sun 8-9 November	NSW Relay Championships (8s-12s)	Blacktown
Fri-Sun 15-17 November	NSW Relay Championships (13's-Masters)	Blacktown
Sat 13 December	Treloar Shield Final	TBC
Fri-Sun 16-18 January	NSW Country Championships	Dubbo
Sat-Sun 24-25 January	NSW Combined Event Championships (16's-Masters)	SOPAC
Fri-Sun 20-22 February	NSW Masters Championships	SOPAC
Sat-Sun 28-1 March	NSW Combined Event Carnival (7's- 15's)	Maitland
Fri-Sun 20-22 February	NSW Masters Championships	SOPAC
Thurs-Sun 12-15 March	NSW Junior Championships	SOPAC
Thurs-Sun 19-22 March	NSW Open Championships	SOPAC
Sat-Sun 21-22 March	NSW Little Athletics Championships	SOPAC

- ① Treloar Preliminary rounds in October-November
- ② Zone date range from W/E 1-2 Nov through W/E 13-14 Dec (avoiding State Relay Weekends)
- ③ Regional Weekends 31st Jan/1 Feb & 7-8 Feb & 14-15 Feb

16-U20 Age Group will need to nominate to compete at Zone, Region and State Championships, as previous season. The Progression Rule does not apply.

Age Group Roster

Our Club is run by Volunteers. Parents like yourself.

(Yes! All committee members ARE VOLUNTEERS)

We require you help to smoothly run Friday nights

We have designed an Age Group Roster to help us with set up and pack up each Friday. (Parents are also required to assist in running Age Groups during the Competition)

Date	Equipment Set up	Equipment Pack Up
12 September 25	10s	15s-U20
19 September 25	9s	14s
26 September 25	8s	13s
03 October 25	7s	12s
10 October 25	6s	11s
17 October 25	10s	15s-U20
24 October 25	9s	14s
31 October 25	8s	13s
07 November 25	7s	12s
14 November 25	6s	11s
21 November 25	10s	15s-U20
28 November 25	9s	14s
05 December 25	NO COMPETITION	NO COMPETITION
12 December 25	8s	13s
19 December 25	7s	12s
CHRISTMAS BREAK		
09 January 26	6s	11s
16 January 26	10s	15s-U20
23 January 26	9s	14s
30 January 26	8s	13s
06 February 26	7s	12s
13 February 26	NO COMPETITION	NO COMPETITION
20 February 26	6s	11s
27 February 26	10s	15s-U20
06 March 26	9s	14s

Equipment Set Up: We require assistance from Parents from Age Group on duty with getting all necessary equipment out from the equipment shed and setting up the ground, i.e. Age Group trolleys, hurdles, long jump equipment, javelin equipment. This ensures we are able to start the Competition by 6pm

Equipment Pack Up: We require assistance in packing up equipment after the competition. We ask nominated Age Groups to help with packing up the equipment and neatly organising it in the equipment shed at the end of Competition.

All your help is greatly appreciated.

Important Dates to Remember

12 Sep 2025 – **First Competition Night**

19 Oct 2025 – **Liverpool Gala Day (Hosted by Liverpool City)**

02 Nov 2025 – **Zone Combined Carnival (6's-17's) (Hosted by Liverpool City)**

08-09 Nov 2025 – **State Relays-Juniors (8's - 12's) Blacktown**

15-16 Nov 2025 – **State Relays-Seniors (13's - Masters) Blacktown**

22 Nov 2025 – **Scampers (Tots - 6's - 7's)**

05 Dec 2025 – **No competition-Zone Championships**

05-07 Dec 2025 – **Zone Championships (7's – U20) (Warradale LAC)**

19 Dec 2025 – **Last Night before Christmas**

09 Jan 2026 – **First Night back in 2026**

13 Feb 2026 – **No Competition-Regional Championships**

13-15 Feb 2026 – **Regional Championships (8's-17's and U20)**

28 Feb-01 Mar 2026 – **The State Combined Carnival (7's-15's) (Maitland)**

06 Mar 2026 – **Last Competition Night for the Season**

12-15 Mar 2026 – **NSW Junior (State) Championships**

21-22 Mar 2026 – **NSW Little Athletics (State) Championships**

End of the Season Trophy Presentation - TBA

Centre Rules & Safety

Like all organisations, Little Athletics has rules. These rules are there to ensure the safety of all athletes, parents and visitors. We ask children and parents to cooperate and keep to the rules so that we can all enjoy our Friday nights in safety. For more details, please refer to the website, or hard copy at the Club.

- All events will be conducted under the Rules of Competition of LANSW, IAAF Handbook and/or local rules.
See the link for more details: <https://lansw.com.au/rules-of-competition/>
- All athletes must be registered with LANSW or ANSW before they participate.
- All competitors must compete in approved Centre Uniform with all registration numbers attached (see page 6 on where to place patches)
- Shoes must be worn for all events.
- **Spiked shoes can only be worn in the 11's and above**, and only in lane events, (13's and above excepted) Long Jump, Triple Jump and High Jump, Javelin. Athletes wearing spikes should roll off the High Jump Bags and not walk on them.
- Spiked shoes must be carried in a shoe bag to the start of the competition area. They are not to be worn at all in the spectator areas. Most common injuries related to spike shoes are due to inappropriate use of the spike shoes.
- **Smoking & Alcohol Free Zone.** There is a strict no smoking and no alcohol policy at Liverpool City LAC. Please move out to the car park to smoke and there is no alcohol to be consumed on the grounds.
- **There must always be a parent/and or guardian to stay at the ground, otherwise your child will be excluded from all events.**
- Field events areas can be dangerous. Children must not touch the equipment unless instructed to do so. Athletes and parents must shelter behind the protective nets at Discus and not walk through or too close to the Javelin or High jump area while that event is being run.
- All competitors are expected to take care of the track and field events. The area between the straight track and circular track is out of bounds for athletes and parents. See the shaded area on the map on the inside Cover. Please look where you are going at all times.
- Officials and their assistants will send from the event any athlete who is misbehaving or conducting themselves in any way prejudicial to the performance of others.
- Any protest or complaints can be directed to the President in writing.
- Treat all athletes as you like to be treated. Do not bully or take unfair advantage of another competitor.
- For your safety, please enter the field via the side gate at the equipment shed. Don't climb on or over any fences or structures at the ground.
- All injuries, no matter how small must be reported to the First Aid Officer, located at the canteen.
- All parent helpers must sign in to be covered by insurance.
- Our lost property collection can be found at the equipment shed (where uniforms are sold).

Uniforms

The uniform will be available to purchase Friday night, at the equipment shed.

It's a requirement of LANSW that all patches and registration numbers must be attached to the uniform. This is a procedural requirement that ensures current registration and insurance cover. It helps to identify the athlete and also assists with the efficient conduct of events. See below on where all patches go.

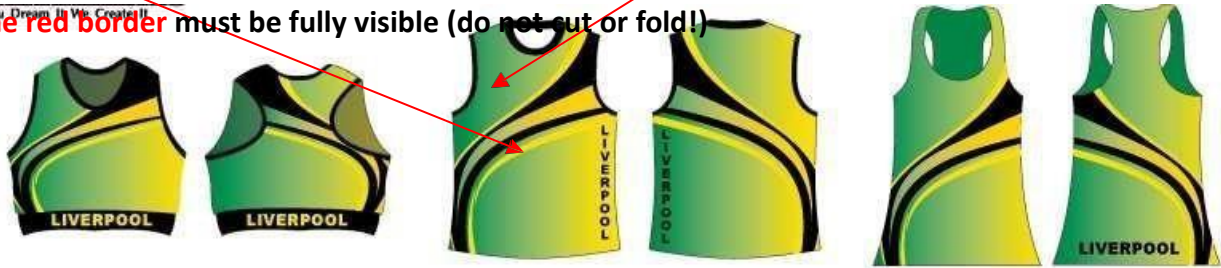
Athlete Registration Number

The McDonald's registration number must be attached to the front of the uniform singlet.

Coles Age Patch

Coles Age Patch must be attached to the right-hand top corner.

The red border must be fully visible (do not cut or fold!)



Club shorts are not a mandatory item of the uniform. Any **black shorts** can be worn. We stock limited shorts/tights available for purchase.

Lost **Registration Number** can be replaced at a cost of \$10.

Shoes

All athletes must wear appropriate footwear at all times. Athletes aged Under 11 and above may only wear spiked shoes in events run entirely in lanes, in jumping events and for javelin. Spiked shoes **must** be removed by all athletes when travelling between events and must never be worn outside the oval. This is to ensure safety of all athletes and prevent any injuries.

Injuries from spikes can be very serious! Athletes who do not abide to the above rules, and have been given repeated warnings, will be asked not to wear spikes on Friday night.

Results/Records

Apart from Tiny Tots, results are recorded every Friday night and posted online. All athletes should be encouraged to improve on their own personal times, throws and jumps.

We use a program called ResultsHQ. Each family will be able to access results (log in with the email used to register) You will be able to track your children's results and compare with past results. Many other options include printing a personalised performance book.

If you believe there has been an error in any results, please email Georgia/Joshua at liverpoolcitylac@gmail.com with the date, event, athlete's name and registration number and any other relevant details.

How are points calculated? (Age Champion point System)

Liverpool City operates a Point System for each registered athlete who competes on Friday night at the Centre. These points are automatically generated by the results software and added up at the end of the season.

Each time your child participates in an event on Friday night (6's-17's and U20) they are awarded **1 point for participation**, regardless of what place they finish up in that event.

During the event, top 7 places are awarded points based on overall place in that event (not heats).

1st place – 8 points

5th place – 3 points

2nd place – 6 points

6th place – 2 points

3rd place – 5 points

7th place – 1 point

4th place – 4 points

For example:

Athlete A: competes in 4 events, places 4th in all events, gets 4X4points + 4 participation points = 20 points at the end of the night

Athlete B: competes in 4 events, places 1st, 3rd, 10th and 14th, gets 8+5+4 participation points = 17 points at the end of the night

Athlete C: competes in 4 events, but does not place above 9th place, gets 4 participation points at the end of the night.

Training

Friday nights are primarily for events to be run, not instruction. Age managers are there to organise your children and make sure that rules of competition are followed. We encourage everyone to attend training; this is where athletes will pick up the correct technique, gain fitness and ultimately be able to improve on their personal bests.

Training days and times will be advertised once the season starts

Parents, please help with equipment in and out and most importantly, you must not leave your child at training unsupervised.

Like Friday nights, unruly behaviour will not be tolerated.

3-week Program (2025-26)

Week 1					
6's	50m	200PS	Shot Put 500g	Long Jump	
7's	50m	500PS	Shot Put 1kg	Long Jump	
8's	70m	700PS	Long Jump	Discus 500g	
9's	70m	800m	Discus 500g	High Jump (S)	
10's	70m	800m	Discus 500g	Long Jump	
11's	100m	800m	Discus 500g	Triple Jump	
12's	1500Walk	100m	800m	Discus 750g	Long Jump
13's	1500Walk	100m	800m	Triple Jump	Javelin 400gG/600gB
14's	1500Walk	100m	800m	Long Jump	Javelin 500gG/700gB
15's	1500Walk	100m	800m	Triple Jump	Shot Put 3kgG/4kgB
16's	1500Walk	100m	800m	High Jump	Shot Put 3kgG/5kgB
17's	1500Walk	100m	800m	High Jump	Shot Put 3kgG/5kgB
U20	1500Walk	100m	800m	High Jump	Shot Put 4kgG/6kgB

Week 2					
6's	100m	70m	Discus 350g	Shot Put 500g	
7's	100m	70m	Discus 350g	Shot Put 1kg	
8's	100m	60mH(45cm)	Discus 500g	Shot Put 1.5kg	
9's	700Walk	60mH(45cm)	100m	Long Jump	
10's	1100Walk	60mH(60cm)	100m	High Jump (S)	
11's	1100Walk	80mH(60cm)	400m	Long Jump	Javelin 400g
12's		80mH(68cm)	400m	High Jump	Shot Put 2kg
13's	3km	200mH(76cm)	400m	Shot Put 3kg	Long Jump
14's	3km	300mH(76cm)	400m	High Jump	Discus 1kg
15's	3km	300mH(76cm)	400m	Long Jump	Discus 1kg
16's	3km	400mH(76cm)	400m	Triple Jump	Javelin 500gG/700gB
17's	3km	400mH(76cm)	400m	Triple Jump	Javelin 500gG/700gB
U20	3km	400mH(76cm)	400m	Triple Jump	Javelin 600gG/800gB

Week 3					
6's	50m	300PS	Discus 350g	Long Jump	
7's	50m	200m	Discus 350g	Long Jump	
8's	200m	400PS	Shot Put 1.5kg	Long Jump	
9's	70m	200m	400m	Shot Put 2kg	
10's	70m	200m	400m	Shot Put 2kg	
11's	200m	1500m	High Jump	Shot Put 2kg	
12's	200m	1500m	Triple Jump	Javelin 400g	
13's	200m	80/90H(76cm)	1500m	Discus 750g	High Jump
14's	200m	90/100H(76cm)	1500m	Shot Put 3kgG/4kgB	Triple Jump
15's	200m	90/100H(76cm)	1500m	High Jump	Javelin 500gG/700gB
16's	200m	100/110H(76cm)	1500m	Long Jump	Discus 1kgG/1.5kgB
17's	200m	100/110H(76cm)	1500m	Long Jump	Discus 1kgG/1.5kgB
U20	200m	100/110H(76cm)	1500m	Long Jump	Discus 1kgG/1.75kgB

Tiny tots will do play training activities and modified games.

Note: It is at the discretion of the Event Manager to conduct the program in a sequence that will ensure an efficient running of the events. We are always revising the Weekly Program. We are looking at what can be done to improve smooth operation of the Friday Night Competition. If there are changes made to the Program the Age Managers will also be notified about any change.

Centre Awards

Trophies and awards are given out at our Presentation Day after the end of the Season.

To be eligible for a trophy, athlete must have a minimum of 50% attendance.

Personal Best Trophies (minimum 50% attendance)

Age Champion Awards are in the form of an extra acknowledgement (on the Personal Best Trophies) for 1st, 2nd and 3rd overall place in each age group for boys and girls based on the points attained during the season. Minimum attendance 50% (See how points are calculated on p.9)

Encouragement Awards for 7's-17's and U20 - Nominated by Age Manager

5- and 10-Year Service Recognition

Attendance Recognition - This is presented for 100% attendance for the whole season.

6's Encouragement Award (Perpetual Trophy)- This award is nominated by the age manager.

President's Encouragement Award

15's Presidents Shield

Coaches Award

Male and Female - Athletes of the Year

Perpetual Reynolds Junior Athlete of the Year (U8-U12)

Outstanding Achievement in Sprint Trophy

Outstanding Achievement in Jumps Trophy

Endurance Athlete of the Year Trophy

Outstanding Achievements in Throws Trophy

For more information on these awards please contact committee members.

Athletes, who have represented our Centre at Little Athletics National Championships

Jason Impey	1983	Shot, Discus	Gold, Bronze
Tammy Siemionow	1990	400m, 800m, Triple Jump	Gold, Silver, Bronze
Linda D'Ugo	1993	Discus	Silver
Mitchell Tubinas	1994	Triple Jump	
Chris Jones	1996	High Jump	Gold
Leon Bott	2000	400m	Bronze
Jacklyn Theodosius	2001	High Jump	
Srdjan Veselinovic	2002	200m, 100m	Gold, Silver
Anthony Schmidt	2010	80mH, Shot, Discus, Relay	
Isabelle Lhotka	2015	100m, 200m, Relay	Silver, Silver, Gold
Ruth Ifejika	2023	100m, 200m, 4x100m Relay	Bronze, Silver, Gold
Ruth Ifejika	2024	100m, 200m	Silver, Gold
Divine Chukwudi	2024	100m, 200m, 4x100mRelays, Medley Relays	Gold, Silver, Gold, Gold

Gabriel Agyapong	2024	90mH, Triple Jump	Silver, 6th
James Sadler	2025	1500m Walk	6th
Cruz Monzon	2025	400m, Swedish Relay	Gold, Gold-Meet Record

2024-25 Awards Recognition:

	Age Champion Boys	Age Champion Girls	Encouragement Boy	Encouragement Girl
6	1.Finn Curran 378 2.Robert Bateson 254 3.Matthias Tuigamala 250	1.Alexis Igbinovia 478 2.Calista Stuardo 203		
7	1.Koa Iwasaki-King 446 2.Kellan Robinson 346 3.Nathanael Tuigamala 281	1.Anna Ogunsola 470 2.Victory Nwanze 435 3. Jasmine Howells 390	No award	Mackenzie Bathis
8	1.Teawanui Fisher 517 2.Chase Kotowski 345 3.Kairama Ormsby 320	1.Emanuela Vai 437 2.Katie Mobbs 346 3. Anna Sadler 296	Clyde Bateson	Khadija Kamara
9	1.Leo Harper 390 2.Ryder Harper 333 3.Mason Thrattthabeusy 314	1.Zaliyah Lapham 333 2.Emilia Twamley 278 3. Valerie Tuli-Manua 253	Darko Jovanovic	McKenzie Milne
10	1.Zac Dowsey 401 2.Fynn Eason 344 3. Joseph Mamuti 283	1.Jelena Jovanovic 328 2.April Hartley 270 3. Claire Grantham 267	Adrian Morris	No award
11	1.Seth Sadler 374 2. Cristian Menendez 287 3.Benjamin Tuli-Manua 282	1.Angioletta Vai 429 2.Melissa Prescott 377 3.Addison Hawkins 246	Michael Henry	Olivia Moric
12	1.Chase Thrattthabeusy 317 2.Riley Paton-Ireland 311 3.Oliver Fegan 293	1.Kentiah Lapham 324 2. Olivia Davis 313 3. Atarah Prescott 268	Jaxon Henry	Elizabeth Campion
13	1.James Sadler 514 2.Kamsi Mbaegbu 308 3.Thoran Robinson 267	1.Neve Curran 281 2.Miah Curran 266 3. Faith Tuli-Manua	Aiden Thrattthabeusy	Aliya Rodrigues
14	1.Marcus Menendez 450 2.Samuel Fegan 428 3.Zachary Lauchlan 355	1.Taylor Hawkins 520 2. Camryn Eason 480 3.Aleksia Stuardo 269	Lazarus Barnes	No award
15	1.Victor Leahy 388 2.Ethan Luong 269 3.Phoenix Ogston 129	No award	No award	No award
16	1.Vladimir Milankovski 371	1.Ruby Rose Talbot 252 2. Nicola Parzakonis 246	No award	No award
17	1.Jayden Ogston 204	1.Charlotte Skundric 214	No award	No award
U20	1.Robert Ong 417 2.Anthony Nguyen 354 3.Christian Isaac 277	1.Olivia Pyda 275 2.Yovanka Milankovski 182	No award	No award

Jnr Life Members:

Charlotte Skundric and Mikayla Skundric

Five Years Services

Lucas Beier, Cody Beier, Isaac Ali, George Sadler, Anna Sadler, Zaliyah Lapham, Arryah Robinson, Thoran Robinson

10 Years Service

Cortez Monzon, Cruz Monzon, Anastasia Rekoumis

U6 Encouragement Perpetual Trophy Award : Austin Fielding and Talia Ali

Perpetual Presidents Encouragement Trophy : Atarah Prescott

President's Shield Award : Phoenix Ogston

Male & Female Athlete of the Year: MALE: Cruz Monzon FEMALE: Ruth Ifejika

Reynolds Perpetual Junior Athlete : Ryder Harper

Outstanding Achievement in Sprints : Divine Chukwudi

Outstanding Achievement in Jumps : Ruby Rose Talbot and Kamsi Mbaegbu

Endurance Athlete of the Year : James Sadler

Outstanding Achievements in Throws : Peace Chukwudi

MOST PBs in CLUB : James Sadler and Emanuela Vai

State Relay Medallists:

8 Mixed 4x100 GOLD

Khadija Kamara, Emanuela Vai, Teawanui Fisher, Chase Kotowski

11 Mixed 4x100 GOLD

Angioletta Vai, Ruth Aruna, Benjamin Tuli-Manua, Devante Alai

15 Mixed 4x100 SILVER

Ruth Ifejika, Naomi Aruna, Gabriel Agyapong, Phuoc Tran

9 Mixed 4x100 BRONZE

Zaliyah Lapham, Valerie Tuli-Manua, Ryder Harper, Leo Harper

CURRENT RECORDS

Liverpool City LAC



6's

Event	Boys	Record	Date	Girls	Record	Date
50m	Joshua Love	9.86	11/2018	Michaela Commazetto	9.80	12/2006
70m	Leon Bott	12.40	11/1992	Charmaine Bott	13.10	12/1992
100m	Leon Bott	18.00	11/1992	Charmaine Bott	18.80	03/1993
200m	Leon Bott	38.40	02/1993	Charmaine Bott	40.10	12/1992
Long Jump	Daniel Reynolds	2.97	03/2006	Charmaine Bott	2.59	03/1993
Shot Put	Deucalion Ikamui	6.50	01/2020	Courtney Castle	4.66	03/2008
Discus	Daniel Bugeja	13.70	10/2014	Kristen Thompson	10.86	01/2004
200m Pack Start	Matthias Tuigamala	45.83	03/2025	Destiny Aruna	42.58	03/2025
300m Pack Start	Maddox Asotasi-Barthou	1:04.45	02/2010	Olivia Pyda	1:06.36	10/2012

7's

Event	Boys	Record	Date	Girls	Record	Date
50m	Jardii Ikamui	8.33	03/2019	Alyssa Rose	9.02	10/2008
70m	Steven Rich	11.00	09/1989	Amanda Byrne	12.10	10/1990
100m	Braiden Foord	15.40	01/1998	Susan Sahato	15.80	01/1998
200m	Leon Bott	34.30	12/1993	Amanda Byrne	36.60	02/1991
Long Jump	Christopher Nunes	3.52	03/1994	Charmaine Bott	3.22	03/1994
Shot Put	R. Kennedy	8.04	01/1983	Katrina D'Ugo	8.26	03/1991
Discus	Jardii Ikamui	20.70	03/2019	Katrina D'Ugo	18.94	12/1991
500m Pack Start	Jardii Ikamui	1:42.63	03/2019	Amanda Burraston	1:51.00	02/1992

8's

Event	Boys	Record	Date	Girls	Record	Date
70m	B. Vden	10.40	02/1985	Amanda Griffin	10.50	09/1989
100m	Leon Bott	15.20	02/1985	Anjileena Silva	15.80	12/2010
200m	Aaron Robinson	32.10	02/1994	Anjileena Silva	33.20	12/2010
400m	Aaron Robinson	1:13.00	02/1994	M. Simson	1:20.50	11/1984
400m Pack Start	Leo Harper	1:16.41	02/2024	Emanuela Vai	1:32.80	02/2025
60m Hurdles	Christopher Nunes	10.90	02/1995	Kasee McLvenny	11.08	10/2008
Long Jump	D. Yeomen	3.78	01/1981	Rebecca Strand	3.75	09/1981
Shot Put	Brendan Lloyd	7.93	02/2006	Anjileena Silva	6.32	11/2010
Discus	Brendan Lloyd	24.81	02/2006	M. Simson	17.12	09/1993
700m Pack Start	Aaron Robinson	2:21.00	02/1994	Cayla White	2:34.70	02/2003

9's

Event	Boys	Record	Date	Girls	Record	Date
70m	Leon Bott	10.00	02/1996	Kristen Thompson	11.10	02/2007
100m	Leon Bott Barney Vaivela Sa'u	14.00	03/1996 03/1997	Charmaine Bott	14.90	02/1996
200m	Leon Bott	29.40	03/1996	Charmaine Bott	30.10	03/1996
400m	M. Haw	1:07.90	09/1979	M. Moroney	1:15.50	09/1975
800m	G. Quin	2:40.00	03/1996	Pip Cox	2:55.70	02/2001
700m Walk	Marcus Pinson	3:56.20	03/2004	Marisa Stojanovic	3:52.99	03/2015
60m Hurdles	Leon Bott	9.90	02/1996	Mykaila Norman	11.01	02/2016
Long Jump	S. McFarlane	4.23	01/1979	Anjileena Silva	3.91	12/2011
High Jump	Leon Bott	1.22	02/1996	Stephanie Bentley	1.13	12/1996
High Jump (Scissor Kick))	Zachary Benci	1.15	03/2016	Isabella Baptist	1.08	02/2018
Shot Put	Anthony Schmidt	9.24	03/2006	Katrina D'Ugo	7.70	02/1993
Discus	Brendan Lloyd	31.27	03/2007	Katrina D'Ugo	24.77	02/1993

10's

Event	Boys	Record	Date	Girls	Record	Date
70m	Jesse Chukwudi	9.97	02/2018	Divine Chukwudi	10.45	03/2021
100m	Barney Vaivela Sa'u	13.40	02/1998	Jorja Orreal	13.90	02/1999
200m	Leon Bott	27.60	03/1997	Jorja Orreal	29.30	02/1999
400m	Leon Bott	1:02.60	03/1997	M. Ellis	1:10.80	09/1976
800m	Adam Burnett	2:31.00	03/1992	Tammy Siemionow	2:43.90	02/1988
1500m	H. Haw	5:15.70	12/1980	Paige Merriman	5:23.60	12/2012
1100m Walk	Raven Pyda	5:53.94	03/2015	Jasmyn Vesey	5:58.82	02/2011
60m Hurdles	Barney Vaivela Sa'u Leon Bott Omaha Vaivela Sa'u	10.70	02/1998 12/1996 02/1995	Jorja Orreal Stephanie Bentley	11.10	10/1998 02/1998
Long Jump	Jonathon Russell	4.69	02/1994	M. Ellis	4.28	09/1976
High Jump	Paul Sain	1.37	02/2002	Renae Dehn	1.24	02/2010
High Jump (Scissor Kick)	Zachary Benci	1.21	02/2017	Isabella Baptist	1.12	02/2019
Shot Put	Brendan Lloyd	10.54	03/2008	Katrina D'Ugo	9.67	02/1995
Discus	Emillio Martinez	37.96	11/2016	Chelsea Wallace	29.10	03/2000

11's

Event	Boys	Record	Date	Girls	Record	Date
100m	Leon Bott	12.90	02/1998	Isabelle Lhotka	13.64	03/2013
200m	Leon Bott	26.90	03/1998	Isabelle Lhotka	27.71	03/2013
400m	Leon Bott	1:02.60	03/1998	Divine Chukwudi	1:05.34	03/2022
800m	G. Vidler	2:31.00	09/1977	Emily Esposito	2:34.40	02/2005
1500m	G. Haggard	5:09.50	11/1981	Emily Esposito	5:10.40	02/2005
1100m Walk	Jai Horton	6:02.96	03/2018	Lilly Twigden	6:16.83	02/2021
60m Hurdles	Christopher Nunes	9.70	01/1998	Jacklyn Theodosius Jessica Rigas	10.60	02/2000 03/2003
80m Hurdles	Kamsi Mbaegbu	13.47	02/2023	Danniella Tran	15.62	02/2021
Long Jump	Leon Bott	4.91	03/1998	Rebecca Stand	4.68	02/1985

High Jump	Chris Jones Paul Sain Steven Rich	1.45	02/1994 03/2003 05/2005	Jessica Rigas	1.40	02/2003
Triple Jump	Mitchell Tubinas	9.78	02/1992	Pip Cox	9.27	03/2003
Shot Put	Brendan Lloyd	10.72	01/2009	Rose Baron-Scott	11.17	03/2006
Discus	750gArthur Leleai Inu 500g Jardii Ikamui	34.29 35.05	03/2013 10/2022	750g LeTeine Tikeri 500g Mikayla Skundric	29.91 22.38	01/2014 03/2019
Javelin	Emillio Martinez	27.56	12/2017	Elizabeth Afungia	20.44	12/2017

12's

Event	Boys	Record	Date	Girls	Record	Date
100m	Srdjan Veselinovic	12.40	02/2002	Divine Chukwudi	12.64	03/2022
200m	Blake Langtry	26.70	03/2006	Divine Chukwudi	26.20	03/2023
400m	G. Vidler	1:01.20	09/1978	Leanne Priestley	1:03.00	02/1992
800m	Srdjan Veselinovic	2:23.80	02/2002	Pip Cox	2:32.50	03/2004
1500m	R. Lloyd P. Chester	5:06.60	10/1979 10/1979	Tammy Siemionow	5:11.50	09/1989
1500m Walk	Anthony Schmidt	7:03.34	02/2009	Kristy Rohrer	8:15.30	09/1993
60m Hurdles	Chris Jones	9.80	02/1995	Pip Cox Jessica Rigas	10.30	03/2004 03/2004
80m Hurdles	Kamsi Mbaegbu	13.68	03/2024	Ruth Ifejika	14.36	02//2022
Long Jump	R. Kennedy	5.17	10/1982	E. Coos	4.85	09/1977
High Jump	Chris Jones Paul Sain	1.55	10/1994 12/2003	Stephanie Bentley	1.52	02/1999
Triple Jump	Mitchell Tubinas	10.62	03/1994	Renae Dehn	10.28	03/2012
Shot Put	3kgJason Impey 2kg Tanupou Vaea	11.78 11.26	02/1983 02/2020	2kg LeTeine Tikeri	12.84	02/2015
Discus	Arthur Leleai Inu	43.85	02/2014	LeTeine Tikeri	38.43	03/2015
Javelin	Wiremu Taylor	30.96	03/2016	Sina Wildraut	25.48	02/2012

13's

Event	Boys	Record	Date	Girls	Record	Date
100m	Srdjan Veselinovic	11.60	03/2003	Divine Chukwudi	12.23	04/2024
200m	Srdjan Veselinovic	24.20	03/2003	Isabelle Lhotka	25.05	03/2015
400m	Cruz Monzon	54.45	03/2025	Pip Cox	1:01.40	03/2005
800m	Stefan Music	2:16.20	03/2011	Tammy Siemionow	2:27.20	11/1990
1500m	Stefan Music	4:46.29	03/2011	Paige Merriman	5:10.89	02/2016
3000m	Justin Tolmie	10:12.7	03/1994	Paige Merriman	11:23.83	02/2016
1500m Walk	Raven Pyda	7:42.13	03/2018	Lauren Simmons	8:03.17	02/2009
80m/90m Hurdles	Tallan Martin (80m) Kamsi Mbaegbu (90m)	12.80 13.75	02/1996 03/2025	C. Gibson	13.60	02/1998
200m Hurdles	Tallan Martin	27.50	03/1996	Pip Cox	29.6	03/2005
Long Jump	Tallan Martin Marcus Pinson	5.38	03/1996 01/2008	Renae Dehn	5.04	02/2013
High Jump	Chris Jones	1.80	10/1994	Jacklyn Theodosius	1.54	03/2012
Triple Jump	Everest DeHaviland	11.16	02/2002	Renae Dehn	10.54	03/2013
Shot Put	Craig Zahra	13.00	1992	Le Teine Tikeri	12.03	03/2016
Discus	1kgAnthony Schmidt 750g Emillio Martinez	37.43 37.36	12/2009 11/2018	750gLe Teine Tikeri	39.20	03/2016
Javelin	Anthony Schmidt	34.40	10/2009	Sharyn Dickson (600g) Charlotte Smith (400g)	29.62 32.24	03/1997 03/2018

14's

Event	Boys	Record	Date	Girls	Record	Date
100m	Srdjan Veselinovic	11.50	03/2004	Divine Chukwudi	12.15	03/2025
200m	Srdjan Veselinovic	23.40	03/2004	Ruth Ifejika	25.13	03/2024
400m	Srdjan Veselinovic	53.90	03/2004	Ruth Ifejika	59.66	02/2024
800m	Stefan Music	2:06.11	03/2012	Pip Cox	2:25.00	03/2006
1500m	Stefan Music	4:21.19	03/2012	Chloe Esposito	5:00.10	03/2005
3000m	Daniel Searle	9:53.90	02/1993	Olivia Pyda	11:26.97	02/2020
1500m Walk	Mark Dickson	7:24.00	03/1987	Kelly Dark	7:47.60	02/1992
100/90/80m Hurdles	Gabriel Agyapong (90)	12.56	04/2024	Katrina Phippen (80)	13.40	03/2013
		13.90	01/2001	Aleksia Stuardo (90)	17.74	02/2025
200m Hurdles	Tallan Martin	27.40	03/1997	Amanda Byrne	30.50	02/1998
300 Hurdles	Lazarus Barnes	50.96	03/2025	Aleksia Stuardo	1.01.70	12/2024
Long Jump	Branson Po	5.84	02/2019	Renae Dehn	4.98	2014
High Jump	Chris Jones	1.90	03/1997	Jacklyn Theodosius	1.58	12/2012
				Kristy Rohrer	1.58	1995
Triple Jump	Gabriel Agyapong	12.26	03/2024	Katrina Phippen	10.44	02/2013
Shot Put	K. Kkeindyk (4 kg)	13.36	11/1988	LeTeine Tikeri	12.04	12/2016
	Felise Uvea (3kg)	13.24	03/2023			
Discus	Anthony Schmidt	41.78	03/2011	LeTeine Tikeri	37.01	02/2017
Javelin	David Reitano 600g	41.03	02/2004	Sharyn Dickson 600g	31.80	03/1998
	Samuel Fegan 700g	25.07	02/2025	Olivia Haskew 400g	36.87	11/2019
				Aleksia Stuardo 500g	17.77	03/2025

15's

Event	Boys	Record	Date	Girls	Record	Date
100m	Yadin Ngeng	11.46	02/2015	Ruth Ifejika	12.08	03/2025
200m	Steven Rich	22.20	10/1997	Ruth Ifejika	24.26	03/2025
400m	Steven Rich	52.50	03/1998	Leanne Priestley	59.60	03/1995
800m	Mohamad Hage	2:04.85	03/2021	Olivia Pyda	2:20.37	03/2021
1500m	Mohamad Hage	4:21.44	03/2021	Chloe Esposito	4:47.40	03/2006
3000m	Mohamad Hage	9:55.55	12/2020	Chloe Esposito	10:15.80	03/2006
1500m Walk	Mark Dickson	6:58.00	02/1998	Kelly Dark	7:15.60	03/2006
100/90mHurdle	Nunu Campos	13.90	03/2001	Teresa Decampo	14.00	09/1993
200m Hurdles	Srdjan Veselinovic	27.70	02/2005	S. Burnes	29.90	03/1997
300m Hurdles	Adam El Kheir	44.77	02/2023	Olivia Pyda	50.89	03/2021
Long Jump	Bento Nunes	5.99	01/1994	Teresa Decampo	5.13	09/1993
High Jump	Chris Jones	1.96	03/1998	Jacklyn Theodosius	1.68	03/2003
Triple Jump	Blake Langtry	12.49	03/2009	E. Allen	10.85	03/2000
Shot Put	Senio Toa	14.45	10/2012	Sharyn Dickson	12.10	02/1999
Discus	Felise Uvea	46.05	04/2024	Sharyn Dickson	36.97	12/1998
Javelin	Daniel Reynolds 700g	41.33	02/2015	Sharyn Dickson 600g	34.55	02/1999
				Olivia Haskew 500g	38.46	10/2020

16's

Event	Boys	Record	Date	Girls	Record	Date
100m	Mohamed Ousman Kamara	11.69	02/2025	Ruby Rose Talbot	13.67	12/2024
200m	Mohamed Ousman Kamara	23.85	02/2025	Ruby Rose Talbot	27.96	03/2025
400m	Mohamed Ousman Kamara	1.03.94	10/2024	Ruby Rose Talbot	1.25.56	09/2024
800m	Arthur Vuong	2.47.12	09/2024	Nicola Parzakonis	4.10.33	10/2024
1500m						
3000m	Arthur Vuong	13.41.13	09/2024			
1500m Walk				Ruby Rose Talbot	12.46.48	03/2025
110/100mHurdles	Vladimir Milankovski	16.98	11/2024	Ruby Rose Talbot	19.00	12/2024
400m Hurdles						
Long Jump	Vladimir Milankovski	5.35	12/2024	Ruby Rose Talbot	4.76	12/2024
High Jump	Edward Isaac	1.58	10/2024			
Triple Jump	Vladimir Milankovski	10.97	11/2024	Ruby Rose Talbot	9.23	12/2024
Shot Put	Edward Isaac 5kg	9.93	11/2024	Ruby Rose Talbot 3kg	6.44	10/2024
Discus	Vladimir Milankovski 1.5kg	22.64	10/2024	Ruby Rose Talbot 1kg	16.47	10/2024
Javelin	Vladimir Milankovski 700g	21.56	10/2024	Nicola Parzakonis 500g	15.61	11/2024

17's

Event	Boys	Record	Date	Girls	Record	Date
100m	Jesse Chukwudi	11.02	02/2024	Rebecca Brett	12.63	02/2016
200m	Alec Nguyen	22.81	02/2015	Rebecca Brett	26.18	03/2016
400m	Christian Isaac	54.58	02/2024	Hannah Kaine	1:03.59	09/2014
800m	Raven Pyda	2:05.71	03/2021	Hannah Kaine	2:22.79	03/2015
1500m	Lachlan Baptist	4:24.96	03/2021	Jordan Roth	4:58.00	03/2015
3000m	Mohamad Hage	9.53.88	02/2022	Paige Merriman	11:13.46	03/2019
1500m Walk	Raven Pyda	6:10.45	03/2021	Charlotte Skundric	10.29.06	03/2024
110/100 Hurdles	Kunal Menon	14.46	03/2023	Georgia Towell	17.39	02/2017
200m Hurdles	Sasha Stevenson	29.65	11/2011	Helen Tran	30.62	02/2010
300m Hurdles	Robert Ong	41.59	03/2023	Olivia Pyda	51.19	03/2023
400m Hurdles	Aaron Tran	1.09.90	10/2024			
Long Jump	Cameron Banovich	6.19	01/2022	Rebecca Brett	5.16	12/2015
High Jump	Jordan Taing	1.81	12/2024	Rebecca Brett	1.50	10/2014
Triple Jump	Martin Ong	12.74	12/2020	Rebecca Brett	10.77	12/2015
Shot Put	Nathan Kendall	13.97	03/2013	Maave Toa (4kg) Elizabeth Afungia (3kg)	10.31 11.17	11/2010 01/2022
Discus	Nathan Kendall	48.42	02/2013	Charlotte Skundric	34.74	03/2024
Javelin	Adam Arduin	46.61	02/2023	Olivia Haskew	39.29	11/2022

Under 20

Event	Boys	Record	Date	Girls	Record	Date
100m	Christian Isaac	11.35	02/2025	Olivia Pyda	15.72	01/2025
200m	Christian Isaac	22.93	02/2025	Olivia Pyda	31.09	02/2025
400m	Christian Isaac	54.14	02/2025	Olivia Pyda	1.11.68	02/2025
800m	Robert Ong	2.25.32	02/2025	Olivia Pyda	3.08.56	03/2025
1500m	Robert Ong	5.47.93	09/2024	Olivia Pyda	7.33.26	01/2025
3000m	Robert Ong	13.04.73	11/2024			
1500m Walk						
110 Hurdles	Robert Ong	16.54	12/2024			
400m Hurdles	Robert Ong	1.00.71	02/2025	Olivia Pyda	1.20.35	03/2025
Long Jump	Robert Ong	5.04	01/2025	Olivia Pyda	3.04	01/2025
High Jump	Adam Arduin	1.60	12/2024	Olivia Pyda	1.30	11/2024
Triple Jump	Robert Ong	10.65	10/2024			
Shot Put	Robert Ong 6kg	9.62	01/2025	Olivia Pyda 4kg	7.01	02/2025
Discus	Robert Ong 1.75kg	25.05	10/2024	Olivia Pyda 1kg	24.70	12/2024
Javelin	Adam Arduin 800g	43.99	11/2024	Olivia Pyda 600g	16.40	11/2024

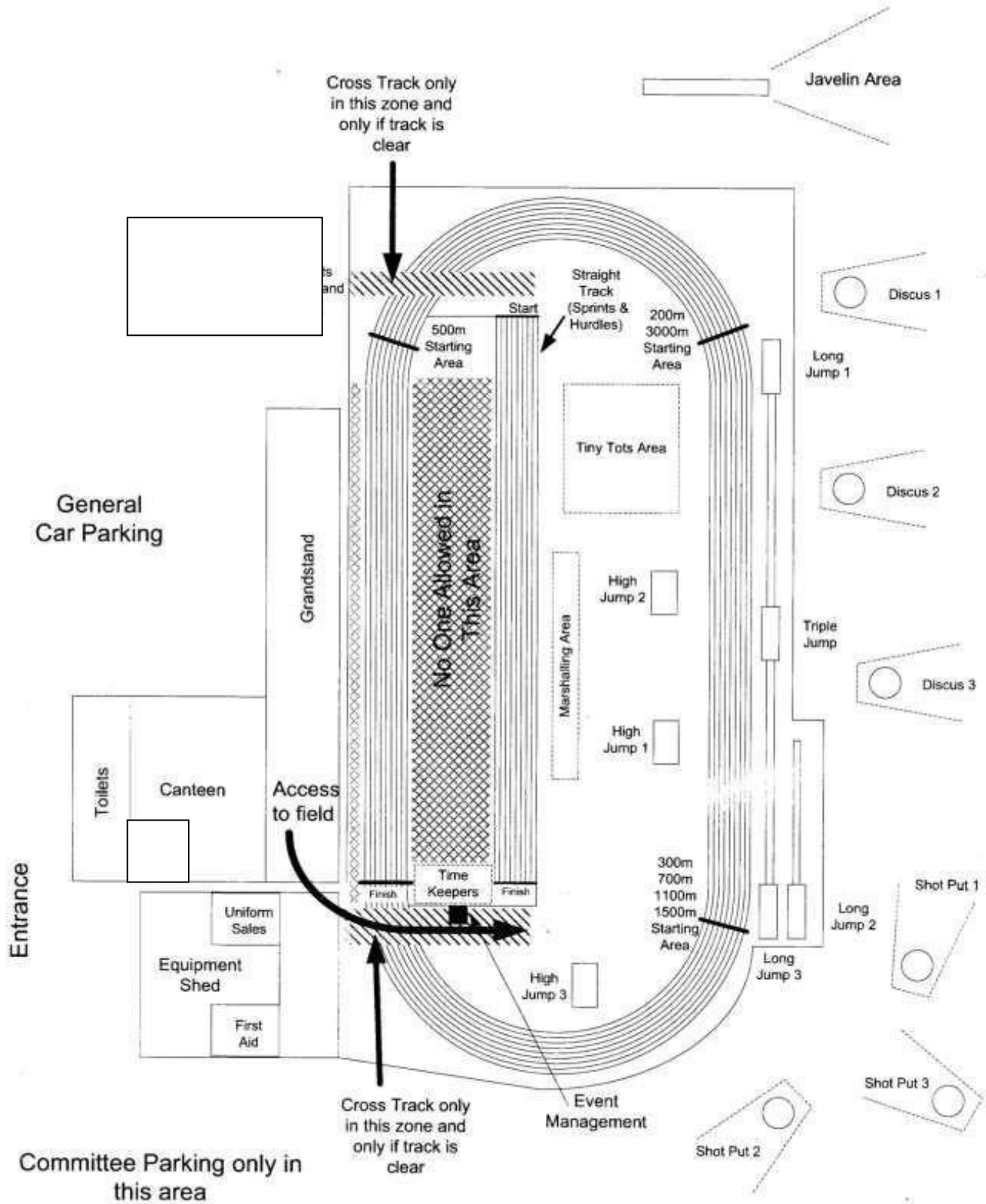
Qualification Conditions for Centre Records

LCLAC Centre records can only be claimed by registered athletes of the Liverpool City Little Athletics Centre.

Records can be claimed for any events on Friday night competition but must be verified by appropriately qualified members of the committee (#except walking events) as soon as the Age Manager or official realize that a new Centre Record may have been achieved, they should cease that event and notify a committee member. If any markers have been removed the Record will not be recognised. The athlete must be a registered member of the Club, wearing a full centre uniform. (For full information, please see LCLAC Local Competition Rules.) Records can also be claimed for performances at official LA NSW & LA Aust. Competition events.

Please note that walking events require specialized judging by several qualified officials. The club is not in a position to provide this level of judging on Friday nights.

Records cannot be claimed for performances in training, or at Gala Days.



DWYER OVAL LAYOUT