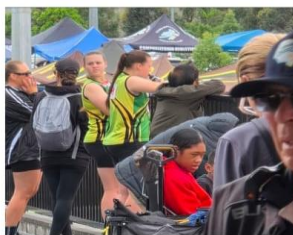


Liverpool City **Little Athletics Centre** 2026-27 Season Handbook



Club Handbook 2026-27 Season

Table of Contents/Life Members	p.2
Centre Committee	p.3
Committee Message	p.4
What Happens on Friday Night?	p.5
Age Group Helpers Roster	p.6
Dates to Remember	p.7
Centre Rules and Safety	p.8
Uniforms	p.9
Weekly Results/Training	p.10
Friday Night Program	p.11
Awards Structure	p.12
2025-26 Season Awards	p.12-14
Centre Records	p.15-21

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 2026-2027

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>	Michael Sadler (assist)		
<u>Canteen</u>	Roulla Epistithiou	liverpoolcitylac@gmail.com	0423418367
	Jessica Strevens		
	Roulla Epistithiou		
Championships	Roulla Epistithiou	lclac.championships@gmail.com	
	Joshua Serafim		
Uniforms	Olivia Pyda		
	Nicola Epistithiou		
Records & Rankings	Joshua Serafim		
	Catherine Ong (assist)		
Fundraising	Sarah Pastuszak		
Equipment Officer	Raven Pyda		
	Andrew Strevens		
First Aid Officer	Ian Strevens		
	Jessica Strevens		
Working with Children	Ian Strevens		
General Committee	Zena Dablan		
	Liz Martin		
	Jade Hawkins		

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 2026-27.

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.

WhatsApp Age Group chat is also a fantastic tool 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 2026-27

Kind Regards,

LCLAC Committee

What Happens on A Friday Night?

The Program: We run a 3-week program, the details are on page 11, 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. 5:15pm. 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 9 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.

This season we will be using a new system for Zone Championships Entries. Parents/Athletes will need to nominate themselves via RevSport portal, using their login details. We will be more than happy to assist families in the process, so if you have any questions do not hesitate to ask.

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 for 16-U20.

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
18 September 2026	10s	15s-U20
25 September 2026	9s	14s
02 October 2026	8s	13s
09 October 2026	7s	12s
16 October 2026	6s	11s
23 October 2026	10s	15s-U20
30 October 2026 (Halloween Theme Night)	9s	14s
06 November 2026 (Coles Community Round)	8s	13s
13 November 2026	7s	12s
20 November 2026	6s	11s
27 November 2026	10s	15s-U20
04 December 2026	9s	14s
11 December 2026 (Zone Championships)	NO COMPETITION	NO COMPETITION
18 December 2026 (Christmas Theme Night)	8s	13s
CHRISTMAS BREAK		
15 January 2027	7s	12s
22 January 2027	6s	11s
29 January 2027	10s	15s-U20
05 February 2027	9s	14s
12 February 2027 (Region Championships)	NO COMPETITION	NO COMPETITION
19 February 2027	8s	13s
26 February 2027	7s	12s
05 March 2027	6s	11s

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

11 Sep 2026 – First Competition Night

18 Oct 2026 – Liverpool Gala Day (Hosted by Liverpool City)

25 Oct 2026 – Zone Combined Carnival (CWMZ & MWMZ) (6's-17's) (Hosted by Prestons Robins)

07 Nov 2026 – Scampers (Tots/6's/7's) (Hosted by Liverpool City)

08 Nov 2026 – State Relays-Juniors (8's - 12's)

13-15 Nov 2026 – State Relays-Seniors (13's - Masters)

11 Dec 2026 – No competition-Zone Championships

11-13 Dec 2026 – Zone Championships (7's – U20) (Hosted by Liverpool City)

18 Dec 2026 – Last Night before Christmas

15 Jan 2027 – First Night back in 2027

12 Feb 2027 – No Competition-Regional Championships

12-14 Feb 2027 – Regional Championships (8's-17's and U20)

20-21 Feb 2027 – HART Sport NSW Combined Carnival (7's-15's)

05 Mar 2027 – Last Competition Night for the Season

11-14 Mar 2027 – NSW Little Athletics (State) Championships

18-21 Mar 2027 – NSW Junior (State) Championships

End of the Season Trophy Presentation - TBA

Centre Rules & Safety

- 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 9 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.
- **Starting Blocks** – All athletes in 14s and above MUST use Starting Blocks at most Championships on synthetic tracks.
- **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 to the right-hand top corner.



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 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 (2026-27)

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		70m	100m	Discus 350g	Shot Put 500g
7's		70m	100m	Discus 350g	Shot Put 1kg
8's		60mH(45cm)	100m	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	200m	70m	400m	Shot Put 2kg	
10's	200m	70m	400m	Shot Put 2kg	
11's	200m	1500m		Shot Put 2kg	High Jump
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.10)

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

2025-26 Club Awards

Five Years Services

Jasmine Howells, Helena Parzakonis and Samuel Walsh

10 Years Service

Miah Curran, Neve Curran, Kamsi Mbaegbu and Edrei Torrado

15 Years Service

Olivia Pyda

U6 Encouragement Perpetual Trophy Award : Navayah Veitamani

Perpetual Presidents Encouragement Trophy : Noah Waqatairewa

President's Shield Award : Marcus Menendez

Male & Female Athlete of the Year: MALE: Manaia Fisher FEMALE: Peace Chukwudi

Reynolds Perpetual Junior Athlete : Ryder Harper

Outstanding Achievement in Sprints : Kamsi Mbaegbu

Outstanding Achievement in Jumps : Damien Malakovski

Endurance Athlete of the Year : Ruby Rose Talbot AND Angioletta Vai

Outstanding Achievements in Throws : Teawanui Fisher

MOST PBs in CLUB : Mackenzie Bathis, 8s Age Group and Marcus Menendez, 15s Age Group

State Relay Medallists:

8s - Mix 4x100m BRONZE

Victory, Nicolas, Zachariah and Anna

9s - Mix 4x100m SILVER

Artillah, Khadija, Emanuela, Teawauni

12s - Mix 4x100m GOLD

Luca, Benji, Melissa and Angiloletta

State Championships Medallists:

GOLD	Manaia, 12s, Multi Class GOLD Long Jump, GOLD 200m Ryder, 10s, Long Jump
SILVER	Manaia, 12s, Multi Class, SILVER 100m, SILVER Discus Kamsi, 14s, SILVER, 100m hurdles (Club Record) Teawanui, 9s, SILVER discus
BRONZE	Manaia, 12s, Multi Class BRONZE 400m Peace, 13s, BRONZE, shot Put

Age Champions 2025-26:

	Boys	Girls	Encouragement
6s	Joseph Prescott 497 Ragnar Seuala 317 Zakariah Yousef 217	Addilyn Heaton-Woods 373 Amyah Hamze 333 Eliana Okoye 302	
7s	Finn Curran 479 Robert Bateson 357 Levi Okoye 299	Alexis Igbिनovia 560 Laura Pastuszek 385 Talia Ali 219	Guranaazdeep, Singh Marah,Ibrahim
8s	Nicholas Griffiths 496 Keilan Robinson 306 Zachariah Hamze 300	Anna Ogunsola 467 Victory Nwanze 363 Mackenzie Bathis 308	Nil
9s	Teawanui Fisher 532 Gabriel Seuala 261 Clyde Bateson 251	Emanuela Vai 507 Anna Sadler 345 Katie Mobbs 298	Lennix , Glasspole Felicity, Bielski
10s	George Sadler 444 James Champion 302 Jacob Morris 272	Caroline Kavapalu 356 Helena Parzakonis 311 Emilia Twamley 268	
11s	Zac Dowsey 413 Liam Greene 330 Ashton Davis 298	Nil	Tyler, Standford April, Hartley
12s	Cristian Menendez 409 Seth Sadler 379 Luca Davies 339	Angioletta Vai 450 Melissa Prescott 344 Arryah Robinson 232	Ondrei, Torrado Addison, Hawkins
13s	Oliver Fegan 440 Noah Waqatairewa 205 Jayden Dang 152	Olivia Davis 456 Elizabeth Champion 259 Attarah Prescott 207	Peace, Chukwudi
14s	James Sadler 431 Thorán Robinson 272 Edrei Torrado 241	Sophie Pastuszek 342 Neve Curran 249 Miah Curran 202	Leahy, Isaac J'Ziyah, Foakeni
15s	Marcus Menendez 600 Samuel Fegan 442 Sanjay Beemini 205	Camryn Eason 429 Taylor Hawkins 354 Alya Ali 190	Alesksia, Stuardo
16s	Yevhen(Jack) Moskalenko 252	Nil	Victor, Isaac Chloe, Merriman
17s	Vladimir Milankovski 402 Damien Malakovski 177	Nicola Parzakonis 205 Ruby Rose Talbot 163	nil
U20	Yovanka Milankovski 261	Nil	Jayden , Ogston

CURRENT RECORDS



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	Anna Ogunsola	1:32.78	11/2025
60m Hurdles	Christopher Nunes	10.90	02/1995	Kasee McIlvenny	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	ChrisJones 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 750gEmillio 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) Kamsi Mbaegbu (100)	12.56 14.82	04/2024 03/2026	Katrina Phippen (80) J'Ziyah Foakeni(90)	13.40 16.89	03/2013 02/2026
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 Kristy Rohrer	1.58 1.58	12/2012 1995
Triple Jump	Gabriel Agyapong	12.26	03/2024	Katrina Phippen	10.44	02/2013
Shot Put	K. Kkeindyk (4 kg) Felise Uvea (3kg)	13.36 13.24	11/1988 03/2023	LeTeine Tikeri	12.04	12/2016
Discus	Anthony Schmidt	41.78	03/2011	LeTeine Tikeri	37.01	02/2017
Javelin	David Reitano 600g Aiden Thrathabeusy 700g	41.03 29.22	02/2004 12/2025	Sharyn Dickson 600g Olivia Haskew 400g Aleksia Stuardo 500g	31.80 36.87 17.77	03/1998 11/2019 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 Olivia Haskew 500g	34.55 38.46	02/1999 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	Victor Leahy	1.01.45	11/2025	Ruby Rose Talbot	1.25.56	09/2024
800m	Victor Leahy	2.39.05	10/2025	Nicola Parzakonis	4.10.33	10/2024
1500m	Yeven(Jack) Moskalenko	7.00.71	10/2025			
3000m	Arthur Vuong	13.41.13	09/2024			
1500m Walk				Ruby Rose Talbot	12.46.48	03/2025
110/100mHurdle	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	Jayden Ogston 1.75kg	32.42	01/2026	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.