



# SEASON HANDBOOK 2024 / 2025



Affiliated with  
Little Athletics  
VICTORIA

**Surf Coast Athletics**  
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# MCCARTNEY REAL ESTATE

EST. 1952

**TRUST THE SURF COAST'S AWARD WINNING TEAM - 03 5261 2104**



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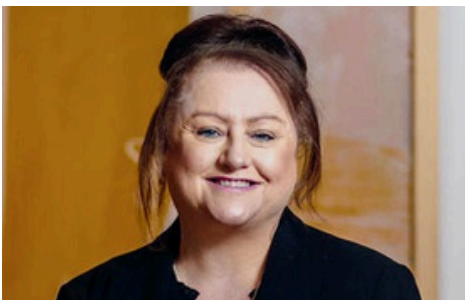
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# President's Message

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## Welcome to Surf Coast Little Athletics Centre!

It's an exciting time as we enter another season of fun, fitness, and community spirit. Whether you're returning or joining us for the first time, we're thrilled to have you as part of our growing club. Little Athletics is about so much more than running, jumping, and throwing – it's about learning new skills, making friends, and building confidence, all while enjoying a healthy, active lifestyle.

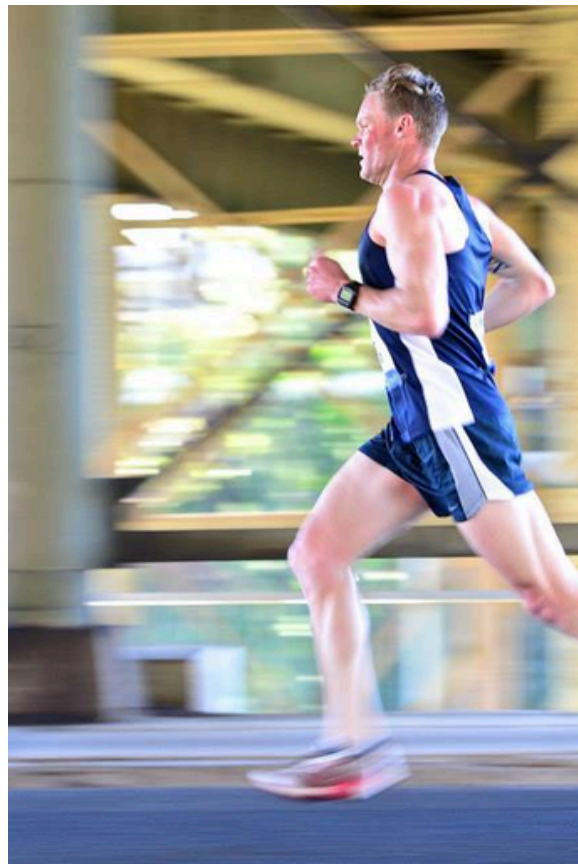
At Surf Coast Little Athletics, our aim is to provide a welcoming environment where every family has the opportunity to participate, grow, and enjoy the sport together. With our focus on fun, inclusivity, and community connection, we believe each child can flourish, no matter their ability. Our dedicated volunteers are committed to making every Saturday morning memorable for your children as they strive to achieve their personal bests.

This season, we have a fantastic team of committee members, and age group managers who are all passionate about delivering a well-organized, engaging, and supportive program. To keep everything running smoothly, we rely on the invaluable support of our parents and volunteers – so a huge thank you in advance for your contributions.

We look forward to seeing the kids out on the track, cheering them on as they discover their love for athletics, and watching them grow in confidence and skill. Here's to another great season of fun, fitness, and community at Surf Coast Little Athletics!

Warm regards,

**Jarrod MccMullen**  
President, Surf Coast Little Athletics



**“it's about learning new skills, making friends, and building confidence, all while enjoying a healthy, active lifestyle.”**



# Policies and Procedures

**Surf Coast Little Athletics Centre operates in accordance with the rules and regulations for Little Athletics Victoria. Information relating to these policies is summarised below.**

- Code of Conduct
- Child Safe Code of Conduct
- Child Protection Policy
- COVID Safe Protocols
- Alcohol Management Policy
- Extreme Weather Policy
- Privacy Policy
- Sun Protection Policy
- Smoke Free Policy
- Trial Athlete Policy
- Transgender Inclusion Policy
- Whistleblower Policy





# 2024/25 SEASON CALENDAR

## Competition Dates

Date		Event	Program / Venue	
OCT	Sat 05 Oct 2024	<b>Member Registration Day</b> Collect your uniform and competition patches 10AM-12PM		
	Sat 12 Oct 2024	Competition Day 830AM - 11AM	Week 1	Program A
	Sat 19 Oct 2024	Competition Day 830AM - 11AM	Week 2	Program B
	Sat 26 Oct 2024	Competition Day 830AM - 11AM	Week 3	Program C
	Mon 28 Oct 2024	11am - Entries Close - LAVic Region Relay Carnivals		
NOV	Sat 02 Nov 2024	Melbourne Cup Weekend <b>Athlete Clinic Day - Meet Mia Gross</b>	ATHLETE CLINIC DAY BY <b>TOTAL SPORTS PODIATRY</b>	
	Sat 09 Nov 2024	Competition Day 830AM - 11AM	Week 4	Program A
	Sat 16 Nov 2024	REGION RELAYS CARNIVAL (All Day) <i>Competition Day 830AM - 11AM</i>	Bonus Week	Progeam C
	Sat 23 Nov 2024	Competition Day 830AM - 11AM	Week 5	Program B
	Sat 30 Nov 2024	Competition Day 830AM - 11AM	Week 6	Program A
DEC	Sat 07 Dec 2024	Competition Day 830AM - 11AM	Week 7	Program B
	Sat 14 Dec 2024	COMMONWEALTH BANK STATE RELAYS CHAMPIONSHIPS Competition Day 830AM - 11AM	Week 8	Program C
 <b>CHRISTMAS BREAK - 3 weeks o</b> <b>21st December - 4th January</b>				
JAN	Sat 11 Jan 2025	Competition Day 830AM - 11AM	Week 9	Program A
	Thu 16 Jan 2025	11am - Entries Close - LAVic State Combined Event Championships		
	Sat 18 Jan 2025	Competition Day 830AM - 11AM	Week 10	Program B
	Sat 25 Jan 2025	Competition Day 830AM - 11AM	Week 11	Program C
	Tue 28 Jan 2025	11am - Entries Close - LAVic Region Region Track & Field Carnivals		
FEB	Sat 01 Feb 2025	Competition Day 830AM - 11AM	Week 12	Program A
	Sat 8 Feb 2025	<b>STATE COMBINED EVENTS CHAMPIONSHIPS - BENDIGO</b> Competition Day 830AM - 11AM	Week 13	Program B
	Sun 9 Feb 2025			
	Sat 15 Feb 2025	<b>REGION TRACK AND FIELD CARNIVALS (SAT/SUN ALL DAY)</b> <i>No local competition</i>	CORIO	
	Sun 16 Feb 2025			
	Sat 22 Feb 2025			
Sat 01 Mar 2025	Competition Day 830AM - 11AM	Week 14	Program C	
MAR	Sat 8 Mar 2025	Competition Day 830AM - 11AM	Week 15	Program A
	Sun 9 Mar 2025	COMMONWEALTH BANK STATE TRACK AND FIELD CHAMPIONSHIPS (ALL DAY)	CASEY FIELDS	
	Sat 15 Mar 2025			
	Wed 19 Mar 2025			
		End of Season Championship Day + Presentation Day	TBA	
	11am - Entries Close - LAVic Stawell Gift Events			



# 2024/25 SEASON CALENDAR

## Competition Dates

Date		Event	Program / Venue	
OCT	Sat 05 Oct 2024	<b>Member Registration Day</b> Collect your uniform and competition patches 10AM-12PM	POLWARTH OVAL	
	Sat 12 Oct 2024	Competition Day 830AM - 11AM	Week 1	Program A
	Sat 19 Oct 2024	Competition Day 830AM - 11AM	Week 2	Program B
	Sat 26 Oct 2024	Competition Day 830AM - 11AM	Week 3	Program C
	Mon 28 Oct 2024	11am - Entries Close - LAVic Region Relay Carnivals		
NOV	Sat 02 Nov 2024	Melbourne Cup Weekend <b>Athlete Clinic Day - Meet Mia Gross</b>	ATHLETE CLINIC DAY BY <b>TOTAL SPORTS PODIATRY</b>	
	Sat 09 Nov 2024	Competition Day 830AM - 11AM	Week 4	Program A
	Sat 16 Nov 2024	REGION RELAYS CARNIVAL (All Day) Competition Day 830AM - 11AM	Bonus Week	Program C
	Sat 23 Nov 2024	Competition Day 830AM - 11AM	Week 5	Program B
	Sat 30 Nov 2024	Competition Day 830AM - 11AM	Week 6	Program A
DEC	Sat 07 Dec 2024	Competition Day 830AM - 11AM	Week 7	Program B
	Sat 14 Dec 2024	COMMONWEALTH BANK STATE RELAYS CHAMPIONSHIPS Competition Day 830AM - 11AM	Week 8	Program C
 <b>CHRISTMAS BREAK - 3 weeks off</b> <b>21st December - 4th January</b>				
JAN	Sat 11 Jan 2025	Competition Day 830AM - 11AM	Week 9	Program A
	Thu 16 Jan 2025	11am - Entries Close - LAVic State Combined Event Championships		
	Sat 18 Jan 2025	Competition Day 830AM - 11AM	Week 10	Program B
	Sat 25 Jan 2025	Competition Day 830AM - 11AM	Week 11	Program C
	Tue 28 Jan 2025	11am - Entries Close - LAVic Region Region Track & Field Carnivals		
FEB	Sat 01 Feb 2025	Competition Day 830AM - 11AM	Week 12	Program A
	Sat 8 Feb 2025 Sun 9 Feb 2025	<b>STATE COMBINED EVENTS CHAMPIONSHIPS - BENDIGO</b> Competition Day 830AM - 11AM	Week 13	Program B
	Sat 15 Feb 2025 Sun 16 Feb 2025	<b>REGION TRACK AND FIELD CARNIVALS (SAT/SUN ALL DAY)</b> No local competition	CORIO	
	Sat 22 Feb 2025	Competition Day 830AM - 11AM	Week 14	Program C
MAR	Sat 01 Mar 2025	Competition Day 830AM - 11AM	Week 15	Program A
	Sat 8 Mar 2025 Sun 9 Mar 2025	COMMONWEALTH BANK STATE TRACK AND FIELD CHAMPIONSHIPS (ALL DAY)	CASEY FIELDS	
	Sat 15 Mar 2025	End of Season Championship Day + Presentation Day	TBA	
	Wed 19 Mar 2025	11am - Entries Close - LAVic Stawell Gift Events		



# Competition Program



## SCLAC PROGRAMS A-B-C

2024-25 Season

	Under 6	Under 7	Under 8 Emu's	Under 8 Echidna's	Under 9	Under 10 Kangaroos	Under 10 Koalas	Under 11	Under 12+
PROGRAM A	60mH	60mH	Shot Put	Shot Put	800m	800m	800m	Long Jump	Long Jump
	Discus	Vortex	70m	70m	Turbo Javelin	Shot Put	Shot Put	800m	800m
	70m	200m	Long Jump	Long Jump	200m	200m	200m	Javelin	Javelin
	Vortex	Discus	200m	200m	High Jump S	Long Jump	Long Jump	200m	200m
PROGRAM B	300m	500m	700m	700m	Shot Put	Discus	High Jump S	60mH	80mH
	Long Jump	Long Jump	Turbo Javelin	Turbo Javelin	60mH	60mH	60mH	Discus	Discus
	Shot Put	Shot Put	60mH	60mH	Discus	High Jump S	Discus	Triple Jump	Triple Jump
	100m	100m	100m	100m	100m	100m	100m	1500m	1500m
PROGRAM C	60mH	60mH	70m	70m	Long Jump	Turbo Javelin	Turbo Javelin	Shot Put	High Jump
	70m	70m	High Jump Scissor	Discus	70m	70m	70m	High Jump	Shot Put
	Vortex	Vortex	100m	100m	100m	100m	100m	100m	100m
	100m	100m	Discus	High Jump Scissor	400m	400m	400m	400m	400m





# General Information

## Training

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We do not currently offer training due to not having the volunteer capacity within our membership to offer this.

If you are available to provide training in a volunteer capacity to our members, please get in touch via email:

[info@surfcoastlittleathletics.com](mailto:info@surfcoastlittleathletics.com)

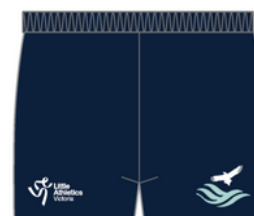
## Uniform

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LAVic regulate that during events only approved uniforms are to be worn. The available uniform options for athletes are pictured here. Uniforms are available to purchase through the [website](#).

Coles Chest patches will be provided with every t-shirt purchased.

Our Centre uniform **MUST BE WORN** for every occasion representing the Centre. For example, Region Events, State Relays, State Track & Field Carnival, State Combined Events and State Cross Country.





# Volunteering

**Surf Coast Little Athletics Centre is run on a voluntary basis relying on the assistance of parents each week to support its operations.**

## **What can I do to help?**

Some of the roles required include marshalling, officiating at an event, managing an age group, recording results, measuring and helping with setup / pack down.

## **Is volunteering compulsory?**

Yes, families are required to contribute to duties throughout the season. We have a Sign Up sheet for you to add your name each week. Please ask your age group manager if you are unsure.

## **I don't know what to do, how will I learn?**

We are all learning! For more information head to Little Aths Victoria Centre Resources where you will find a number of instructional videos.

## **Can I drop my kids off and leave for the day?**

Little Athletics Victoria guidelines require that a parent or guardian of each child remain at the ground during competition.

## **What happens if it's raining?**

Due to inclement or extreme weather, it may become necessary to cancel a program before or during the event. If a cancellation becomes necessary before the program commences, every effort will be made to communicate with members via SMS and social media. A program may be altered to suit weather conditions and/or to make up for past cancellation of events.

## **What happens if there is not enough help?**

If there are not enough volunteers to help run the events then they cannot go ahead.



# Points System

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Attendance = 1pt each event participated in  
Equalling own personal best = 1pt  
Bettering own personal best = 2pts  
1st=5pts 2nd=4pts 3rd=3pts 4th=2pts 5th=1pt

Little athletes will be eligible for awards once **50% attendance is reached**, including at least one attendance after the Christmas break.

Athletes cannot be recorded until all registration requirements are met, including proof of age requirements.

Times and measurements cannot be entered retrospectively so please ensure you are up to date with your registration.



# Centre Awards

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- Age Group Champion & Runner Up - Male & Female
- Most Outstanding Male & Female Athlete
- Most PB's Overall
- Top Performing PB Award

# Presentation Day

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This year we will host a separate presentation event in the afternoon on the 15th of March 2025. Please join us to celebrate a successful season! Location TBA.



## Throwing

A local rule is that all little athletes should have three consecutive throws, with only the longest legal throw to be recorded. Having consecutive throws helps athletes to make immediate adjustments to their technique and allows parents and officials to assist.

**SHOT PUT:** Athletes must rest the shot close to the neck, and keep it tight to the neck throughout the motion. The shot must be released above the height of the shoulder, using only one hand. The shot is to be pushed forward, not thrown with an overhead motion. At no time may the shot move behind the plane of the shoulders.

**JAVELIN:** The javelin must be held at the grip. It should be thrown over the shoulder or upper part of the throwing arm and must never be slung or hurled. A throw shall be valid only if the metal head strikes the ground before any other part of the javelin. The javelin is not required to stick in the ground

**VORTEX/TURBO:** The athlete may approach the throwing line by running or standing, but must not step over the line. After the throw, the measurement is made from the front of the throwing line to the first point the Vortex / Turbo makes contact with the ground within the designated throwing area.

**DISCUS:** The basic standing discus throw requires the discus to be held flat against the palm. Keeping the discus flat, with the throwing hand on top while swinging the discus back and then forward, releasing into the designated area.

# Equipment Weight & Sizes



Age Group	Shot Put	Javelin	Discus
U6	1kg	Vortex	350g
U7	1kg	Vortex	350g
U8	1.5kg	Vortex/Turbo	500g
U9	2kg	Vortex/Turbo	500g
U10	2kg	Vortex/Turbo	500g
U11	2kg	400g	500g
U12	2kg	400g	750g
U13	3kg	400g/600g	750g
U14	3kg	400g/600g	1kg
U15	3kg/4kg	500g/700g	1kg
U16	3kg/4kg	500g/700g	1kg



## Hurdles

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Age Group	Hurdles Distance	Flight Number	Height
U8	60m	6	45cm
U9	60m	6	45cm
U10	60m	6	60m
U11	80m	9	60m
U12	80m	9	68cm
U13	80m	9	76cm
U14	80m/90m	9	76cm
U15 & U16	90m/100m	9/10	76cm

## Jumping

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**LONG JUMP:** Each athlete is entitled to 3 jumps. For a jump to be recorded, an athlete must take off on one foot from either on or behind the take off mat and land in the sandpit. A jump is measured from the front of the imprint made on the mat to the closest indentation in the sand. If the athlete steps backwards, or places a hand back, this may be the closest indentation. If the athlete takes off before the take off mat the jump shall be measured from the back edge of the mat. A foul jump is recorded if any part of the athletes take off foot crosses over the front side or edge of the mat.

**TRIPLE JUMP:** The Triple Jump consists of three distinct skills performed in a continuous action as follows: - Hop: During the hop the athlete uses the same foot for take-off and landing. - Step: Athlete lands on the opposite foot (to that used for the hop). - Jump: Athlete performs a jump from the "step" foot and lands in the pit. The measurements guidelines are similar to the long jump event. For further information on technique please visit LAVic website.



# Current Centre Records



## SURF COAST LITTLE ATHLETICS CENTRE RECORDS - HOME VENUE

UNDER 6 GIRLS				
EVENT	NAME	DATE	VENUE	RESULT
LJ	Bobbie Molloy	10-Nov-23	Polwarth Oval	2.20
S.P	Milla Ross	10-Nov-23	Polwarth Oval	4.60
DISCUS	Milla Ross	23-Feb-24	Polwarth Oval	7.50
VORTEX	Audrey Byrnes	25-Feb-23	Torquay College	9.07
50M	Audrey Byrnes	17-Dec-22	Torquay College	10.26
70M	Milla Ross	23-Feb-24	Polwarth Oval	14.92
100M	Audrey Byrnes	17-Dec-22	Torquay College	21.69
300M	Audrey Byrnes	04-Mar-23	Torquay College	1.15.39
60MH	Zephyr Robert	10-Dec-22	Torquay College	13.98

UNDER 7 GIRLS				
EVENT	NAME	DATE	VENUE	RESULT
LJ	Maddy Mayhew	28-Jan-23	Torquay College	2.66
S.P	Audrey Burns	23-Feb-24	Polwarth Oval	5.75
DISCUS	Eva Wallace	01-Mar-24	Polwarth Oval	10.30
VORTEX	Audrey Burns	08-Mar-24	Polwarth Oval	12.40
50M	Maddy Mayhew	28-Jan-23	Torquay College	9.18
70M	Isabelle Winter	12-Feb-22	Torquay College	13.70
100M	Maddy Mayhew	17-Dec-22	Torquay College	19.50
200M	Maddy Mayhew	25-Feb-23	Torquay College	42.73
500M	Maddy Mayhew	18-Mar-23	Torquay College	2.08.50
60MH	Kaylie Steyn	06-Oct-23	Polwarth Oval	11.54

UNDER 8 GIRLS				
EVENT	NAME	DATE	VENUE	RESULT
LJ	Isabelle Winter	18-Mar-23	Torquay College	2.56
S.P	Isabelle Winter	10-Dec-22	Torquay College	4.14
DISCUS	Sage Capuano	12-Mar-22	Torquay College	7.40
VORTEX	Sage Capuano	12-Mar-22	Torquay College	11.50
TURBO	Frankie Sinclair	03-Nov-23	Polwarth Oval	5.87
H.J	Isabelle Winter	25-Feb-23	Torquay College	0.95
50M	Isabelle Winter	15-Oct-22	Torquay College	9.21
70M	Isabelle Winter	28-Jan-23	Torquay College	12.97
100M	Isabelle Winter	25-Feb-23	Torquay College	18.14
200M	Isabelle Winter	25-Nov-23	Torquay College	38.01
700M	Isabelle Winter	18-Mar-23	Torquay College	2.55.30
60MH	Isabelle Winter	18-Mar-23	Torquay College	13.84

UNDER 9 GIRLS				
EVENT	NAME	DATE	VENUE	RESULT
LJ	Milla Molloy	11-Feb-23	Torquay College	3.15
S.P	Matisse Colbert	23-Feb-23	Polwarth Oval	4.88
DISCUS	Emily Hudson	11-Feb-23	Torquay College	12.65
VORTEX	Emily Hudson	25-Feb-23	Torquay College	17.45
TURBO	Matisse Colbert	08-Mar-24	Polwarth Oval	13.06
H.J	Milla Molloy	08-Oct-22	Torquay College	1.05
70M	Milla Molloy	11-Feb-23	Torquay College	12.06
100M	Milla Molloy	17-Dec-22	Torquay College	17.23
200M	Isabelle Winter	03-Nov-23	Polwarth Oval	36.85
400M	Milla Molloy	25-Feb-23	Torquay College	1.26.77
800M	Cobie O'Day	04-Mar-23	Torquay College	3.10.27
60MH	Milla Molloy	12-Nov-23	Torquay College	12.16

UNDER 10 GIRLS				
EVENT	NAME	DATE	VENUE	RESULT
LJ	Stevie O'Day	04-Mar-23	Torquay College	3.38
S.P	Charlotte Norman	27-Oct-23	Polwarth Oval	6.49
	Lucinda Hynes	01-Mar-24	Polwarth Oval	12.38
DISCUS	Sage Capuano	06-Oct-23	Polwarth Oval	12.38
TURBO	Stevie O'Day	11-Feb-23	Torquay College	11.80
HJ	Stevie O'Day	28-Jan-23	Torquay College	1.16
70M	Charlotte Norman	27-Oct-23	Polwarth Oval	11.65
100M	Charlotte Norman	27-Oct-23	Polwarth Oval	16.74
200M	Charlotte Norman	20-Oct-23	Torquay College	35.41
400M	Stevie O'Day	18-Mar-23	Torquay College	1.19
800M	Stevie O'Day	04-Mar-23	Torquay College	2.59.75
60MH	Pip Harper	26-Nov-22	Torquay College	13.30

UNDER 6 BOYS				
EVENT	NAME	DATE	VENUE	RESULT
LJ	Leo Carbury	23-Feb-24	Polwarth Oval	2.46
S.P	Leo Carbury	08-Mar-24	Polwarth Oval	4.36
DISCUS	Leo Carbury	01-Dec-23	Polwarth Oval	10.78
VORTEX	Logan Capuano	12-Feb-22	Torquay College	14.00
50M	River Wozniak	28-Jan-23	Torquay College	10.26
70M	Neville Buckley	16-Feb-24	Polwarth Oval	13.55
100M	Leo Carbury	02-Feb-24	Polwarth Oval	20.19
300M	River Wozniak	04-Mar-23	Torquay College	1.13.94
60MH	River Wozniak	10-Dec-22	Torquay College	12.64

UNDER 7 BOYS				
EVENT	NAME	DATE	VENUE	RESULT
LJ	Paterson Neville	25-Feb-23	Torquay College	2.83
S.P	Xander Martin	16-Oct-24	Polwarth Oval	5.63
DISCUS	Xander Martin	08-Mar-24	Polwarth Oval	14.70
VORTEX	Fletcher Born	04-Mar-23	Torquay College	18.97
50M	Paterson Neville	28-Jan-23	Torquay College	8.14
70M	Paterson Neville	11-Feb-23	Torquay College	13.10
100M	Paterson Neville	04-Mar-23	Torquay College	19.04
200M	Paterson Neville	28-Jan-23	Torquay College	39.84
500M	Paterson Neville	18-Mar-23	Torquay College	1.55.41
60MH	Paterson Neville	11-Feb-23	Torquay College	11.47

UNDER 8 BOYS				
EVENT	NAME	DATE	VENUE	RESULT
LJ	Asher van de Ven	11-Dec-21	Torquay College	3.23
S.P	Neville Patterson	16-Feb-24	Polwarth Oval	5.45
DISCUS	Asher van de Ven	05-Feb-22	Torquay College	14.00
VORTEX	Charlie Hayton	29-Oct-22	Torquay College	19.06
TURBO	Neville Patterson	16-Feb-24	Polwarth Oval	12.04
H.J	Neville Patterson	23-Feb-24	Polwarth Oval	1.00
50M	Asher van de Ven	29-Jan-22	Torquay College	8.64
70M	Asher van de Ven	27-Nov-21	Torquay College	11.82
100M	Asher van de Ven	04-Dec-21	Torquay College	16.63
200M	Asher van de Ven	26-Feb-22	Torquay College	36.99
700M	Jack Harding	29-Oct-22	Torquay College	2.43.97
60MH	Asher van de Ven	18-Dec-21	Torquay College	11.33

UNDER 9 BOYS				
EVENT	NAME	DATE	VENUE	RESULT
LJ	Asher van de Ven	04-Mar-23	Torquay College	3.60
S.P	Alby McMillan	29-Oct-22	Torquay College	6.10
DISCUS	Asher van de Ven	05-Nov-22	Torquay College	15.67
VORTEX	Alby McMillan	25-Feb-23	Torquay College	25.02
TURBO	Jack Harding	01-Mar-24	Polwarth Oval	11.01
H.J	Asher van de Ven	25-Feb-23	Torquay College	1.14
70M	Asher van de Ven	11-Feb-23	Torquay College	11.24
100M	Asher van de Ven	26-Nov-22	Torquay College	16.07
200M	Asher van de Ven	11-Feb-23	Torquay College	34.28
400M	Asher van de Ven	25-Feb-23	Torquay College	1.18.33
800M	Alby O'Day	04-Mar-23	Torquay College	2.58.85
60MH	Asher van de Ven	26-Nov-22	Torquay College	10.80

UNDER 10 BOYS				
EVENT	NAME	DATE	VENUE	RESULT
LJ	Asher van de Ven	20-Oct-23	Polwarth Oval	4.10
S.P	Oliver Earl	29-Oct-22	Torquay College	6.80
DISCUS	Asher van de Ven	02-Feb-24	Polwarth Oval	19.21
TURBO	Ted Richardson	11-Feb-23	Torquay College	15.10
H.J	Jackson Molloy	25-Mar-23	Torquay College	1.15
70M	Asher van de Ven	06-Oct-23	Polwarth Oval	10.76
100M	Asher van de Ven	10-Nov-23	Polwarth Oval	14.80
200M	Asher van de Ven	03-Nov-23	Polwarth Oval	29.05
400M	Asher van de Ven	10-Nov-23	Polwarth Oval	1.10
800M	Jackson Molloy	12-Nov-22	Torquay College	2.58.48
60MH	Jackson Molloy	12-Nov-22	Torquay College	11.77



# Current Centre Records



## SURF COAST LITTLE ATHLETICS

### CENTRE RECORDS - HOME VENUE CONTINUED...

UNDER 11 GIRLS				
EVENT	NAME	DATE	VENUE	RESULT
LJ	Satarah Martin	15-Oct-22	Torquay College	3.22
TJ	Pip Harper	10-Nov-23	Polwarth Oval	6.96
S.P	Sunny Cameron	01-Mar-24	Polwarth Oval	5.96
DISCUS	Sunny Cameron	02-Feb-24	Polwarth Oval	17.90
JAVELIN	Sunny Cameron	02-Feb-24	Polwarth Oval	11.81
H.J	Pip Harper	01-Dec-23	Polwarth Oval	1.20
70M	Tulci Donovan	15-Oct-22	Torquay College	11.95
100M	Sahara Lowdon	23-Feb-24	Polwarth Oval	16.79
200M	Pip Harper	02-Feb-24	Polwarth Oval	36.09
400M	Pip Harper	10-Nov-23	Polwarth Oval	1.20
800M	Stevie O'Day	06-Oct-23	Polwarth Oval	3.03
1500M	Pip Harper	01-Dec-23	Polwarth Oval	6.36
80MH	Tulci Donovan	26-Nov-23	Torquay College	18.52

UNDER 12 GIRLS				
EVENT	NAME	DATE	VENUE	RESULT
LJ	Georgie Vague	05-Feb-22	Torquay College	3.03
TJ	Georgie Vague	12-Mar-22	Torquay College	6.85
S.P	Sunny Wilding	11-Feb-23	Torquay College	7.59
DISCUS	Georgie Vague	12-Feb-22	Torquay College	13.80
JAVELIN	Tulci Donovan	12-Feb-24	Polwarth Oval	12.78
H.J	Georgie Vague	19-Mar-22	Torquay College	1.16
70M	Winter Borghetto	10-Dec-22	Torquay College	11.56
100M	Winter Borghetto	11-Feb-23	Torquay College	16.42
200M	Winter Borghetto	28-Jan-23	Torquay College	35.10
400M	Bella Walsh	13-Oct-23	Polwarth Oval	1.28
800M	Fleur Jones	27-Oct-23	Polwarth Oval	3.23
1500M	Fleur Jones	01-Dec-23	Polwarth Oval	7.13
80MH	Georgie Vague	11-Dec-21	Torquay College	17.03(m)
	Sunny Wilding		Torquay College	17.06

UNDER 13 GIRLS				
EVENT	NAME	DATE	VENUE	RESULT
LJ	Georgie Vague	10-Dec-22	Torquay College	3.30
TJ	Georgie Vague	18-Mar-23	Torquay College	7.51
S.P	Georgie Vague	10-Dec-22	Torquay College	6.52
DISCUS	Josephine Kelly	01-Dec-23	Polwarth Oval	13.40
JAVELIN	Georgie Vague	28-Jan-23	Torquay College	14.05
H.J	Georgie Vague	28-Jan-23	Torquay College	1.23
70M	Georgie Vague	28-Jan-23	Torquay College	11.57
100M	Winter Borghetto	27-Oct-23	Torquay College	16.09
200M	Georgie Vague	28-Jan-23	Torquay College	33.56
400M	Georgie Vague	26-Nov-22	Torquay College	1.26.52
800M	Georgie Vague	10-Dec-22	Torquay College	3.15.98
1500M	Georgie Vague	19-Nov-22	Torquay College	6.52.21
80MH	Georgie Vague	26-Nov-22	Torquay College	21.96

UNDER 16 GIRLS				
EVENT	NAME	DATE	VENUE	RESULT
TJ	Ella Sommerville	10-Nov-23	Polwarth Oval	7.79
S.P	Ella Sommerville	10-Nov-23	Polwarth Oval	5.27
DISCUS	Ella Sommerville	03-Nov-23	Polwarth Oval	13.40
JAVELIN	Ella Sommerville	10-Nov-23	Polwarth Oval	8.53
100M	Ella Sommerville	10-Nov-23	Polwarth Oval	15.48
200M	Ella Sommerville	03-Nov-23	Polwarth Oval	30.09
400M	Ella Sommerville	10-Nov-23	Polwarth Oval	1.34

UNDER 11 BOYS				
EVENT	NAME	DATE	VENUE	RESULT
LJ	Oscar Barnwell	27-Oct-23	Polwarth Oval	3.49
TJ	Mack Bett	18-Mar-23	Torquay College	7.45
S.P	Dane Jeppesen	16-Feb-24	Polwarth Oval	7.66
DISCUS	Dane Jeppesen	23-Feb-24	Polwarth Oval	20.29
JAVELIN	Curtis Foulkes	19-Mar-22	Torquay College	16.12
H.J	Dane Jeppesen	16-Feb-24	Polwarth Oval	1.26
70M	Charles Hynes	10-Dec-22	Torquay College	11.33
100M	Finn Vague	23-Feb-24	Torquay College	15.35
200M	Finn Vague	03-Nov-23	Polwarth Oval	31.46
400M	Charlie Hayes	10-Nov-23	Polwarth Oval	1.12
800M	Jonathon Hudson	10-Dec-22	Torquay College	2.51.76
1500M	Jonathon Hudson	04-Mar-23	Torquay College	5.50
	Charles Hynes	04-Mar-23	Torquay College	5.50
80MH	Archer Donaldson		Torquay College	15.66 (m)
	Mack Bett	26-Nov-22	Torquay College	17.43

UNDER 12 BOYS				
EVENT	NAME	DATE	VENUE	RESULT
LJ	Henry Tobias	12-Nov-22	Torquay College	3.62
TJ	Henry Tobias	04-Mar-23	Torquay College	7.67
S.P	Curtis Foulkes	04-Mar-23	Torquay College	7.86
DISCUS	Charles Hynes	03-Nov-23	Polwarth Oval	15.60
JAVELIN	Curtis Foulkes	12-Nov-22	Torquay College	17.34
H.J	Henry Tobias	12-Nov-22	Torquay College	1.25
70M	Cooper Maher	15-Oct-22	Torquay College	10.77
100M	Henry Tobias	12-Nov-22	Torquay College	15.27
200M	Sonny Lynch	03-Nov-23	Polwarth Oval	32.75
400M	Jonathan Hudson	10-Nov-23	Polwarth Oval	1.11
800M	Kai Vague	11-Feb-23	Torquay College	2.59.00
1500M	Charles Hynes	01-Mar-24	Polwarth Oval	5.39
80MH	Henry Tobias	12-Nov-22	Torquay College	15.82

UNDER 13 BOYS				
EVENT	NAME	DATE	VENUE	RESULT
LJ	Cooper Maher	08-Mar-24	Polwarth Oval	4.04
TJ	Cooper Maher	10-Nov-23	Polwarth Oval	7.65
S.P	Angus Buckham	03-Nov-23	Polwarth Oval	7.40
DISCUS	Angus Buckham	01-Mar-24	Polwarth Oval	23.35
JAVELIN	Cooper Maher	08-Mar-24	Polwarth Oval	16.48
H.J	Angus Buckham	01-Dec-23	Polwarth Oval	1.25
70M				
100M	Angus Buckham	01-Mar-24	Polwarth Oval	14.55
200M	Cooper Maher	03-Nov-23	Polwarth Oval	28.56
400M	Kai Vague	13-Oct-23	Polwarth Oval	1.17
800M	Angus Buckham	06-Oct-23	Polwarth Oval	2.45
1500M	Angus Buckham	01-Mar-24	Polwarth Oval	5.41
80MH				





## Executive Committee

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**VICE PRESIDENT**  
Claire Osborn

**SECRETARY**  
Lisa Hynes

**TREASURER**  
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*Alana Walsh*

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*Scott Harding*  
*Meg Norman*

# Our People



## Join Us!

Please contact us if you are interested in joining our committee. We have many vacancies and would love your support. Meetings are held on the third Thursday of the month, online and in person.

## Operations Team

**CHILD SAFETY OFFICER**  
*Meg Norman*

**RESULTS MANAGER**  
*Jeremy Monteath*

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