



**HAMERSLEY**  
ATHLETICS CENTRE

**Little Athletics Program**  
**2024/2025**

## CONTENTS

|  |       |
|--|-------|
| About the Hamersley Little Athletics Program<br>Inclusion  | 2     |
| Hamersley Committee<br>Club Contacts   | 3     |
| Team App / Bibs and Uniforms   | 4     |
| Rosters / Key Officials / Site Helpers   | 5     |
| Hamersley Commandments, Codes of Conduct, Policies and Procedures,<br>Working With Children Checks, Health & injury. | 6     |
| Healthy Club, Insurance.<br>Hamersley training,<br>Training only members.  | 7     |
| Senior competition / Strive,<br>Winter Competition   | 8     |
| Equipment specifications – Boys  | 9     |
| Equipment specifications – Girls   | 10    |
| Rules of Competition   | 11    |
| Event Calendar   | 12    |
| Hamersley program notes  | 13    |
| Competition Program Reduced – Program 1  | 14    |
| Competition Program Reduced – Program 2  | 15    |
| Competition Program – Program 1  | 16    |
| Competition Program – Program 2  | 17    |
| Map of Charles Riley Reserve   | 18-19 |
| Centre Championships   | 20    |
| 2022/2023 Summer Competition Results and Awards  | 21    |
| Athletics West Awards,<br>Australian little Athletics Championships, LAA National Camp                               | 29    |
| Winter Cross Country results and awards  | 30    |
| Centre Records   | 31    |
| Sponsors   | 39    |

Little Athletics' Motto  
***“Family Fun and Fitness”***

# ABOUT THE HAMERSLEY LITTLE ATHLETICS PROGRAM

## STRUCTURE

1. **Clubs:** Our 5 affiliated clubs primarily conduct training in their local area.
2. **Centre:** Hamersley Athletics Centre (Hamersley) organises summer competition for U7-U17 athletes, additional training opportunities for older athletes and opportunities to represent the Centre in Athletics West run competitions. Hamersley also manages the Winter cross country program. Competitions are mainly held at Charles Riley Reserve, North Beach each Saturday morning over the summer period, with the occasional mid-week twilight competition.
3. **Zone:** Hamersley is one of a number of Centres in the Northern Zone of the Perth Metro. Area. An inter-Centre competition is usually held towards the end of the season for U7 to U15 age groups.
4. **“Senior” training & competition:** Athletes **aged U12 and older** may choose to also take part in “senior” training and competition (Strive). Eligible athletes have the option of registering with Hamersley as a senior member, either as a dual Little Athletics/Senior member or as a Senior member only. Little Athletics members are not automatically registered for seniors and will need to register separately as a senior or dual member. Read more on the Athletics West website: <https://www.athleticswest.com.au/athletes/membership/>.
5. **Athletics West** are the governing body for the sport of athletics in Western Australia. They also manage State Little Athletics and Senior competitions and the weekly “Strive” competition, offer coaching and officiating courses and other opportunities during the season. Athletics West is affiliated with **Athletics Australia**.

## INCLUSION

Hamersley Athletics Centre strives to ensure our Centre reflects the diversity of our local community and actively works toward eliminating the barriers to inclusivity.

We will work towards developing clear strategies and policies to achieve inclusion and remove discrimination from within our Centre.

We commit to promoting a safe, welcoming, and respectful culture where everyone feels welcome and accepted regardless of age, gender/gender identity, sexuality, ability, socio-economic status, or cultural, ethnic or religious background.

We commit to informing, supporting and empowering our members and all others involved with the Hamersley Athletics Centre in relation to inclusion and diversity issues.

At Hamersley we promote the **True Inclusion Method (or “TIM”)** as a method of recognising individual achievement and improvement in individual results.

We can often be quite flexible in accommodating individual children. Contact our Inclusion Officer if you would like to discuss further. Email: [admin@hamersleyathletics.com.au](mailto:admin@hamersleyathletics.com.au) to be put in contact. It is also recommended that you talk to your club about how your child can best be accommodated at training.

## HAMERSLEY COMMITTEE 2024/2025

| POSITION   | NAME                             |
|--|----------------------------------|
| President  | Carl Parlongo                    |
| Vice President                                   | Gavin Sturdy                     |
| Secretary/Admin                                  | Heather Dalton                   |
| Treasurer  | Dean Hemmingsen                  |
| Arena Manager                                    | 1. Kylie Giles<br>2. Imogen Boss |
| Canteen  | Heather Gilbert                  |
| Inclusion / Club Liaison<br>/Member Protection   | Marina Chalmers                  |
| Coaching & Development /<br>Seniors Officer      | Gavin Sturdy                     |
| Equipment Officer                                | Bruce Wilkins                    |
| Fundraising Officer / Athletics<br>West Delegate | Carmen Collings                  |
| Officials Organiser                              | Sonia Ryan                       |
| Records/Results                                  | Carissa Boss                     |
| Registrar  | Heather Dalton                   |
| Roster Coordinator                               | Tara Christides                  |
| Selections & Championships                       | Geoff Nelson                     |
| Social Coordinator                               | <b>Vacant</b>                    |
| Uniforms   | Lauren Vidler                    |
| Publicity Officer                                | Annelize Barron                  |
| Winter Officer                                   | Valentina Smith                  |

Email [admin@hamersleyathletics.com.au](mailto:admin@hamersleyathletics.com.au) to be put in touch with the relevant committee member.

### AFFILIATED CLUB CONTACTS

|             |           |                       |   |
|-------------|-----------|-----------------------|---|
| Glendale    | President | Julia Grassl          | juliagrassl@hotmail.com                   |
|             | Secretary | Kelly & Justin Morgan | jayandkelmorgan@westnet.com.au            |
| Karrinyup   | President | Mel Edwards           | klacpresident@gmail.com                   |
|             | Secretary | Olivia Stevens        | klacsecretary@gmail.com                   |
| North Beach | President | Paul Chapman          | paul@my-media.com.au                      |
|             | Secretary | Sudel Chapman         | Info@northbeachlittleathleticsclub.com.au |
| Oceanside   | President | Gen Fenlon            | OLACPresident@hotmail.com                 |
|             | Secretary | Teneal Dixon          | OLACSecretary@hotmail.com                 |
| Sorrento    | President | Wendy Evans           | misswevans@hotmail.com                    |
|             | Secretary | Jessica Ferguson      | macfergie@gmail.com                       |

For more information visit <http://hamersleyathletics.com.au/five-clubs-at-hamersley/>

## HAMERSLEY TEAM APP

Hamersley Athletics Centre has it's own app!

Keep up to date with the latest information and chat with other members.

**Download Team App from the Apple or Google Play App Store.**

Log in and search for Hamersley LAC

Join the applicable groups – eg. roster groups, tiny tots, seniors.

You can also join online: [https://www.teamapp.com/clubs/479894?\\_webpage=v1](https://www.teamapp.com/clubs/479894?_webpage=v1)

## BIBS / UNIFORMS

All members will be provided with a new numbered bib when they register. The numbering system has been reset by Athletics West so old numbers can no longer be used. **Make sure you keep you bib safe as replacement of a lost bib will incur a \$10 charge.**

|   |   |
|---|---|
| Hamersley Centre<br>(used for state-run and<br>representative events<br>including Winter) | Gold singlet / T-shirt with maroon trim.<br>Maroon Logo.<br>Maroon shorts, bicycle pants or briefs (girls).         |
| Glendale  | Red singlet / T-shirt with white trim. Logo and name on back.<br>Black shorts, bicycle pants or briefs (girls).     |
| Karrinyup   | Light blue top with royal blue trim. Logo and name on back.<br>Navy blue shorts, bicycle pants or briefs (girls).   |
| North Beach   | Maroon T-shirt. Logo and name on back.<br>Maroon shorts, bicycle pants or briefs (girls).                           |
| Oceanside   | White T-shirt with navy panels & trim. Logo and name on back.<br>Navy blue shorts, bicycle pants or briefs (girls). |
| Sorrento  | Gold T-shirt with blue trim. Logo and name on back.<br>Blue shorts, bicycle pants or briefs (girls).                |

Leggings or compression shorts are permitted, but must match the colour of the club's pants or be plain black. Compression shorts can also be skin colour. Any logos must not exceed 7cm x 5cm. Club pants must still be worn. A second top can be worn underneath, must be white or main club colour.

Contact your club representative to organise club uniforms.

Hamersley uniform is to be worn by athletes representing Hamersley at both junior and senior Athletics West competitions. This includes State events and Strive. Email [uniforms@hamersleyathletics.com.au](mailto:uniforms@hamersleyathletics.com.au). We also have a Facebook group [Hamersley LAC - Buy, Sell & Swap - Uniforms & Shoes](#)

## HAMERSLEY ROSTERS AND KEY OFFICALS

At registration, every family will be required to commit to a roster for Hamersley competition. The Hamersley website has the available positions and the role descriptions. The Centre will provide training for parents / carers for relevant roles and experienced parents will be available to help out at competitions and answer questions. We encourage parents / carers of returning athletes to take on key official roles (please don't be daunted – you will be supported).

<http://hamersleyathletics.com.au/parent-roster-information/>.

**Please sign in at the roster tent just before your roster starts.**

**We rely on our volunteer parents to ensure our competition days can proceed smoothly. Events may not be able to proceed if there are rostered parents not in attendance.**

- **If you are unable to do your roster, it is your responsibility to find a replacement (Post in your Team App roster group giving plenty of notice).**
- **If you are unavailable at late notice, please contact your Club Roster Coordinator.**

### Club Roster Coordinators

|                    |               |   |
|--------------------|---------------|---|
| <b>Glendale</b>    | Julia Grassl  | juliagrassl@hotmail.com                   |
| <b>Karrinyup</b>   | Julia Kets    | klacrosters@gmail.com                     |
| <b>North Beach</b> | Sudel Chapman | info@northbeachlittleathleticsclub.com.au |
| <b>Oceanside</b>   | Teneal Dixon  | OLACSecretary@hotmail.com                 |
| <b>Sorrento</b>    | Stacey Young  | stackety99@hotmail.com                    |

### SITE HELPERS

In addition to your rostered role, there is an expectation that parents/carers will also voluntarily assist at field sites during Hamersley competition days (usually at sites where their own children are competing). Roles are not difficult and entail raking jumps pits, marking throws or jump landing points, measuring, resetting high jump bars and returning throwing implements. Events cannot run without enough helpers. If there is a shortage of helpers at a site during a competition day, helpers will be called for over the PA. If we cannot get enough helpers, events will need to be cancelled.

## CODES OF CONDUCT / MEMBER PROTECTION POLICY

- Little Athletics is a family sport to be enjoyed by each member in their own way. Don't spoil it by getting too intense.
- Do not force an unwilling child to participate.
- Remember – children are involved in organised sport for their enjoyment, not yours.
- Encourage your child always to play by the rules.
- Teach your child that honest effort is as important as victory, so that each result is accepted without undue disappointment.
- Turn each defeat into victory, by helping your child to work towards skill improvement and good sportsmanship. Never ridicule or abuse your child from the sidelines. There is NO circumstance which warrants humiliation.
- Remember – children learn best by example. Applaud good performances by your athlete AND by those competing with them.
- Do not project your own aspirations on to your child.
- Do not publicly question the Officials' judgement, and never their honesty. If you see something of which you disapprove, notify the Arena Manager, Officials Organiser, or Club Committee member.
- Support all efforts to remove verbal and physical abuse from children's sport.
- Recognise the value and importance of volunteer coaches and officials. They give their time and resources freely to provide recreational activities for your child.

Hamersley and its clubs abide by the Athletics West Member Protection Policy and Codes of conduct. Check the Hamersley website for information. Our Member Protection Officer, is also available should you have any questions or concerns, email:[admin@hamersleyathletics.com.au](mailto:admin@hamersleyathletics.com.au).

### POLICIES AND PROCEDURES

When registering, families agree to adhere to the policies and by-laws of Hamersley and Athletics West. Find out more about the Hamersley constitution, by-laws and policies on our website:

<http://hamersleyathletics.com.au/policy-procedures/>.

### WORKING WITH CHILDREN

It is a legislative requirement of the State Government of WA for Hamersley Athletics Centre and our affiliated clubs to comply with the requirements of the Working With Children Card. **Parents are generally exempt from this requirement, however they must declare their exemption when registering.** All other volunteers and anyone in a paid role aged 18 or over, or under 18 if they are paid, will require a Working With Children Card. Check the Hamersley website for more information: <http://hamersleyathletics.com.au/safeguarding-working-with-children-checks/>.

### HEALTH AND INJURY

Should an athlete experience an injury resulting in pain or swelling, do not allow him/her to compete further. To minimise the chance of obtaining an injury, it is recommended that athletes learn how to warm up and stretch the muscle groups specific to each discipline and perform this routine before participating in any event.

**IMPORTANT:** Notify the Arena Manager and a First Aid Officer via the event official of any injury that is sustained at any time during training or competition, so a record can be made. Do not pick up a fallen athlete until the injury has been examined by trained personnel.

## HEALTHY CLUB

Please **do not** attend Athletics competition or training if you or a member of your household are unwell.

Adhere to recommended safe practices in regard to Covid and other infectious illnesses.

## PHOTOGRAPHING CHILDREN GUIDELINES

Most people taking images of children at sporting events are doing so for acceptable reasons and are using appropriate methods, for example a parent videoing or photographing their child competing. Please take note of the following to respect the privacy of other people present:

- All images or video taken must be for private (non-commercial) use only, unless otherwise approved by Hamersley / Athletics West.
- Permission should be obtained from the child's parent/guardian prior to taking any images or video of a child or young person, particularly if they can be identified and you intend to post the images or video on to social media.
- Photographers (professional photographers, spectators, fans, coaches or members of the media) are not permitted to have unsupervised access to children.

Read more on the Athletics West website: <https://www.athleticswest.com.au/about/la-policies/>.

## INSURANCE

Membership of our Clubs/Hamersley includes cover under the Athletics Australia National Insurance Program. Athletes, volunteers and committee members are included in the coverage for Personal Accident, Public Liability, Professional Indemnity and club/centre equipment. Further information can be found here: <https://athletics.honansport.com.au/> or email [admin@hamersleyathletics.com.au](mailto:admin@hamersleyathletics.com.au) for assistance

## HAMERSLEY CENTRE-LEVEL TRAINING

Hamersley offers the opportunity for athletes aged U12 and older to train together each week (at Centre-level) with experienced coaches across a variety of events. More information will be on the Hamersley website.

## TRAINING ONLY MEMBERS

Athletes who have registered as "Training Only" and paid a reduced fee are not eligible to compete at Hamersley competition. "Training Only" athletes are not registered in ResultsHQ and will not appear on start lists.

Email [admin@hamersleyathletics](mailto:admin@hamersleyathletics) if you change your mind and would like to upgrade to a full membership.

## HAMERSLEY SENIORS / ATHLETICS WEST STRIVE COMPETITION

Athletics West provide opportunities for athletes to compete in the weekly “Strive Competition”, usually on Friday evenings at the WA Athletics Stadium. To compete at senior level, athletes must be **aged under 12 or older**.

In 2023, Hamersley voted to become **Hamersley Athletics Centre**, which means that we can register athletes wanting to take part in senior competition. Athletes aged 12 or older can register separately for Hamersley Seniors and still wear the Hamersley uniform.

**Strive is not only for the top level athletes, anyone can take part.** Athletes’ results are ranked against others in their age groups, but many events are ranked/seeded in groups so you will likely be competing against athletes of similar standard to Little Athletics and against your own PB (across track and field).

Athletics West senior competitions include a wider variety of events than Little Athletics, and includes all Olympic and Commonwealth Games events such as the Hammer / Pole Vault / 400m Hurdles / Steeplechase / 10,000m etc. Throwing events often have differing weights, and hurdles, differing heights and race length than athletes may be used to. Athletics West follow the IAAF rules (some rules can be different to Little Athletics rules) and have different marshalling systems.

### Membership

To compete in both programs requires **registering separately** for Little Athletics and for the senior program. The fee is discounted for dual Little Athletics/Senior members and you only need to pay Hamersley once. (Note that Hamersley Little Athletics members may instead opt to join a Seniors club of their choosing or join the Seniors program as an Athletics West independent member) – both will require different uniforms and additional fees.

Competing at State events does not require additional membership as long as you are registered with a Little Athletics Centre **or** as a Senior member.

Note that athletes who register as a Senior member only are not eligible for Hamersley competition.

More information is available on the Hamersley and Athletics West websites:

- <http://hamersleyathletics.com.au/seniors/>
- <https://www.athleticswest.com.au/athletes/>

## WINTER COMPETITION

The Annual registration fee covers the Winter cross country season in addition to Summer. During the winter, Athletics West conducts Inter-Centre Cross Country Running and Road Walking events (note that Hamersley do not conduct walks events). The events are held mostly on Saturday afternoons (may be some Sundays depending on type of event) at a variety of different venues throughout the metropolitan area.

Hamersley conducts twice weekly cross country training sessions commencing in early April. There is no additional cost for existing members. Read more: <http://hamersleyathletics.com.au/winter/>.

## EQUIPMENT SPECIFICATIONS – BOYS

| <b>HIGH JUMP</b>   | <b>7</b> | <b>8</b> | <b>9</b>   | <b>10</b>   | <b>11</b> | <b>12</b> | <b>13</b> | <b>14</b> | <b>15</b> | <b>16</b> | <b>17</b> |
|--------------------|----------|----------|--|---|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| Start Height (m)   |          |          | 0.90   | 0.95  | 1.10      | 1.20      | 1.25      | 1.30      | 1.35      | 1.40      | 1.45      |
| Bar rises          |          |          | Bar rises in 5cm increments until 6 competitors left; then 2cm, unless larger increments are requested by all remaining competitors. The listed Starting Heights are the current State Starting Heights. |   |           |           |           |           |           |           |           |
| <b>JAVELIN</b>     | <b>7</b> | <b>8</b> | <b>9</b>   | <b>10</b>   | <b>11</b> | <b>12</b> | <b>13</b> | <b>14</b> | <b>15</b> | <b>16</b> | <b>17</b> |
| Weight             | Vortex   | Turbo    | Turbo  | Turbo   | 400g      | 400g      | 600g      | 700g      | 700g      | 700g      | 700g      |
| Length +/- 5cm     |          |          |  |   | 1.900     | 1.900     | 2.250     | 2.350     | 2.350     | 2.350     | 2.350     |
| <b>DISCUS</b>      | <b>7</b> | <b>8</b> | <b>9</b>   | <b>10</b>   | <b>11</b> | <b>12</b> | <b>13</b> | <b>14</b> | <b>15</b> | <b>16</b> | <b>17</b> |
| Weight             | 350g     | 500g     | 500g   | 500g  | 500g      | 750g      | 750g      | 1kg       | 1kg       | 1.5kg     | 1.5kg     |
| <b>SHOT PUT</b>    | <b>7</b> | <b>8</b> | <b>9</b>   | <b>10</b>   | <b>11</b> | <b>12</b> | <b>13</b> | <b>14</b> | <b>15</b> | <b>16</b> | <b>17</b> |
| Weight (kg)        | 1        | 1.5      | 2  | 2   | 2         | 2         | 3         | 4         | 4         | 5         | 5         |
| <b>LONG JUMP</b>   | <b>7</b> | <b>8</b> | <b>9</b>   | <b>10</b>   | <b>11</b> | <b>12</b> | <b>13</b> | <b>14</b> | <b>15</b> | <b>16</b> | <b>17</b> |
| Mat size (m x m)   | 1x1      | 1x1      | 1x0.5  | 1x0.5   | 1x0.2     | 1x0.2     | Board     | Board     | Board     | Board     | Board     |
| <b>TRIPLE JUMP</b> | <b>7</b> | <b>8</b> | <b>9</b>   | <b>10</b>   | <b>11</b> | <b>12</b> | <b>13</b> | <b>14</b> | <b>15</b> | <b>16</b> | <b>17</b> |
| Mat size (m x m)   |          |          |  |   | 1x0.2     | 1x0.2     | Board     | Board     | Board     | Board     | Board     |
| Mat distance (m)   |          |          |  | In full metre increments starting from 4m unless safety concern |           |           |           |           |           |           |           |
| <b>HURDLES</b>     | <b>7</b> | <b>8</b> | <b>9</b>   | <b>10</b>   | <b>11</b> | <b>12</b> | <b>13</b> | <b>14</b> | <b>15</b> | <b>16</b> | <b>17</b> |
| Race Distance (m)  |          | 60       | 60   | 60  | 80        | 80        | 80        | 90        | 100       | 110       | 110       |
| Height (cm)        |          | 45       | 45   | 60  | 60        | 68        | 76        | 76        | 76        | 76        | 76        |
| Run In (m)         |          | 12       | 12   | 12  | 12        | 12        | 12        | 13        | 13        | 13        | 13.72     |
| Spacing (m)        |          | 7        | 7  | 7   | 7         | 7         | 7         | 8         | 8.5       | 8.5       | 9.14      |
| Run Out (m)        |          | 13       | 13   | 13  | 12        | 12        | 12        | 13        | 10.5      | 10.5      | 14.02     |
| Flights            |          | 6        | 6  | 6   | 9         | 9         | 9         | 9         | 10        | 10        | 10        |

| <b>200M HURDLES</b> | <b>7</b> | <b>8</b> | <b>9</b> | <b>10</b> | <b>11</b> | <b>12</b> | <b>13</b> | <b>14</b> | <b>15</b> | <b>16</b> | <b>17</b> |
|---------------------|----------|----------|----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| Height (cm)         |          |          |          |           |           |           | 68        | 76        |           |           |           |
| Run In (m)          |          |          |          |           |           |           | 20        | 20        |           |           |           |
| Spacing (m)         |          |          |          |           |           |           | 35        | 35        |           |           |           |
| Run Out             |          |          |          |           |           |           | 40        | 40        |           |           |           |
| Flights             |          |          |          |           |           |           | 5         | 5         |           |           |           |

| <b>300M HURDLES</b> | <b>7</b> | <b>8</b> | <b>9</b> | <b>10</b> | <b>11</b> | <b>12</b> | <b>13</b> | <b>14</b> | <b>15</b> | <b>16</b> | <b>17</b> |
|---------------------|----------|----------|----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| Height (cm)         |          |          |          |           |           |           |           |           | 76        | 76        | 76        |
| Run In (m)          |          |          |          |           |           |           |           |           | 50        | 50        | 50        |
| Spacing (m)         |          |          |          |           |           |           |           |           | 35        | 35        | 35        |
| Run Out             |          |          |          |           |           |           |           |           | 40        | 40        | 40        |
| Flights             |          |          |          |           |           |           |           |           | 7         | 7         | 7         |

- U9 & U10 must only use 'Scissors' technique for High Jump. The 'Fosbury' is not allowed for these age groups.
- High Jump U9 to U12's, **MUST** qualify (over a bar, not elastic) at their club prior to competing at Hamersley.
- Athletes attempting High Jump records may elect to raise the bar in 1 cm lifts.
- The bar must be measured by the Arena Manager **BEFORE** a record or equal record height is attempted.

### **EQUIPMENT SPECIFICATIONS – GIRLS**

| <b>HIGH JUMP</b>   | <b>7</b> | <b>8</b> | <b>9</b>   | <b>10</b>  | <b>11</b> | <b>12</b> | <b>13</b> | <b>14</b> | <b>15</b> | <b>16</b> | <b>17</b>   |
|--------------------|----------|----------|--|--|-----------|-----------|-----------|-----------|-----------|-----------|-------------|
| Start Height (m)   |          |          | 0.85   | 0.90   | 1.05      | 1.15      | 1.20      | 1.25      | 1.30      | 1.35      | <b>1.40</b> |
|                    |          |          | Bar rises in 5cm increments until 6 competitors left; then 2cm, unless larger increments are requested by all remaining competitors. The listed Starting Heights are the current State Starting Heights. |  |           |           |           |           |           |           |             |
| <b>JAVELIN</b>     | <b>7</b> | <b>8</b> | <b>9</b>   | <b>10</b>  | <b>11</b> | <b>12</b> | <b>13</b> | <b>14</b> | <b>15</b> | <b>16</b> | <b>17</b>   |
| Weight             | Vortex   | Turbo    | Turbo  | Turbo  | 400g      | 400g      | 400g      | 500g      | 500g      | 500g      | 500g        |
| Length +/-5cm      |          |          |  |  | 1900      | 1900      | 1900      | 1900      | 2050      | 2050      | 2050        |
| <b>DISCUS</b>      | <b>7</b> | <b>8</b> | <b>9</b>   | <b>10</b>  | <b>11</b> | <b>12</b> | <b>13</b> | <b>14</b> | <b>15</b> | <b>16</b> | <b>17</b>   |
| Weight             | 350g     | 500g     | 500g   | 500g   | 500g      | 750g      | 750g      | 1kg       | 1kg       | 1kg       | 1kg         |
| <b>SHOT PUT</b>    | <b>7</b> | <b>8</b> | <b>9</b>   | <b>10</b>  | <b>11</b> | <b>12</b> | <b>13</b> | <b>14</b> | <b>15</b> | <b>16</b> | <b>17</b>   |
| Weight (kg)        | 1        | 1.5      | 2  | 2  | 2         | 2         | 3         | 3         | 3         | 3         | 3           |
| <b>LONG JUMP</b>   | <b>7</b> | <b>8</b> | <b>9</b>   | <b>10</b>  | <b>11</b> | <b>12</b> | <b>13</b> | <b>14</b> | <b>15</b> | <b>16</b> | <b>17</b>   |
| Mat size (m x m)   | 1x1      | 1x1      | 1x0.5  | 1x0.5  | 1x0.2     | 1x0.2     | Board     | Board     | Board     | Board     | Board       |
| <b>TRIPLE JUMP</b> | <b>7</b> | <b>8</b> | <b>9</b>   | <b>10</b>  | <b>11</b> | <b>12</b> | <b>13</b> | <b>14</b> | <b>15</b> | <b>16</b> | <b>17</b>   |
| Mat size (m x m)   |          |          |  |  | 1x 0.2    | 1x 0.2    | Board     | Board     | Board     | Board     | Board       |
| Mat distance       |          |          |  | In full metre increments starting from 4m unless safety issue. |           |           |           |           |           |           |             |

| <b>HURDLES</b>      | <b>7</b> | <b>8</b> | <b>9</b> | <b>10</b> | <b>11</b> | <b>12</b> | <b>13</b> | <b>14</b> | <b>15</b> | <b>16</b> | <b>17</b> |
|---------------------|----------|----------|----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| Race Distance (m)   |          | 60       | 60       | 60        | 80        | 80        | 80        | 80        | 90        | 100       | 100       |
| Height (cm)         |          | 45       | 45       | 60        | 60        | 68        | 76        | 76        | 76        | 76        | 76        |
| Run In (m)          |          | 12       | 12       | 12        | 12        | 12        | 12        | 12        | 13        | 13        | 13        |
| Spacing (m)         |          | 7        | 7        | 7         | 7         | 7         | 7         | 7         | 8         | 8         | 85        |
| Run Out (m)         |          | 13       | 13       | 13        | 12        | 12        | 12        | 12        | 13        | 13        | 105       |
| Flights             |          | 6        | 6        | 6         | 9         | 9         | 9         | 9         | 9         | 9         | 10        |
| <b>200M HURDLES</b> | <b>7</b> | <b>8</b> | <b>9</b> | <b>10</b> | <b>11</b> | <b>12</b> | <b>13</b> | <b>14</b> | <b>15</b> | <b>16</b> | <b>17</b> |
| Height (cm)         |          |          |          |           |           |           | 68        | 76        |           |           |           |
| Run In (m)          |          |          |          |           |           |           | 20        | 20        |           |           |           |
| Spacing (m)         |          |          |          |           |           |           | 35        | 35        |           |           |           |
| Run Out             |          |          |          |           |           |           | 40        | 40        |           |           |           |
| Flights             |          |          |          |           |           |           | 5         | 5         |           |           |           |
| <b>300M HURDLES</b> |          |          |          |           |           |           | 13        | 14        | 15        | 16        | 17        |
| Height (cm)         |          |          |          |           |           |           |           |           | 76        | 76        | 76        |
| Run In (m)          |          |          |          |           |           |           |           |           | 50        | 50        | 50        |
| Spacing (m)         |          |          |          |           |           |           |           |           | 35        | 35        | 35        |
| Run Out             |          |          |          |           |           |           |           |           | 40        | 40        | 40        |
| Flights             |          |          |          |           |           |           |           |           | 7         | 7         | 7         |

- U9 & U10 must only use 'Scissors' technique for High Jump. The 'Fosbury' is not allowed for these age groups.
- High Jump U9 to U12's, MUST qualify (over a bar, not elastic) at their club prior to competing at Hamersley.
- Athletes attempting High Jump records may elect to raise the bar in 1 cm lifts. The bar must be measured by the Arena Manager BEFORE a record or equal record height is attempted.

## **RULES FOR COMPETITION & AWARDS**

Competition rules are those within the current Athletics West Little Athletics Rules of Competition. Follow the link to the rules and also variations to these, enforced by Hamersley Athletics Centre: <http://hamersleyathletics.com.au/event-rules/>

Awards are calculated according to the Hamersley Awards & points Calculation Policy: <http://hamersleyathletics.com.au/centre-awards-presentation-day>

## EVENT CALENDAR 2024/2025

| DATE                           | EVENT  | WEEK      | VENUE      | BARBECUE  |
|--------------------------------|--|-----------|------------|-----------|
| SAT OCT 12 2024                | Reduced program 1  | 1         | CRR        | N. Beach  |
| SAT OCT 19                     | Reduced program 2  | 2         | CRR        | Karrinyup |
| SAT OCT 26                     | Program 1  | 3         | CRR        | Oceanside |
| SAT NOV 2                      | Program 2  | 4         | CRR        | Sorrento  |
| SAT NOV 9                      | Program 1,<br><b>Club Relays 1</b>                             | 5         | CRR        | Glendale  |
| SAT NOV 16                     | Program 2  | 6         | CRR        | N.Beach   |
| SAT NOV 23                     | Program 1  | 7         | CRR        | Karrinyup |
| SAT NOV 30                     | Program 2  | 8         | CRR        | Oceanside |
| SAT DEC 7                      | Program 1<br><b>Club Relays 2</b>                              | 9         | CRR        | Sorrento  |
| <b>SAT DEC 14</b>              | <b>WA State Relay Championships</b>                            |           | WAAS       |           |
| <b>BREAK</b>                   |  |           |            |           |
| SAT JAN 11 2025                | Program 2  | 10        | CRR        | Glendale  |
| SAT JAN 18                     | Program 1,<br><b>Club Relays 3</b>                             | 11        | CRR        | N. Beach  |
| SAT JAN 25                     | No competition on long weekend                                 |           |            |           |
| <b>WED JAN 29<br/>TWILIGHT</b> | Program 2<br>President's 1500m Invitational                    | 12        | CRR        | Oceanside |
| SAT 1 / SUN 2 FEB              | State Combined Event<br>Championships                          |           | WAAS       |           |
| SAT 1 FEB                      | <b>Hamersley TIM Championships</b>                             | 13        | CRR        | Karrinyup |
| <b>SAT 8 FEB</b>               | <b>Centre Champs – Week 1</b>                                  | <b>14</b> | <b>CRR</b> | Sorrento  |
| SAT 15 FEB/ SUN 16 FEB         | Northern Zone Championships                                    |           | TBC        |           |
| <b>SAT 22 FEB</b>              | <b>Centre Champs – Week 2</b>                                  | <b>15</b> | <b>CRR</b> | Glendale  |
| SAT MAR 1                      | No competition on long weekend                                 |           |            |           |
| FRI 7 – SUN 10 MARCH           | State <u>Senior</u> Track & Field<br>Championships. U13 - OPEN |           | WAAS       |           |
| SAT 15 MAR                     | <b>End of season program</b>                                   | 16        | CRR        |           |
| SAT 22– SUN 23<br>MARCH        | State <u>Junior</u> Track & Field<br>Championships. U9 – U13   |           | WAAS       |           |
| FRI MAR 28                     | Athletics West Junior Challenge                                |           | WAAS       |           |
| <b>SAT MAR 29 2025</b>         | <b>Hamersley Presentation Day</b>                              |           | <b>CRR</b> |           |

**WAAS** - West Australian Athletics Stadium, Stephenson Avenue, Mt Claremont

**CRR** - Charles Riley Reserve, Wending Road, North Beach

## COMPETITION PROGRAM

The below information applies to all program schedules:

Events are run across a two week schedule. The first two weeks of the Summer season have reduced programs (some events not run to give new families more time to familiarise themselves with the competition structure).

### PROGRAM SCHEDULE (Sat Mornings):

|         |   |
|---------|---|
| 6:15am  | Set Up Team arrives, puts out equipment   |
| 7:30am  | Parents and athletes to arrive, put up club tents, athletes' warm-up  |
| 7:40am  | First call for events. Key Officials to sign-in and go straight to sites. Athletes in laned events must go to marshalling areas when called |
| 7.45am  | Competition program commences   |
| 11:30am | Target finish time. Pack-Up Team packs equipment away.  |

**Please listen to the ground announcer throughout the morning who will announce when to go to your next event along with other important information on the day. Note that there may be changes to the program on the day.**

There is no restriction on the number of events that an athlete can do but athletes and parents / carers should take care to manage fatigue, especially on hot days and plan event participation accordingly.

\*100m, 200m & 400m times will count for State relay selection during the first four (4) weeks.

\*\* See information on the Hamersley website which will also be updated closer to the event

## SAFETY

Athletes are reminded that they are not to use equipment before and after their events. During warmups, please make sure you use equipment in the correct manner. This is a safety issue to avoid anyone getting injured.

**ONLY** enter the arena if you are an athlete or helper and do so at the northern or southern end while being aware of the events around you

**NO PARENTS ARE ALLOWED ON THE CENTRE ARENA UNLESS ASSISTING  
IN THE RUNNING OF THE EVENT**

**12<sup>TH</sup> OCTOBER 2024**

**REDUCED PROGRAM 1**

Field – three throws or jumps.

7.40am – Clubs to be assembled for opening day march past.

**GIRLS**

| 7                      | 8                          | 9                      | 10                  | 11                       | 12                     | 13                     | 14                 | 15/16/17           |
|------------------------|----------------------------|------------------------|---------------------|--------------------------|------------------------|------------------------|--------------------|--------------------|
|                        | 70m<br>(1)                 | Long<br>Jump<br>Site 3 | Discus<br>Site 1    | Javelin<br>Site 1        | 400m                   | Long<br>Jump<br>Site 1 | Triple<br>Jump     | Shot Put<br>Site 2 |
| 70m<br>(2)             | Turbo<br>Javelin<br>Site 3 | 70m                    | 70m                 | 400m                     | Discus<br>Site 1       | 100m                   | Shot Put<br>Site 2 | 100m               |
| Long<br>Jump<br>Site 1 | 100m                       | 100m                   | Turbo<br>Jav Site 3 | Triple<br>Jump<br>Site 1 | Long<br>Jump<br>Site 3 | Javelin<br>Site 1      | 400m               | Long Jump          |
| 100m                   | Discus<br>Site 2           | Turbo<br>Jav Site 3    | 400m                | 100m                     | 100m                   | 400m                   | Javelin<br>Site 1  | 400m               |
| Shot Put<br>Site 3     |                            |                        | 100m                | Discus<br>Site 1         | Shot Put<br>Site 2     | Discus<br>Site 1       | 100m               | Javelin<br>Site 2  |

**BOYS**

| 7                   | 8                          | 9                          | 10                         | 11                       | 12                     | 13                  | 14/15/16/17        |
|---------------------|----------------------------|----------------------------|----------------------------|--------------------------|------------------------|---------------------|--------------------|
|                     | 70m<br>(1)                 | Long<br>Jump<br>Site 4     | Discus<br>Site 2           | Javelin<br>Site 2        | 400m                   | Long Jump<br>Site 2 | Shot Put<br>Site 1 |
| 70m<br>(2)          | Turbo<br>Javelin<br>Site 4 | 70m                        | 70m                        | 400m                     | Discus<br>Site 2       | 100m                | 100m               |
| Long Jump<br>Site 2 | 100m                       | 100m                       | Turbo<br>Javelin<br>Site 4 | Triple<br>Jump<br>Site 2 | Long<br>Jump<br>Site 4 | Javelin Site<br>2   | Long Jump          |
| 100m                | Discus<br>Site 3           | Turbo<br>Javelin<br>Site 4 | 400m                       | 100m                     | 100m                   | 400m                | 400m               |
| Shot Put<br>Site 2  |                            |                            | 100m                       | Discus<br>Site 2         | Shot<br>Put<br>Site 1  | Discus Site<br>2    | Javelin<br>Site 1  |

**19<sup>th</sup> OCTOBER 2024**

**REDUCED PROGRAM 2**

Field – three throws or jumps.

**GIRLS**

| <b>7</b>      | <b>8</b>         | <b>9</b>        | <b>10</b>        | <b>11</b>        | <b>12</b>          | <b>13</b>       | <b>14</b>     | <b>15/16/17</b>    |
|---------------|------------------|-----------------|------------------|------------------|--------------------|-----------------|---------------|--------------------|
| 300m          | 100m             | Shot Put Site 1 | Long Jump Site 1 | 200m (1)         | Javelin Site 1     | 200m (2)        | Discus Site 1 | 800m               |
| Vortex Site 3 | Shot Put Site 2  | 200m            | 100m             | Long Jump Site 3 | 800m               | Triple Jump     | 800m          | Discus Site 3      |
| Discus Site 2 | 200m             | 100m            | 200m             | 800m             | Triple Jump Site 1 | 800m            | Long Jump     | 100m               |
| 200m          | Long Jump Site 3 | Discus Site 2   | Shot Put Site 1  | 100m             | 200m               | 100m            | 100m          | Triple Jump Tartan |
|               |                  |                 | 800m             | Shot Put Site 2  | 100m               | Shot Put Site 1 | 200m          | 200m               |

**BOYS**

| <b>7</b>      | <b>8</b>         | <b>9</b>        | <b>10</b>        | <b>11</b>        | <b>12</b>          | <b>13</b>       | <b>14/15/16/17</b> |
|---------------|------------------|-----------------|------------------|------------------|--------------------|-----------------|--------------------|
| 300m          | 100m             | Shot Put Site 2 | Long Jump Site 2 | 200m (1)         | Javelin Site 2     | 200m (2)        | Triple Jump        |
| Vortex Site 4 | Shot Put Site 3  | 200m            | 100m             | Long Jump Site 4 | 800m               | Triple Jump     | 200m               |
| Discus Site 3 | 200m             | 100m            | 200m             | 800m             | Triple Jump Site 2 | 800m            | Discus Site 2      |
| 200m          | Long Jump Site 4 | Discus Site 3   | Shot Put Site 2  | 100m             | 200m               | 100m            | 800m               |
|               |                  |                 | 800m             | Shot Put Site 3  | 100m               | Shot Put Site 2 | 100m               |

## PROGRAM 1

**1500m will be run as the first events of the day:**

1. U11 girls & boys
2. U12 & U13 girls & boys
3. U14-U17 girls & boys

### **GIRLS**

| 7                   | 8                       | 9                   | 10                      | 11                    | 12                    | 13                     | 14                      | 15/16/17              |
|---------------------|-------------------------|---------------------|-------------------------|-----------------------|-----------------------|------------------------|-------------------------|-----------------------|
|                     | 70m<br>(1)              | High Jump<br>Site 3 | Long Jump<br>Site 3     | Javelin<br>Site 1     | Discus<br>Site 1      | 200m<br>Hurdles<br>(1) | 200m<br>Hurdles<br>(2)  | Shot Put<br>Site 3    |
| 70m                 | Turbo Javelin<br>Site 3 | 70m                 | 70m                     | 100m                  | Long Jump<br>(tartan) | Long Jump<br>Site 1    | Triple Jump<br>(tartan) | 300m<br>Hurdles       |
| Long Jump<br>Site 3 | 100m                    | 400m                | Turbo Javelin<br>Site 3 | Discus<br>Site 2      | 400m                  | 100m                   | 400m                    | 100m                  |
| Shot Put<br>Site 2  | Discus<br>Site 2        | Long Jump<br>Site 3 | 400m                    | 400m                  | Shot Put<br>Site 2    | Javelin<br>Site 1      | High Jump<br>Site 1     | Long Jump -<br>tartan |
| 100m                |                         | 100m                | 100m                    | Triple Jump<br>Site 1 | 100m                  | 400m                   | Shot Put<br>Site 1      | 400m                  |
|                     |                         | Turbo Jav<br>Site 3 |                         |                       |                       | Discus<br>Site 2       | 100m                    | High Jump<br>Site 1   |

### **BOYS**

| 7                   | 8                   | 9                   | 10                      | 11                    | 12                    | 13                     | 14/15/16/17           |
|---------------------|---------------------|---------------------|-------------------------|-----------------------|-----------------------|------------------------|-----------------------|
|                     | 70m<br>(1)          | High Jump<br>Site 4 | Long Jump<br>Site 4     | Javelin Site 2        | Discus<br>Site 2      | 200m<br>Hurdles<br>(1) | Shot Put<br>Site 1    |
| 70m                 | Turbo Jav<br>Site 4 | 70m                 | 70m                     | 100m                  | Long Jump<br>(tartan) | Long Jump<br>Site 2    | 200/300m<br>Hurdles** |
| Long Jump<br>Site 4 | 100m                | 400m                | Turbo Javelin<br>Site 4 | Discus Site 1         | 400m                  | 100m                   | High Jump Site 2      |
| Shot Put<br>Site 3  | Discus Site 3       | Long Jump<br>Site 4 | 400m                    | 400m                  | Shot Put<br>Site 3    | Javelin Site<br>2      | 100m                  |
| 100m                |                     | 100m                | 100m                    | Triple Jump<br>Site 2 | 100m                  | 400m                   | Long Jump (tartan)    |
|                     |                     | Turbo Jav<br>Site 4 |                         |                       |                       | Discus Site<br>1       | 400m                  |

\*\* Hurdles distance varies according to age group.

## PROGRAM 2

### GIRLS

| 7                  | 8                   | 9                  | 10                  | 11                  | 12                    | 13                    | 14                    | 15/16/17              |
|--------------------|---------------------|--------------------|---------------------|---------------------|-----------------------|-----------------------|-----------------------|-----------------------|
|                    | 500m<br><b>(1)</b>  | Shot Put<br>Site 2 | Discus<br>Site 3    | 200m                | High Jump<br>Site 1   | Triple Jump<br>Site 1 | Javelin<br>Site 1     | Discus<br>Site 1      |
| 300m<br><b>(2)</b> | 60m<br>Hurdles      | 200m               | Shot Put<br>Site 1  | Long Jump<br>Site 3 | 800m                  | High Jump<br>Site 1   | 800m                  | 200m                  |
| Vortex<br>Site 3   | Shot Put<br>Site 2  | 60m<br>Hurdles     | 800m                | 800m                | Triple Jump<br>Site 1 | 200m                  | Discus<br>Site 2      | Triple Jump<br>Tartan |
| 200m               | 200m                | Discus<br>Site 3   | 60m<br>Hurdles      | High Jump<br>Site 1 | 200m                  | Shot Put<br>Site 1    | Long Jump<br>(tartan) | Javelin<br>Site 2     |
| Discus<br>Site 2   | Long Jump<br>Site 3 | 800m               | High Jump<br>Site 3 | 80m<br>Hurdles      | Javelin<br>Site 1     | 800m                  | 200m                  | 800m                  |
|                    |                     |                    | 200m                | Shot Put<br>Site 1  | 80m<br>Hurdles        | 80m<br>Hurdles        | 80m<br>Hurdles        | 90/100m<br>Hurdles**  |

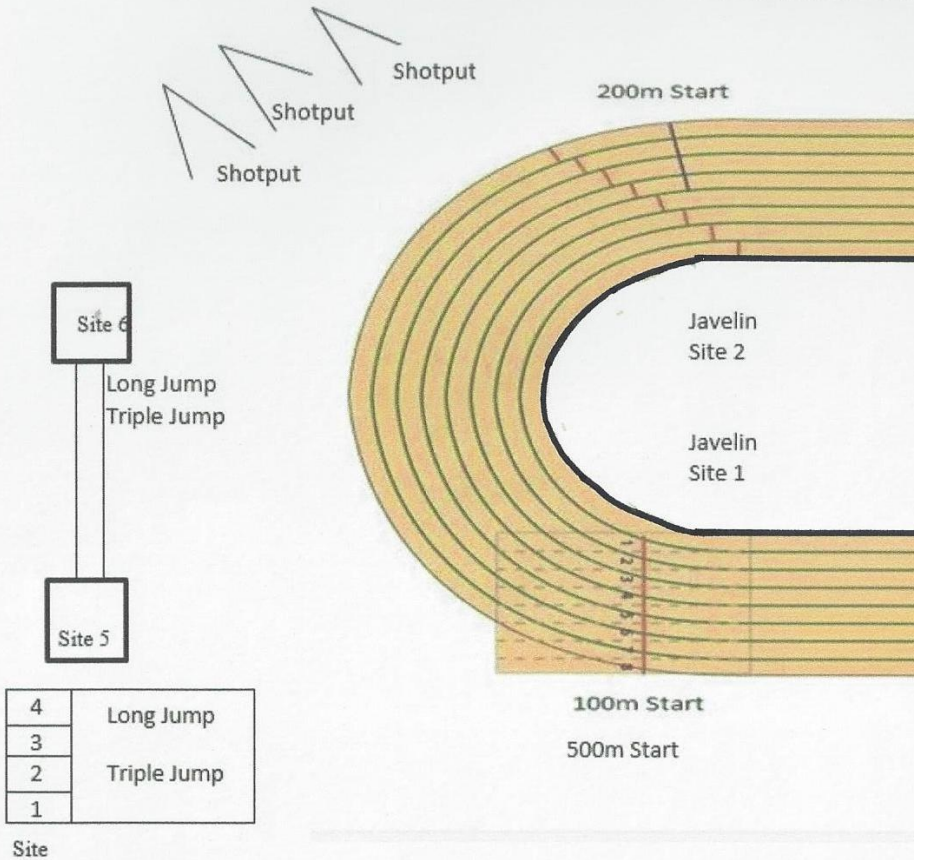
### BOYS

| 7                  | 8                   | 9                  | 10                  | 11                  | 12                    | 13                    | 14/15/16/17              |
|--------------------|---------------------|--------------------|---------------------|---------------------|-----------------------|-----------------------|--------------------------|
|                    | 500m<br><b>(1)</b>  | Shot Put<br>Site 3 | Discus<br>Site 2    | 200m                | High Jump<br>Site 2   | Triple Jump<br>Site 2 | Triple Jump<br>(tartan)  |
| 300m<br><b>(2)</b> | 60m<br>Hurdles      | 200m               | Shot Put<br>Site 2  | Long Jump<br>Site 4 | 800m                  | High Jump<br>Site 2   | 200m                     |
| Vortex<br>Site 4   | Shot Put<br>Site 3  | 60m<br>Hurdles     | 800m                | 800m                | Triple Jump<br>Site 2 | 200m                  | Javelin<br>Site 2        |
| 200m               | 200m                | Discus<br>Site 2   | 60m<br>Hurdles      | High Jump<br>Site 2 | 200m                  | Shot Put<br>Site 2    | 800m                     |
| Discus<br>Site 3   | Long Jump<br>Site 4 | 800m               | High Jump<br>Site 4 | 80m<br>Hurdles      | Javelin<br>Site 2     | 800m                  | Discus<br>Site 1         |
|                    |                     |                    | 200m                | Shot Put<br>Site 2  | 80m<br>Hurdles        | 80m<br>Hurdles        | 90/100/110m<br>Hurdles** |

\*\* Hurdles distance varies according to age group.

Map

HAMERSLEY LITT



- Events**
- 70m
  - 100m
  - 200m
  - 500m
  - Long Jump
  - Triple Jump
  - High Jump
  - Hurdles
  - Javelin
  - Shot Put

**Spectat**

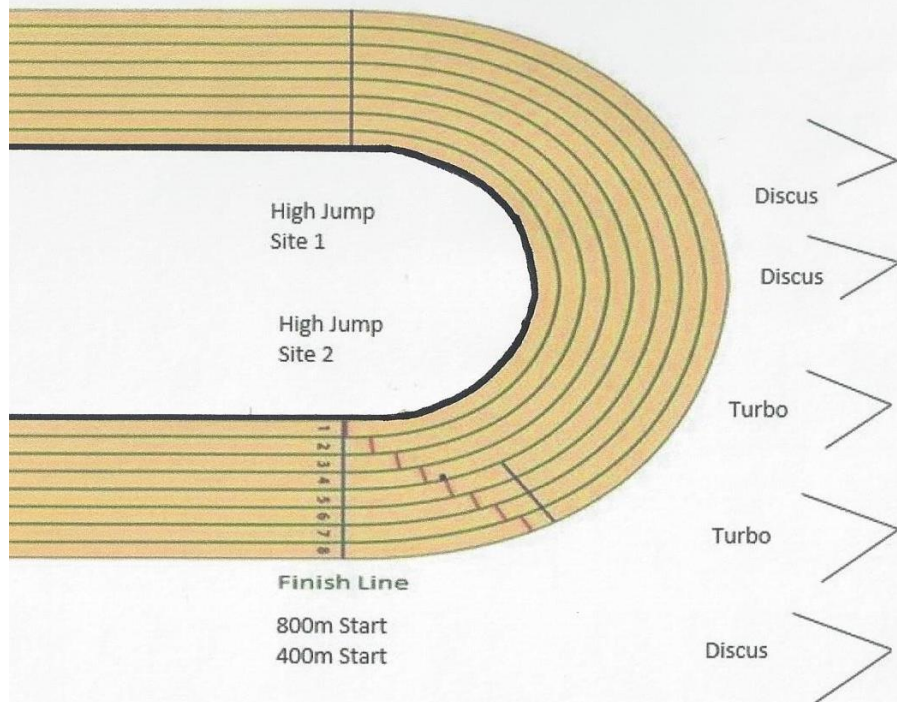
Changeroom/Toilet

# Map

## LITTLE ATHLETICS

300m Hurdles  
300m Start  
1500m Start

|                    |        |
|--------------------|--------|
| Scissors High Jump |        |
| Site 3             | Site 4 |



## Facilities

|         |                  |         |
|---------|------------------|---------|
| Toilets | Equipment Shed   | Canteen |
|         | Hamersley Office |         |

**Events**  
300m  
400m  
300m Hurdles  
800m  
1500m  
Discus  
Turbo Javelin/Vortex

|         |
|---------|
| Parking |
|---------|

# CENTRE CHAMPIONSHIPS

The Centre Championships is a two-day competition held to conclude the Summer season.

## PROGRAM:

- Day 1 – Program 1 for boys and girls.
- Day 2 – Program 2 for boys and girls.

Athletes are NOT required to compete on both days.

## NUMBER OF EVENTS:

Athletes may choose no more than the number of events listed below in each Program day. A 'no-throw' or 'no jump' or 'Did Not Finish' is counted as an event and cannot be substituted for another event.

- U7 – U9                      A maximum of four (4) events per competition day,
- U10 – U17                    A maximum of five (5) events per competition day.

## TRACK HEATS & FIELD FINALS:

Track – reverse seeded heats with no finals will be held to determine the fastest athletes in each age gender event.

Field – three throws or jumps.

## AWARDS:

The following awards will be presented to eligible athletes on each day of the Centre Championships (time permitting):

- (a) 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placed athletes in each age gender event will be awarded a medal.
- (b) Personal Best Award – ribbon to be awarded to any athlete who achieves a personal best over the two days of competition.

## ELIGIBILITY:

The Centre Championships is open to all registered athletes, however if any of the following apply, the athlete will NOT be eligible to receive an award:

- (a) Athletes need to have competed in four (4) Programs over the season prior to the Championships

## CENTRE RECORDS & RESULTS RECOGNITION:

Any Centre records broken will be recognised, and all results will be included in the end of season trophy calculations and for eligibility for automatic qualification to State Championships (U13 age group and below).

## 2023/2024 SUMMER COMPETITION RESULTS

### CONSISTENCY AWARDS (AGE GROUP WINNERS) GIRLS

|     | THIRD              | RUNNER UP              | WINNER              |
|-----|--------------------|------------------------|---------------------|
| U7  | Magnolia Southwood | Rylee Sadler           | Blaire Dow          |
| U8  | Harper Wotherspoon | Neve Torkington        | Isla van der Schyff |
| U9  | Olivia Bogoev      | Evie Holyoake          | Cleo Barron         |
| U10 | Mina Hindmarch     | Allaria Ritchie        | Willow Sloss        |
| U11 | Marley Smith       | Abigail van der Schyff | Millie Aloï         |
| U12 | Sophie Ferguson    | Maali White            | Jessica Avins       |
| U13 | Summer Payne       | Bronte Edwards         | Keira Hazebroek     |
| U14 | Mimi Apted         | Jessica Hutchinson     | Caitlin Boss        |
| U15 | Amelia Faulds      | Makenzi Aloï           | Mackenzie Ryan      |
| U16 | Emily Duff         | Emily Hutchinson       | Casey Munro-Smith   |
| U17 |                    |                        | Imogen Boss         |

### CONSISTENCY AWARDS (AGE GROUP WINNERS) BOYS

|     | THIRD                 | RUNNER UP           | WINNER              |
|-----|-----------------------|---------------------|---------------------|
| U7  | Ash Morgan            | Harvey Byrne        | Kristian Bogoev     |
| U8  | Karchee Michoff       | Jake Hillyer        | Joshua Ferrier      |
| U9  | Lachlan O'Rourke      | Jake Hemmingsen     | Ben Smith           |
| U10 | Flynn Dreaver         | Oliver Van Der Walt | Trent Murray        |
| U11 | Preston de Senneville | Gurshant Singh      | Jesse Stevens       |
| U12 | Louis Jouana          | Connor Dent         | Lucas Barron        |
| U13 | Hugh Kraut            | Beau Hall           | William Nelson      |
| U14 | Archer Jouana         | Rocco Parlongo      | Brodie Lowry        |
| U15 |                       |                     | Josh Harrison       |
| U16 |                       | Elliot Wilton       | Jean-Paul de Ocampo |

### PERSONAL BEST AWARDS

|     | Girls               | Boys                          |
|-----|---------------------|-------------------------------|
| U7  | Rylee Sadler        | Kobi Bateman                  |
| U8  | Isla van der Schyff | Eli Rumble                    |
| U9  | Olivia Bogoev       | Miles Sanford<br>Enrique Rets |
| U10 | Willow Sloss        | Trent Murray                  |
| U11 | Marley Smith        | Jack Black                    |
| U12 | Jessica Avins       | Damon Rio Torto               |
| U13 | Aspen Aloï          | William Nelson                |
| U14 | Jessica Hutchinson  | Rocco Parlongo                |
| U15 | Makenzi Aloï        | Josh Harrison                 |
| U16 | Casey Munro-Smith   | Elliot Wilton                 |
| U17 | Imogen Boss         |                               |

## HAMERSLEY 'TIM' CHAMPIONSHIPS

The 'TIM' (or True Inclusion Method) ranks all athletes in each event as to how much they improve their PB (or how close they get), with the aim of being inclusive of more athletes. Athletes competed in a set series of events and TIM points were tallied across all four or five events for each age group with the athlete with the lowest points being awarded as the winner, and the next lowest as the runner up.

|     |      |           |           |             |  |        |           |               |
|-----|------|-----------|-----------|-------------|--|--------|-----------|---------------|
| U7  | Boys | RUNNER UP | Byron     | Saicich     |  | WINNER | Riain     | Devin         |
| U8  | Boys | RUNNER UP | Nairo     | Guevara     |  | WINNER | Joshua    | Ferrier       |
| U9  | Boys | RUNNER UP | Ben       | Smith       |  | WINNER | Nathaniel | Dayman        |
| U10 | Boys | RUNNER UP | Troy      | Inman       |  | WINNER | Jake      | Saunders      |
| U11 | Boys | RUNNER UP | Alex      | Mcfarlane   |  | WINNER | Paul      | Hoetzel       |
| U12 | Boys | RUNNER UP | Marshall  | Munro-Smith |  | WINNER | Izekiel   | Yilmaz        |
| U13 | Boys | RUNNER UP | Archibald | Brownlie    |  | WINNER | Dartanyon | Wilson-Finnis |
| U14 | Boys | RUNNER UP | Alan      | Leck        |  | WINNER | Rocco     | Parlongo      |
| U16 | Boys |           |           |             |  | WINNER | Elliot    | Wilton        |

|     |       |           |          |          |  |        |            |          |
|-----|-------|-----------|----------|----------|--|--------|------------|----------|
| U8  | Girls | RUNNER UP | Ivy      | Paunoski |  | WINNER | Charlotte  | Holyoake |
| U9  | Girls | RUNNER UP | Olivia   | Bogoev   |  | WINNER | Elsie      | Byrne    |
| U10 | Girls | RUNNER UP | Lileydis | Yilmaz   |  | WINNER | Lily       | van Veen |
| U11 | Girls | RUNNER UP | Thea     | Hough    |  | WINNER | Millie     | Aloi     |
| U12 | Girls | RUNNER UP | Sophie   | Ferguson |  | WINNER | Mollie-Mae | Davies   |
| U13 | Girls | RUNNER UP | Natalia  | Davis    |  | WINNER | Katie      | Giles    |
| U14 | Girls |           |          |          |  | WINNER | Scarlett   | Mulhall  |
| U15 | Girls | RUNNER UP | Amelia   | Faulds   |  | WINNER | Mackenzie  | Ryan     |
| U16 | Girls |           |          |          |  | WINNER | Miranda    | Sturdy   |
| U17 | Girls |           |          |          |  | WINNER | Imogen     | Boss     |

### ATHLETES WHO COMPETED IN THE MAXIMUM ALLOWABLE EVENTS FOR 2023/24

|         |          |    |
|---------|----------|----|
| Jessica | Avins    | 80 |
| Sydnee  | Matsie   | 80 |
| Flynn   | Dreaver  | 80 |
| Alexis  | Marshall | 80 |
| Nova    | Aloi     | 64 |
| Kobi    | Bateman  | 64 |

## LIFE MEMBER AWARD WINNERS

|  |   |
|--|---|
| Cassey Perpetual Trophy<br>Horizontal Jumps<br><b>Mackenzie Ryan</b>                         | Ley Perpetual Trophy<br>High Jump<br><b>Brodie Lowry</b>                            |
| Donegan Perpetual Trophy<br>Senior Sprinting<br><b>Lucas Barron</b>                          | Jan Veitch Perpetual Trophy<br>Junior Sprinting<br><b>Willow Sloss</b>              |
| Jones Perpetual Trophy<br>Shot Put<br><b>Tejas Singh</b>                                     | Paul Mardle Perpetual Trophy<br>Discus<br><b>Rocco Parlongo</b>                     |
| Scott Perpetual Trophy<br>Long Distance<br><b>Millie Aloï</b>                                | Tester Perpetual Trophy<br>Javelin<br><b>Jessica Avins</b>                          |
| Starcevic Perpetual Trophy<br>Hurdles Champion<br><b>Lola Vogl</b>                           | Roffman Perpetual Trophy<br>Turbo Javelin<br><b>Trent Murray</b>                    |
| Dave Dilley Memorial<br>Perpetual Trophy<br>Scissors High Jump<br><b>Oliver van der Walt</b> | Gavin Dunn Memorial Perpetual<br>Trophy<br>U15 High Jump<br><b>Mikayla Gabbitus</b> |
| Lewis Perpetual Trophy<br>Octathlete Champion<br><b>Willow Sloss</b>                         | Bartlett Perpetual Trophy<br>Heptathlete Champion<br><b>Trent Murray</b>            |
| Carissa Steere Perpetual Trophy<br>Decathlete Champion<br><b>Connor Dent</b>                 | O'Connor Perpetual Trophy<br>Junior Personal Bests<br><b>Isla Van Der Schyff</b>    |
| Harrison Perpetual Trophy<br>Senior Personal Bests<br><b>William Nelson</b>                  |   |

### **Tebbut Perpetual trophy – Quiet Achiever Award**

Nominee for the Athletics West Doug Hancy Award.

**Casey Munro-Smith**

### **Graham Perpetual Trophy – Fellowship Award**

**Amelia Faulds**

### **VANIRSEN TROPHY FOR OUTSTANDING ASSISTANCE TO THE CENTRE**

**David Mulhall and Sonia Ryan**

## CLUB PERPETUALS

**Damian Worrad Memorial Perpetual Trophy for Club Relays  
Oceanside and North Beach**

**Champion Club: Sorrento**

**Consistency (Udall Perpetual Trophy): Oceanside**

## 2023/2024 CENTRE CAPTAINS

**Imogen Boss and Miranda Sturdy**

## ATHLETICS WEST AWARDS

**11 year athlete award:**

- Imogen Boss

**8 year athlete awards:**

- Ciana Rio Torto
- Rocco Parlongo
- Scarlett Mulhall

**5 Year Volunteer Service Awards:**

- Cecil Matsie
- Michelle Wilson

- Centre Officials of the Year - Valentina Smith and Wendy Evans.
- Centre Coach of the Year - Sonia Ryan.
- Centre Administrator of the Year - Carissa Boss.
- Junior Volunteers of the Year - Imogen Boss and Miranda Sturdy.

## **2023/24 ATHLETICS WEST DEVELOPMENT SQUAD**

|               |                 |
|---------------|-----------------|
| Alan Leck     | Hugh Kraut      |
| Archer Jouana |                 |
| Brodie Lowry  | Ciana Rio Torto |
| Evan Sherwood | Jasmin Farrant  |

## **ATHLETICS WEST YOUTH DEVELOPMENT PROGRAM**

- Imogen Boss,
- Miranda Sturdy.

## **2023 LITTLE ATHLETICS AUSTRALIA NATIONAL CAMP ATHLETICS WEST EMERGING ATHLETE PROGRAM**

- Kate Philpott

## 2023/24 STATE COMBINED EVENT CHAMPIONSHIPS – MEDALLISTS

|                |      |        |
|----------------|------|--------|
| Mackenzie Ryan | U15G | Silver |
| Millie Aloï    | U11G | Bronze |
| Brodie Lowry   | U14B | Bronze |

## 2023/24 STATE RELAY CHAMPIONSHIPS

### GOLD MEDALLISTS

|             |               |   |
|-------------|---------------|---|
| <b>U10G</b> | Swedish Relay | Allaria Ritchie, Willow Sloss, Paige Robinson, Lileydis Yilmaz.<br>Amali Michoff, |
| <b>U10G</b> | 4x100m        | Allaria Ritchie, Paige Robinson, Amali Michoff, Willow Sloss,<br>Lileydis Yilmaz. |
| <b>U14B</b> | 4x100m        | Brodie Lowry, Alan Leck, Archer Jouana, Cambell Weir, Matthew Young.              |
| <b>U10B</b> | Field Relay   | Orlando Rets, Max Hanford, Fionnan Fenlon.  |
| <b>U12G</b> | Field Relay   | Jessica Avins, Ivy Satinover, Tahlie Woodhouse.                                   |
| <b>U14B</b> | Field Relay   | Rocco Parlongo, Evan Sherwood, Michael Lloyd.                                     |

### SILVER MEDALLISTS

|             |               |   |
|-------------|---------------|---|
| <b>U9B</b>  | Swedish Relay | Miles Sanford, Jon Flavell, Nathaniel Dayman, Jake Hemmingsen,<br>Lachlan O'Rourke. |
| <b>U10B</b> | 4x100m        | Ben Pilkington, Trent Murray, Flynn Dreaver, Oliver Van Der Walt,<br>Kade Payne.    |
| <b>U12B</b> | Swedish Relay | Taj Chapman, Archer Dickson, Lucan Barron, Connor Dent, Sam Young.                  |
| <b>U12B</b> | 4x100m        | Connor Dent, Lucas Barron, Archer Dickson, Taj Chapman, Sam Young.                  |
| <b>U11G</b> | Field Relay   | Paloma Parlongo, Max Riemann, Keely Lloyd.  |
| <b>U13G</b> | Field Relay   | Ciana Rio Torto, Annabel power, Bronte Edwards.                                     |

### BRONZE MEDALLISTS

|             |               |  |
|-------------|---------------|--|
| <b>U10B</b> | Swedish Relay | Ben Pilkington, Flynn Dreaver, Oliver Van Der Walt, Trent Murray,<br>Kade Payne. |
| <b>U12G</b> | 4x100m        | Maali Whitek, Lola Vogl, Kate Nugent, Abby Robinson, Aiza Torkington.            |
| <b>U12G</b> | Swedish Relay | Kate Nugent, Lola Vogl, Abby Robinson, Maali White, Sophie Ferguson.             |
| <b>U14B</b> | Swedish Relay | Alan Leck, Archer Jouana, Cambell Weir, Brodie Lowry, Eamon Stott.               |

## 2023/24 STATE RELAY COACHES

|        | GIRLS COACH            | BOYS COACH               |
|--------|------------------------|--------------------------|
| U9     | Desiree Rowe           | Janette McDonald         |
| U10    | Geoff Bai              | Jessica Dreaver          |
| U11    | Colin & Amanda Ottaway | Cecil Matsie             |
| U12    | Paul Vogl              | Annelize Barron          |
| U13    | Sonia Ryan             | Geoff Nelson / Troy Hall |
| U14    | -                      | Wendy Evans              |
| U15    | Sonia Ryan             | -                        |
| U16/17 | Sonia Ryan             | -                        |

|                                   |              |
|-----------------------------------|--------------|
| <b>PRESIDENT'S 1500M HANDICAP</b> | Makenzi Aloï |
|-----------------------------------|--------------|

## COMPETED AT THE 2024 STATE JUNIOR TRACK & FIELD CHAMPIONSHIPS

### BOYS

| <b>U9</b>        | <b>U10</b>          | <b>U11</b>      | <b>U12</b>        | <b>U13</b>        |
|------------------|---------------------|-----------------|-------------------|-------------------|
| Ben Smith        | Fionnan Fenlon      | Archie Edwards  | Archer Dickson    | Beau Hall         |
| Jake Hemmingsen  | Flynn Dreaver       | Gurshant Singh  | Banjo Laurie      | Blake Bialy       |
| Lachlan O'Rourke | Jake Saunders       | Jack Black      | Damon Rio Torto   | Hudson Christides |
| Marcel Friend    | Jamie Lehmann       | James Baudia    | Emayous De Ocampo | Hugh Kraut        |
| Michael Giles    | Max Hanford         | Jesse Stevens   | Louis Jouana      | Rafael Bravo      |
| Miles Sanford    | Oliver Van Der Walt | Kuba Sianozecki |                   | William Nelson    |
| Nathaniel Dayman | Orlando Rets        | Liam Chalmers   |                   |                   |
| Tejas Singh      | Trent Murray        | Preston Matsie  |                   |                   |

### GIRLS

| <b>U9</b>        | <b>U10</b>     | <b>U11</b>      | <b>U12</b>        | <b>U13</b>      |
|------------------|----------------|-----------------|-------------------|-----------------|
| Aisling Williams | Celeste Harmer | Ali Kets        | Abby Robinson     | Allegra Clark   |
| Evie Holyoake    | Grace Kerns    | Keeley Lloyd    | Ivy Satinover     | Annabel Power   |
| Leilani Rowe     | Mina Hindmarch | Libby Stockden  | Jessica Avins     | Bronte Edwards  |
| Rosie Sharp      | Paige Robinson | Marley Smith    | Lola Vogl         | Ciana Rio Torto |
| Zoe Elliott      | Sienna Musca   | Millie Aloï     | Maali White       | Katie Giles     |
|                  | Willow Sloss   | Paloma Parlongo | Mollie-Mae Davies | Keira Hazebroek |
|                  |                | Thea Hough      | Sophie Ferguson   | Sydnee Matsie   |
|                  |                |                 | Tahlie Woodhouse  | Violet Downey   |

## 2024 STATE JUNIOR TRACK AND FIELD CHAMPIONSHIP MEDALLISTS

### Gold Medallists

|                 |     |             |
|-----------------|-----|-------------|
| Ben Smith       | 9B  | Turbo       |
| Tejas Singh     | 9B  | Shot        |
| Flynn Dreaver   | 10B | Discus      |
| Willow Sloss    | 10G | 60m Hurdles |
| Willow Sloss    | 10G | 200m        |
| Gurshant Singh  | 11B | 100m        |
| Jessica Avins   | 12G | Discus      |
| Ciana Rio Torto | 13G | Shot        |

### Silver Medallists

|                     |     |             |
|---------------------|-----|-------------|
| Jake Hemmingsen     | 9B  | 400m        |
| Evie Holyoake       | 9G  | 800m        |
| Nathaniel Dayman    | 9B  | High Jump   |
| Oliver Van Der Walt | 10B | Long Jump   |
| Oliver Van Der Walt | 10B | 100m        |
| Oliver Van Der Walt | 10B | 60m Hurdles |
| Oliver Van Der Walt | 10B | 200m        |
| Oliver Van Der Walt | 10B | 70m         |
| Trent Murray        | 10B | 800m        |
| Willow Sloss        | 10G | 70m         |
| Willow Sloss        | 10G | 100m        |
| Jessica Avins       | 12G | Javelin     |
| Lola Vogl           | 12G | 80m Hurdles |
| Hudson Christides   | 13B | 80m Hurdles |
| Ciana Rio Torto     | 13G | Discus      |

### Bronze Medallists

|                  |      |           |
|------------------|------|-----------|
| Nathaniel Dayman | 800m | 9B        |
| Millie Aloï      | 11G  | High Jump |
| Millie Aloï      | 11G  | 1500m     |
| Millie Aloï      | 11G  | 800m      |
| Abby Robinson    | 12G  | 100m      |
| Ivy Satinover    | 12G  | High Jump |
| Jessica Avins    | 12G  | Shot      |

## 2024 STATE SENIOR TRACK & FIELD CHAMPIONSHIPS

U13 TO U17 athletes who competed for Hamersley

### GIRLS

| U14             | U15            | U16               | U17            |
|-----------------|----------------|-------------------|----------------|
| Annabel Power   | Madison Taylor | Amelia Faulds     | Miranda Sturdy |
| Ciana Rio Torto |                | Gabriella Andreas |                |
| Ivy Satinover   |                | Mackenzi Aloï     |                |
| Jessica Avins   |                | Mackenzie Ryan    |                |
| Lola Vogl       |                |                   |                |
| Sophie Ferguson |                |                   |                |

### BOYS

| U15            | U17           |
|----------------|---------------|
| Alan Leck      | Oskar Tindall |
| Archer Jouana  |               |
| Brodie Lowry   |               |
| Cambell Weir   |               |
| Evan Sherwood  |               |
| Rocco Parlongo |               |

### MEDALLISTS

|                        |      | GOLD                     | SILVER            | BRONZE         |
|------------------------|------|--------------------------|-------------------|----------------|
| <b>Ciana Rio Torto</b> | U14G | Shot<br>Discus           |                   |                |
| <b>Jessica Avins</b>   | U14G |                          | Discus<br>Javelin |                |
| <b>Brodie Lowry</b>    | U15B | High Jump                |                   |                |
| <b>Cambell Weir</b>    | U15B | 100m                     | 200m              |                |
| <b>Evan Sherwood</b>   | U15B |                          | High Jump         |                |
| <b>Rocco Parlongo</b>  | U15B | Javelin                  |                   | Discus<br>Shot |
| <b>Mackenzie Ryan</b>  | U16G |                          | Triple Jump       | Long Jump      |
| <b>Oskar Tindall</b>   | U17B | Triple Jump<br>Long Jump |                   |                |
| <b>Miranda Sturdy</b>  | U17G |                          |                   | Javelin        |

Two other Hamersley Little Athletics members also medalled representing another senior club:

- Kate Philpott: 3 gold medals in 100m, 200m & Long Jump, Bronze in 90m Hurdles.
- Mikayla Gabbitus: Silver in High Jump.

## **2024 AUSTRALIAN LITTLE ATHLETICS CHAMPIONSHIPS (ALAC)**

### **Hamersley athletes selected in the WA Team:**

|                   |     |                           |
|-------------------|-----|---------------------------|
| Hudson Christides | 13B | Silver medal 80m Hurdles. |
| Mackenzie Ryan    | 15G | Silver medal in Long Jump |
| Kate Philpott     | 15G | Gold 100m, Silver 200m.   |
| Ciana Rio Torto   | 13G | Shot Put, Discus          |

## **2024 ATHLETICS AUSTRALIA JUNIOR CHAMPIONSHIPS (ADELAIDE)**

### **Hamersley dual Little athletics / senior members:**

|                |     |                           |
|----------------|-----|---------------------------|
| Rocco Parlono  | 15B | Silver medal in Javelin   |
| Ivy Satinover  | 13G | Silver medal in high jump |
| Jessica Avins  | 13G | Silver medal in Javelin   |
| Mackenzie Ryan | 16G |                           |
| Brodie Lowry   | 15B | Bronze Medal in high jump |
| Miranda Sturdy | 16G |                           |
| Oskar Tindall  | 17B |                           |

### **Hamersley Little Athletics members representing another senior club:**

|                  |     |                                     |
|------------------|-----|-------------------------------------|
| Mikayla Gabbitus | 16G | Silver medal in high jump           |
| Kate Philpott    | 16G | Gold medal in 4x200m                |
|                  |     | Silver medals in 4x100m, 100m, 200m |
| Imogen Boss      | 18G |                                     |

## **2024 MALAYSIA TOUR (JULY 2024)**

### **Hamersley athletes selected in the WA Team:**

|               |      |   |
|---------------|------|---|
| Rocco Parlono | U14B | Gold in Javelin, 4 <sup>th</sup> in discus, 5 <sup>th</sup> in shot put |
| Brodie Lowry  | U14B | Bronze in High Jump and 4x400m relay, 6 <sup>th</sup> in long jump      |

## 2024 WINTER CROSS COUNTRY SEASON

### CONSISTENCY AWARDS FOR CROSS COUNTRY

|                  |   |  |
|------------------|---|--|
| <b>U7 Girls</b>  | <b>1<sup>st</sup> Ava Collings</b>        | <b>2<sup>nd</sup> Chloe Rivera</b>     |
| <b>U7 Boys</b>   | <b>1<sup>st</sup> Hunter Williams</b>     | <b>2<sup>nd</sup> Jack Malatios</b>    |
| <b>U8 Girls</b>  | <b>1<sup>st</sup> Harper Wotherspoon</b>  | <b>2<sup>nd</sup> Pepper Connolly</b>  |
| <b>U8 Boys</b>   | <b>1<sup>st</sup> Jake Hillyer</b>        | <b>2<sup>nd</sup> Nicholas Coetzer</b> |
| <b>U9 Girls</b>  | <b>1<sup>st</sup> Grace Gribbon</b>       | <b>2<sup>nd</sup> Aisling Williams</b> |
| <b>U9 Boys</b>   | <b>1<sup>st</sup> Marcel Friend</b>       | <b>2<sup>nd</sup> Lachlan O'Rourke</b> |
| <b>U10 Girls</b> | <b>1<sup>st</sup> Cleo Collings</b>       | <b>2<sup>nd</sup> Zara Wotherspoon</b> |
| <b>U10 Boys</b>  | <b>1<sup>st</sup> Trent Murray</b>        | <b>2<sup>nd</sup> Jacob Saunders</b>   |
| <b>U11 Girls</b> | <b>1<sup>st</sup> Mackenzi Ottaway</b>    | <b>2<sup>nd</sup> Thea Hough</b>       |
| <b>U11 Boys</b>  | <b>1<sup>st</sup> Liam Chalmers</b>       |  |
| <b>U12 Girls</b> | <b>1<sup>st</sup> Marie Fenlon</b>        |  |
| <b>U12 Boys</b>  | <b>1<sup>st</sup> Beau Johnson</b>        | <b>2<sup>nd</sup> Archer Dickson</b>   |
| <b>U13 Girls</b> | <b>1<sup>st</sup> Aspen Aloï</b>          | <b>2<sup>nd</sup> Allegra Clark</b>    |
| <b>U13 Boys</b>  | <b>1<sup>st</sup> Beau Hall</b>           | <b>2<sup>nd</sup> Ashton Stott</b>     |
| <b>U14 Boys</b>  | <b>1<sup>st</sup> Eamon Stott</b>         |  |
| <b>U15 Girls</b> | <b>1<sup>st</sup> Chloe Grassl Briens</b> | <b>2<sup>nd</sup> Makenzi Aloï</b>     |

### LIFE MEMBER AWARDS FOR CROSS COUNTRY

| <b>LIFE MEMBER</b> | <b>PERPETUAL TROPHY FOR</b> | <b>AWARD WINNER</b>  |
|--------------------|-----------------------------|----------------------|
| Ryan               | Excellence                  | <b>Cleo Collings</b> |
| Gee                | Coach's Award               | <b>Andrew Tang</b>   |

### STATE CROSS COUNTRY CHAMPIONSHIPS - MEDALLISTS

|           |                   |        |
|-----------|-------------------|--------|
| U10 Girls | Cleo Collings     | GOLD   |
| U10 Boys  | Trent Murray      | GOLD   |
|           | Jacob Saunders    | Silver |
|           | Joshua Coetzer    | Bronze |
| U7 Girls  | Ava Collings      | Bronze |
| U11 Girls | Thea Hough        | Bronze |
| U12 Girls | Mackenzie Ottaway | Bronze |

### SELECTION FOR 2024 AUSTRALIAN CROSS COUNTRY CHAMPIONSHIPS

|           |                   |
|-----------|-------------------|
| U11 Boys  | Oscar Dickinson   |
| U12 Girls | Mackenzie Ottaway |
| U16 Girls | Mackenzi Aloï     |

**COACH: EMMETT FENLON**  
**TEAM MANAGER: VALENTINA SMITH**

## HAMERSLEY ATHLETICS CENTRE RECORDS

TO END OF 2023/24 SEASON

\* Away Records only recorded from 2020/21 Season and only if equal to or better than the Hamersley Record

| Age                | Name                  | Club        | Date     | Hamersley Record | Rounded Time | Away Record* |
|--------------------|-----------------------|-------------|----------|------------------|--------------|--------------|
| <b>60M HURDLES</b> |                       |             |          |                  |              |              |
| 7B                 | Mitchell Barron       | North Beach | 05/02/11 | 12.24            |              |              |
| 8B                 | Simon Walsh           | Karrinyup   | 09/03/02 | 10.58            | (10.6)       |              |
| 9B                 | Simon Walsh           | Karrinyup   | 08/03/03 | 10.00            |              |              |
| 10B                | David Gourdis         | Glendale    | 21/11/98 | 10.52            | (10.6)       |              |
|                    | Stefan Rajakovic      | North Beach | 09/03/12 | 10.57            |              |              |
| 10B                | Lucas Barron          | Sorrento    | 05/03/22 |                  |              | 10.19        |
| 7G                 | Libby Hodgkinson      | Glendale    | 28/02/15 | 12.97            |              |              |
| 8G                 | Danja Worrad          | North Beach | 24/01/18 | 11.55            |              |              |
| 9G                 | Kerrie Tierney        | Sorrento    | 28/02/15 | 11.03            |              |              |
| 10G                | Poppy Briggs          | North Beach | 09/11/13 | 11.05            |              |              |
| 10G                | Sophie Alexander      | Glendale    | 20/03/21 |                  |              | 10.79        |
| <b>80M HURDLES</b> |                       |             |          |                  |              |              |
| 11G                | Lola Vogl             | Karrinyup   | 10/12/22 | 14.20            |              |              |
| 11G                | Lola Vogl             | Karrinyup   | 19/03/23 |                  |              | 13.57        |
| 11B                | Lucas Barron          | Sorrento    | 18/02/23 | 13.71            |              |              |
| 11B                | Lucas Barron          | Sorrento    | 19/03/23 |                  |              | 12.96        |
| 12G                | Lola Vogl             | Karrinyup   | 04/11/23 | 13.88            |              |              |
| 12G                | Lola Vogl             | Karrinyup   | 10/03/24 |                  |              | 13.17        |
| 12B                | Lucas Barron          | Sorrento    | 23/01/24 | 13.06            |              |              |
| 12B                | Campbell Creyk        | Sorrento    | 21/03/21 |                  |              | 12.70        |
| 13B                | Shannon Bell          | Glendale    | 01/02/92 | 13.12            | (13.2)       |              |
| 13B                | Hudson Christides     | Karrinyup   | 10/03/24 |                  |              | 12.89        |
| 13G                | Michelle Carew-Gibson | Oceanside   | 21/02/93 | 12.66            | (12.7)       |              |
| 14G                | Elle Leask            | Sorrento    | 26/11/11 | 13.25            |              |              |
| 14G                | Tamzyn Aisbett        | North Beach | 21/03/21 |                  |              | 12.90        |
| <b>90M HURDLES</b> |                       |             |          |                  |              |              |
| 14B                | Shannon Bell          | Glendale    | 05/12/92 | 13.06            | (13.1)       |              |
| 15G                | Michelle Carew-Gibson | Oceanside   | 22/10/94 | 13.13            | (13.2)       |              |

| Age                 | Name              | Club        | Date     | Hammersley Record | Rounded Time | Away Record* |
|---------------------|-------------------|-------------|----------|-------------------|--------------|--------------|
| <b>100M HURDLES</b> |                   |             |          |                   |              |              |
| 15B                 | Steven Richardson | Glendale    | 02/12/95 | 13.73             | (13.8)       |              |
| 16G                 | Casey Munro-Smith | Glendale    | 09/12/23 | 18.19             |              |              |
|                     |                   |             |          |                   |              |              |
| 17G                 | Poppy Briggs      | North Beach | 16/11/19 | 16.19             |              |              |
| <b>110M HURDLES</b> |                   |             |          |                   |              |              |
| 16B                 |                   |             |          |                   |              |              |
| 17B                 | Liam Goodyear     | Sorrento    | 28/02/15 | 15.17             |              |              |
| <b>200M HURDLES</b> |                   |             |          |                   |              |              |
| 13B                 | Darcy Staples     | Oceanside   | 25/11/17 | 28.57             |              |              |
| 13B                 | Campbell Creyk    | Sorrento    | 05/04/22 |                   |              | 27.55        |
| 14B                 | David Gourdis     | Glendale    | 25/01/03 | 28.40             |              |              |
| 13G                 | Melany Smart      | North Beach | 22/02/14 | 29.75             |              |              |
| 14G                 | Lili Hobbs        | North Beach | 11/11/17 | 29.71             |              |              |

|                     |                       |             |          |       |        |       |
|---------------------|-----------------------|-------------|----------|-------|--------|-------|
| <b>300M HURDLES</b> |                       |             |          |       |        |       |
| 15B                 | Darcy Staples         | Oceanside   | 24/11/18 | 43.51 |        |       |
| 16B                 | Jacob Hristianopoulos | Karrinyup   | 10/11/18 | 40.68 |        |       |
| 17B                 | Ben Minetto           | Oceanside   | 27/10/18 | 43.00 |        |       |
| 15G                 | Jasmine Pugh          | Glendale    | 12/11/16 | 50.29 |        |       |
| 15G                 | Madison Esquivel      | Oceanside   | 20/03/21 |       |        | 47.92 |
| 16G                 | Luka Samuels          | North Beach | 14/12/18 | 49.66 |        |       |
| 16G                 | Madison Esquivel      | Oceanside   | 05/03/22 |       |        | 48.71 |
| 17G                 | Luka Samuels          | North Beach | 26/10/19 | 48.98 |        |       |
| <b>70M</b>          |                       |             |          |       |        |       |
| 7B                  | David Gourdis         | Glendale    | 17/02/96 | 11.14 | (11.2) |       |
| 8B                  | Steven Ilott          | Whitfords   | 10/11/84 | 10.48 | (10.5) |       |
| 9B                  | Shane Cassey          | Karrinyup   | ??/??/80 | 10.10 | (10.1) |       |
|                     | P Haas                | Whitfords   | 05/12/87 | 10.10 | (10.1) |       |
| 10B                 | Grigor Haas           | Whitfords   | 05/12/87 | 9.70  | (9.7)  |       |
| 7G                  | Kimberley Mickle      | Oceanside   | 22/02/92 | 11.78 | (11.8) |       |
| 8G                  | Natalie Hood          | Glendale    | 10/03/84 | 10.81 | (10.9) |       |
| 9G                  | Natalie Hood          | Glendale    | 26/01/85 | 10.25 | (10.3) |       |
| 10G                 | Malaika Deacon        | Karrinyup   | 22/11/86 | 9.87  | (9.9)  |       |
| <b>100M</b>         |                       |             |          |       |        |       |
| 7B                  | David Gourdis         | Glendale    | 24/02/96 | 15.97 | (16.0) |       |

|            |                    |             |             |                         |                     |                     |
|------------|--------------------|-------------|-------------|-------------------------|---------------------|---------------------|
| 8B         | Shane Cassey       | Karrinyup   | ??/??/79    | 14.70                   | (14.7)              |                     |
| <b>Age</b> | <b>Name</b>        | <b>Club</b> | <b>Date</b> | <b>Hamersley Record</b> | <b>Rounded Time</b> | <b>Away Record*</b> |
| 8B         | R Banks            | Glendale    | ??/??/81    | 14.70                   | (14.7)              |                     |
| 9B         | Julian Mathias     | North Beach | ??/??/77    | 13.70                   | (13.7)              |                     |
| 10B        | Troy Hogan         | Whitfords   | ??/??/82    | 13.60                   | (13.6)              |                     |
|            | Grigor Haas        | Whitfords   | 30/01/88    | 13.60                   | (13.6)              |                     |
| 11B        | David Gadsden      | Sorrento    | 24/11/90    | 12.95                   | (13.0)              |                     |
| 12B        | Shane Cassey       | Karrinyup   | ??/??/82    | 12.80                   | (12.8)              |                     |
| 13B        | Alan Nowrojee      | Glendale    | 23/11/85    | 12.17                   | (12.2)              |                     |
| 14B        | Steven Illott      | Whitfords   | 08/12/90    | 11.87                   | (11.9)              |                     |
| 15B        | David Gourdis      | Glendale    | 08/11/03    | 11.50                   |                     |                     |
| 16B        | James Ockelford    | Glendale    | 18/02/06    | 11.40                   |                     |                     |
| 17B        | Anthony Germano    | Glendale    | 23/11/19    | 11.69                   | (11.7)              |                     |
| 7G         | Olivia Reeves      | Whitfords   | 03/02/90    | 16.59                   | (16.6)              |                     |
| 8G         | C Torre            | North Beach | ??/??/79    | 15.10                   | (15.1)              |                     |
| 9G         | Rebecca Starcevich | Sorrento    | ??/??/80    | 14.50                   | (14.5)              |                     |
| 10G        | Rebecca Starcevich | Sorrento    | ??/??/81    | 13.90                   | (13.9)              |                     |
| 11G        | Suzanne Broadrick  | Whitfords   | ??/??/80    | 13.10                   | (13.1)              |                     |
| 12G        | Suzanne Broadrick  | Whitfords   | ??/??/81    | 12.70                   | (12.7)              |                     |
| 13G        | Suzanne Broadrick  | Whitfords   | ??/??/82    | 12.60                   | (12.6)              |                     |
| 14G        | Alison Smith       | North Beach | 01/12/90    | 12.40                   | (12.4)              |                     |
| 15G        | Lisa Morrison      | Oceanside   | 08/02/97    | 12.46                   | (12.5)              |                     |
| 16G        | Kristina Duncan    | Whitfords   | 15/02/03    | 13.00                   |                     |                     |
| 16G        | Sienna Maltese     | Sorrento    | 05/03/22    |                         |                     | 12.81               |
| 17G        | Luka Samuels       | North Beach | 26/10/19    | 13.07                   |                     |                     |

| <b>200M</b> |                  |             |             |                         |                     |            |
|-------------|------------------|-------------|-------------|-------------------------|---------------------|------------|
| 7B          | Shane Egan       | Whitfords   | 03/12/94    | 33.56                   | (33.6)              |            |
| 8B          | Shane Cassey     | Karrinyup   | ??/??/79    | 31.60                   | (31.6)              |            |
|             | S McCrae         | North Beach | ??/??/82    | 31.60                   | (31.6)              |            |
| 9B          | Julian Mathias   | North Beach | ??/??/77    | 29.60                   | (29.6)              |            |
| <b>Age</b>  | <b>Name</b>      | <b>Club</b> | <b>Date</b> | <b>Hamersley Record</b> | <b>Away Record*</b> | <b>Age</b> |
| 10B         | Grigor Haas      | Whitfords   | 28/11/87    | 28.33                   | (28.4)              |            |
| 11B         | Stefan Rajakovic | North Beach | 16/02/13    | 26.97                   |                     |            |
| 12B         | Shane Cassey     | Karrinyup   | ??/??/83    | 26.80                   | (26.8)              |            |
| 12B         | Campbell Creyk   | Sorrento    | 21/03/21    |                         |                     | 26.45      |

|             |                   |             |             |                          |                     |                     |
|-------------|-------------------|-------------|-------------|--------------------------|---------------------|---------------------|
| 13B         | Alan Nowrojee     | Glendale    | 23/11/85    | 24.64                    | (24.7)              |                     |
| <b>Age</b>  | <b>Name</b>       | <b>Club</b> | <b>Date</b> | <b>Hammersley Record</b> | <b>Rounded Time</b> | <b>Away Record*</b> |
| 14B         | Alan Nowrojee     | Glendale    | 07/03/87    | 24.87                    | (24.9)              |                     |
| 15B         | Peter Maher       | Whitfords   | 07/12/96    | 23.96                    | (24.0)              |                     |
| 16B         | Michael Day       | Glendale    | 09/12/00    | 23.39                    | (23.4)              |                     |
| 17B         | Darcy Staples     | Oceanside   | 20/01/21    | 23.60                    | (23.6)              |                     |
| 7G          | Olivia Reeves     | Whitfords   | 11/11/89    | 36.61                    | (36.7)              |                     |
| 8G          | Rebecca Starceвич | Sorrento    | ??/??/79    | 31.50                    | (31.5)              |                     |
| 9G          | Rebecca Starceвич | Sorrento    | ??/??/80    | 30.40                    | (30.4)              |                     |
| 10G         | Rebecca Starceвич | Sorrento    | ??/??/81    | 29.10                    | (29.1)              |                     |
| 11G         | Renee Poetschka   | Karrinyup   | ??/??/82    | 27.90                    | (27.9)              |                     |
| 12G         | Suzanne Broadrick | Whitfords   | ??/??/81    | 26.50                    | (26.5)              |                     |
| 13G         | Suzanne Broadrick | Whitfords   | ??/??/82    | 25.70                    | (25.7)              |                     |
| 14G         | Suzanne Broadrick | Whitfords   | ??/??/83    | 25.60                    | (25.6)              |                     |
| 15G         | J Stannard        | Sorrento    | 12/10/02    | 25.70                    |                     |                     |
| 16G         | Jenna Birtles     | Sorrento    | 16/02/02    | 26.44                    | (26.5)              |                     |
| 16G         | Sienna Maltese    | Sorrento    | 06/03/22    |                          |                     | 25.43               |
| 17G         | Annie Stapleton   | Glendale    | 16/02/19    | 26.69                    |                     |                     |
| <b>300M</b> |                   |             |             |                          |                     |                     |
| 7B          | Brad Dyer         | Oceanside   | 07/12/91    | 55.87                    | (55.9)              |                     |
| 7G          | Olivia Reeves     | Whitfords   | 10/02/90    | 59.52                    | (59.6)              |                     |
| <b>400M</b> |                   |             |             |                          |                     |                     |
| 9B          | Scott Lothian     | Sorrento    | ??/??/80    | 1:09.20                  | (1:09.2)            |                     |
| 10B         | Shane Cassey      | Karrinyup   | ??/??/81    | 1:08.00                  | (1:08.0)            |                     |
| 10B         | Justin Driffill   | Glendale    | ??/??/82    | 1:08.00                  | (1:08.0)            |                     |
| 10B         | Lucas Barron      | Sorrento    | 05/03/22    |                          |                     | 1:05.87             |
| 11B         | Nicky Loncar      | Sorrento    | ??/??/78    | 1:04.10                  | (1:04.1)            |                     |
| 11B         | Oliver Liddle     | Oceanside   | 20/03/21    |                          |                     | 1:01.13             |
| 12B         | Kegan Smith       | Oceanside   | 17/02/07    | 1:02.30                  |                     |                     |
| 13B         | Alan Nowrojee     | Glendale    | 30/11/85    | 58.19                    | (58.2)              |                     |
| 14B         | Fraser Fullerton  | North Beach | 25/02/12    | 56.06                    |                     |                     |
| 15B         | David Preen       | Glendale    | 31/01/87    | 54.07                    | (54.1)              |                     |
| 16B         | Darcy Staples     | Oceanside   | 21/12/20    | 54.15                    | (54.2)              |                     |
| 17B         | Darcy Staples     | Oceanside   | 16/01/21    | 52.56                    | (52.6)              |                     |
| 9G          | Rebecca Starceвич | Sorrento    | ??/??/80    | 1:10.80                  | (1:10.8)            |                     |
| 10G         | Rebecca Starceвич | Sorrento    | ??/??/81    | 1:09.50                  | (1:09.5)            |                     |
| 11G         | Rebecca Starceвич | Sorrento    | ??/??/82    | 1:05.00                  | (1:05.0)            |                     |
| 12G         | Debbie Whinnen    | Karrinyup   | ??/??/79    | 1:02.00                  | (1:02.0)            |                     |

| 13G         | Michelle Buttel   | Glendale  | ??/??/79 | 1:00.80          | (1:00.8)     |              |
|-------------|-------------------|-----------|----------|------------------|--------------|--------------|
| Age         | Name              | Club      | Date     | Hamersley Record | Rounded Time | Away Record* |
|             | Suzanne Broadrick | Whitfords | ??/??/82 | 1:00.80          | (1:00.8)     |              |
| 14G         | Suzanne Broadrick | Whitfords | ??/??/83 | 57.90            | (57.9)       |              |
| 15G         | Sarah Forbes      | Glendale  | 10/02/90 | 59.96            | (1:00.0)     |              |
| 16G         | Jessica Wheeler   | Karrinyup | 14/11/20 | 1:02.12          |              |              |
| 17G         | Jasmine Pugh      | Glendale  | 10/11/18 | 1:03.24          |              |              |
| <b>500M</b> |                   |           |          |                  |              |              |
| 8B          | Cooper Duncan     | Sorrento  | 09/12/17 | 1.41.60          |              |              |
| 8G          | Allaria Ritchie   | Sorrento  | 05/02/22 | 1:48.73          |              |              |

|             |                     |                |          |         |          |         |
|-------------|---------------------|----------------|----------|---------|----------|---------|
| <b>800M</b> |                     |                |          |         |          |         |
| 9B          | Ben O'Sullivan      | Sorrento       | 13/01/18 | 2:44.53 |          |         |
| 10B         | Kale Wright         | Glendale       | 09/02/91 | 2:34.09 | (2:34.1) |         |
| 10B         | Trent Murray        | Karrinyup      | 10/03/24 |         |          | 2:32.48 |
| 11B         | Luke Heathcote      | Glendale       | 02/02/13 | 2:26.64 |          |         |
| 11B         | Sam O'Sullivan      | Sorrento       | 21/03/21 |         |          | 2:24.10 |
| 12B         | Mark Vanderlist     | Takari         | ??/??/80 | 2:20.90 | (2:20.9) |         |
| 13B         | Thomas Bruins       | Glendale       | 08/02/03 | 2:16.60 |          |         |
| 13B         | Ben O'Sullivan      | Sorrento       | 06/03/22 |         |          | 2:09.46 |
| 14B         | Matthew Ryan        | Whitfords      | 21/11/15 | 2:08.80 |          |         |
| 15B         | Matthew Ryan        | Whitfords      | 04/02/17 | 2:07.20 |          |         |
| 15B         | James Chansbury     | ???North Beach | 21/03/21 |         |          | 2:05.29 |
| 16B         | Matthew Ryan        | North Beach    | 14/10/17 | 2:07.89 |          |         |
| 17B         | Owen Hurley         | Oceanside      | 05/12/20 | 2:08.58 | (2:08.6) |         |
| 17B         | Owen Hurley         | Oceanside      | 21/03/21 |         |          | 1:59.58 |
| 9G          | Caitlin Knight      | Oceanside      | 05/12/09 | 2:53.84 |          |         |
| 9G          | Evie Holyoake       | ???Oceanside   | 10/03/24 |         |          | 2:52.77 |
| 10G         | Maya Fernandes      | Glendale       | 11/02/06 | 2:42.00 |          |         |
| 10G         | Ella Masiello       | North Beach    | 19/03/23 |         |          | 2:41.82 |
| 11G         | Sharon Kernaghan    | Karrinyup      | ??/??/79 | 2:35.80 | (2:35.8) |         |
| 11G         | Millie Aloï         | Sorrento       | 10/03/24 |         |          | 2:33.82 |
| 12G         | Gillian de Gruchy   | Sorrento       | ??/??/79 | 2:26.40 | (2:26.4) |         |
| 13G         | Melany Smart        | North Beach    | 01/03/14 | 2:19.20 |          |         |
| 14G         | Melany Smart        | North Beach    | 06/12/14 | 2:22.29 |          |         |
| 15G         | Melany Smart        | North Beach    | 17/10/15 | 2:15.98 |          |         |
| 16G         | Cassiana Papadoulis | North Beach    | 05-02-22 | 2:22.62 |          |         |
| 16G         | Cassiana Papadoulis | North Beach    | 06-03-22 |         |          | 2:17.44 |
| 17G         | Melany Smart        | North Beach    | 14/10/17 | 2:15.38 |          |         |

| Age          | Name           | Club            | Date     | Hamersley Record | Rounded Time | Away Record* |
|--------------|----------------|-----------------|----------|------------------|--------------|--------------|
| <b>1500M</b> |                |                 |          |                  |              |              |
| 11B          | Luke Graves    | Oceanside       | 21/11/09 | 4:58.90          |              |              |
| 11B          | Sam O'Sullivan | Sorrento        | 20/03/21 |                  |              | 4:52.70      |
| 12B          | Luke Graves    | Glendale        | 04/12/10 | 4:48.62          |              |              |
| Age          | Name           | Club            | Date     | Hamersley Record | Rounded Time | Away Record* |
| 12B          | Cooper Bennett | ????North Beach | 20/03/21 |                  |              | 4:45.40      |
| 13B          | Luke Graves    | Glendale        | 25/01/12 | 4:37.41          |              |              |
| 13B          | Ben O'Sullivan | Sorrento        | 05/03/22 |                  |              | 4:27.64      |
| 14B          | Luke Graves    | Glendale        | 17/11/12 | 4:27.38          |              |              |
| 15B          | David Preen    | Glendale        | 28/02/87 | 4:26.01          | (4:26.1)     |              |
| 16B          | Matthew Ryan   | North Beach     | 16/12/17 | 4:28.09          |              |              |
| 17B          | Owen Hurley    | Oceanside       | 14/11/21 | 4:28.04          | (4:36.2)     |              |
| 17B          | Owen Hurley    | Oceanside       | 20/03/21 |                  |              | 4:19.93      |
| 11G          | Heidi Wheeler  | Glendale        | 22/02/86 | 5:13.28          | (5:13.3)     |              |
| 12G          | Jodi Bilich    | Glendale        | ??/??/79 | 5:03.90          | (5:03.9)     |              |
| 13G          | Jodi Bilich    | Glendale        | ??/??/80 | 4:48.60          | (4:48.6)     |              |
| 14G          | Melany Smart   | North Beach     | 07/02/15 | 4.53.73          |              |              |
| 15G          | Melany Smart   | North Beach     | 06/02/16 | 4:40.18          |              |              |
| 16G          | Melany Smart   | North Beach     | 26/11/16 | 4:41.21          |              |              |
| 17G          | Melany Smart   | North Beach     | 16/12/17 | 4:31.86          |              |              |

## FIELD RECORDS

| Age              | Name                  | Club        | Date       | Hamersley Record | Away Record* |
|------------------|-----------------------|-------------|------------|------------------|--------------|
| <b>LONG JUMP</b> |                       |             |            |                  |              |
| 7B               | Oliver Van Der Walt   | Sorrento    | 06/03/21   | 3.42             |              |
| 8B               | Michael Dodd          | Karrinyup   | 29/01/00   | 3.87             |              |
| 8B               | Oliver Van Der Walt   | Sorrento    | 12/02/2022 |                  | 3.94         |
| 9B               | Alex Perin            | Karrinyup   | 01/03/14   | 4.25             |              |
| 10B              | D Foster              | Sorrento    | 19/02/94   | 4.69             |              |
| 11B              | Stefan Rajakovic      | North Beach | 02/03/13   | 5.31             |              |
| 12B              | Jason Perry           | Glendale    | 21/11/87   | 5.35             |              |
| 13B              | Alan Nowrojee         | Glendale    | 30/11/85   | 5.76             |              |
| 14B              | Alan Nowrojee         | Glendale    | 29/11/86   | 6.15             |              |
| 15B              | David Gourdis         | Glendale    | 17/01/04   | 6.77             |              |
| 16B              | Jacob Hristianopoulos | Karrinyup   | 24/11/18   | 6.46             |              |
| 17B              | Alex Perin            | Karrinyup   | 06/03/21   | 6.44             |              |
| 17B              | Alex Perin            | Karrinyup   | 21/03/21   |                  | 6.58         |

| Age | Name                  | Club        | Date     | Hamersley Record | Away Record* |
|-----|-----------------------|-------------|----------|------------------|--------------|
| 7G  | Kimberley Mickle      | Oceanside   | 15/02/92 | 3.19             |              |
| 8G  | Danja Worrad          | North Beach | 03/02/18 | 3.54             |              |
| 9G  | Sara Stoitis          | Karrinyup   | 15/02/92 | 4.01             |              |
| 10G | Natalie Hood          | Glendale    | 09/11/85 | 4.27             |              |
| 11G | Michelle Carew-Gibson | Oceanside   | 23/02/91 | 4.76             |              |
| 12G | Michelle Carew-Gibson | Oceanside   | 25/01/92 | 4.76             |              |
| 13G | Diana Christenson     | Karrinyup   | ??/??/74 | 5.07             |              |
| Age | Name                  | Club        | Date     | Hamersley Record | Away Record* |
| 13G | Michelle Carew-Gibson | Oceanside   | 17/01/93 | 5.07             |              |
| 14G | Lisa Morrison         | Oceanside   | 10/02/96 | 5.42             |              |
| 15G | Lisa Morrison         | Oceanside   | 15/02/97 | 5.52             |              |
| 16G | Madison Esquivel      | Oceanside   | 15/01/22 | 5.11             |              |
| 16G | Madison Esquivel      | Oceanside   | 04/03/22 |                  | 5.23         |
| 17G | Laura Melis           | Glendale    | 21/02/04 | 5.33             |              |

### TRIPLE JUMP

|     |                  |             |          |       |       |
|-----|------------------|-------------|----------|-------|-------|
| 11B | Stefan Rajakovic | North Beach | 23/02/13 | 10.75 |       |
| 12B | Shane Cassey     | Karrinyup   | ??/??/83 | 11.13 |       |
| 13B | Alan Nowrojee    | Glendale    | 25/01/86 | 12.13 |       |
| 14B | Alan Nowrojee    | Glendale    | 07/03/87 | 13.25 |       |
| 15B | David Gourdis    | Glendale    | 01/11/03 | 13.08 |       |
| 16B | Grant Szalek     | Sorrento    | 01/02/14 | 12.62 |       |
| 17B | Alex Perin       | Karrinyup   | 13/03/21 | 13.18 |       |
| 11G | Sophie Alexander | Glendale    | 29/01/22 | 9.90  |       |
| 12G | Kylie Vallence   | Karrinyup   | 21/11/87 | 10.02 |       |
| 12G | Sophie Alexander | Glendale    | 19/03/23 |       | 10.04 |
| 13G | Melany Smart     | North Beach | 01/02/14 | 10.84 |       |
| 14G | Lisa Morrison    | Oceanside   | 03/02/96 | 11.25 |       |
|     | Abigail Dargan   | North Beach | 24/11/12 | 11.25 |       |
| 15G | Alison Smith     | North Beach | 16/11/91 | 11.34 |       |
| 16G | Madison Esquivel | Oceanside   | 20/11/21 | 11.06 |       |
| 16G | Madison Esquivel | Oceanside   | 06/03/22 |       | 11.31 |
| 17G | Claire Nankivell | Oceanside   | 09/10/04 | 11.04 |       |
| 17G | Caitlin Courtie  | Oceanside   | 19/03/21 |       | 11.08 |

### HIGH JUMP

#### SCISSORS

|     |                     |           |          |      |      |
|-----|---------------------|-----------|----------|------|------|
| 9B  | Oskar Tindall       | Sorrento  | 19/11/16 | 1.15 |      |
| 9B  | Oliver Van Der Walt | Sorrento  | 18/03/23 |      | 1.15 |
| 10B | Alex Perin          | Karrinyup | 07/02/15 | 1.32 |      |
| 9G  | Maali White         | Glendale  | 06/03/21 | 1.17 |      |
| 10G | Sophie Alexander    | Glendale  | 13/03/21 | 1.25 |      |
| 10G | Sophie Alexander    | Glendale  | 21/03/21 |      | 1.30 |

| Age                | Name             | Club        | Date     | Hamersley Record | Away Record* |
|--------------------|------------------|-------------|----------|------------------|--------------|
| <b>FOSBURY</b>     |                  |             |          |                  |              |
| 11B                | Jay Burton       | Karrinyup   | 03/03/84 | 1.52             |              |
| 12B                | Jay Burton       | Karrinyup   | 27/10/84 | 1.62             |              |
| 13B                | Alex Perin       | Karrinyup   | 04/11/17 | 1.74             |              |
| 14B                | Grant Szalek     | Sorrento    | 18/02/12 | 1.74             |              |
| 15B                | Grant Szalek     | Sorrento    | 09/02/13 | 1.90             |              |
| 16B                | Grant Szalek     | Sorrento    | 16/11/13 | 1.89             |              |
| 17B                | Alex Perin       | Karrinyup   | 16/01/21 | 2.01             |              |
| 11G                | Sophie Alexander | Glendale    | 08/01/22 | 1.42             |              |
| 12G                | Leah Richards    | Glendale    | 30/11/13 | 1.50             |              |
| 13G                | J Wilcox         | Takari      | 09/02/85 | 1.58             |              |
| 14G                | Stacey Woodhouse | Oceanside   | 25/02/95 | 1.65             |              |
| 14G                | Isahara Russell  | Sorrento    | 21/03/21 |                  | 1.66         |
| 15G                | Isahra Russell   | Sorrento    | 29-01-22 | 1.62             |              |
| 15G                | Isahra Russell   | Sorrento    | 04/03/22 |                  | 1.65         |
| 16G                | Saskia Pope      | North Beach | 18/01/20 | 1.61             |              |
| 17G                | Annie Stapleton  | Glendale    | 11/01/19 | 1.65             |              |
| 17G                | Saskia Pope      | North Beach | 20/03/21 |                  | 1.66         |
| <b>SHOTPUT 1KG</b> |                  |             |          |                  |              |
| 7B                 | Maxim Collins    | Whitfords   | 18/02/17 | 7.97             |              |
| 7G                 | Clancy Boss      | Karrinyup   | 11/02/17 | 7.03             |              |
| <b>1.5KG</b>       |                  |             |          |                  |              |
| 8B                 | Joshua Anfusio   | North Beach | 03/01/03 | 8.50             |              |
| 8G                 | Danja Worrada    | North Beach | 03/02/18 | 7.32             |              |
| <b>2KG</b>         |                  |             |          |                  |              |
| 9B                 | Tejas Singh      | Karrinyup   | 10/02/24 | 8.49             |              |
| 9B                 | Tejas Singh      | Karrinyup   | 10/03/24 |                  | 9.31         |
| 10B                | Scott Vickery    | Karrinyup   | ??/??/74 | 10.32            |              |
| 11B                | Matthew Seitz    | North Beach | 11/02/06 | 11.11            |              |
| 12B                | Rocco Parlongo   | Glendale    | 15/01/22 | 13.31            |              |
| 9G                 | Sinead Du Toit   | Whitfords   | 26/02/11 | 7.57             |              |
| 10G                | Elora Bartlett   | Glendale    | 24/01/04 | 9.38             |              |
| 11G                | Elora Bartlett   | Glendale    | 22/01/05 | 11.13            |              |
| 12G                | Elora Bartlett   | Glendale    | 04/02/06 | 12.38            |              |
| <b>3KG</b>         |                  |             |          |                  |              |
| 13B                | Paul Mardle      | Sorrento    | ??/??/76 | 14.04            |              |
| 13G                | Elora Bartlett   | Glendale    | 09/12/06 | 11.56            |              |
| 14G                | Sinead Du Toit   | Oceanside   | 14/11/15 | 11.94            |              |
| 15G                | Sinead Du Toit   | Oceanside   | 19/11/16 | 12.70            |              |
| 16G                | Sinead Du Toit   | Oceanside   | 04/11/17 | 12.48            |              |
| 17G                | Chloe Metcalf    | Glendale    | 13/02/16 | 11.28            |              |

| Age        | Name          | Club      | Date       | Hammersley Record | Away Record* |
|------------|---------------|-----------|------------|-------------------|--------------|
| <b>4KG</b> |               |           |            |                   |              |
| 14B        | Shannon Bell  |           | 16/01/1993 | 14.04             |              |
| 15B        | Shaun O'Brien | Karrinyup | 13/02/93   | 15.63             |              |
| <b>5KG</b> |               |           |            |                   |              |
| 16B        | Elliot Wilton | Karrinyup | 02/03/24   | 8.91              |              |
| 17B        | Alex Perin    | Karrinyup | 16/01/21   | 13.66             |              |

|               |                |             |          |       |       |
|---------------|----------------|-------------|----------|-------|-------|
| <b>DISCUS</b> |                |             |          |       |       |
| <b>350G</b>   |                |             |          |       |       |
| 7B            | Joshua Anfuso  | North Beach | 23/02/02 | 21.60 |       |
| 7G            | Clancy Boss    | Karrinyup   | 04/02/17 | 17.40 |       |
| <b>500G</b>   |                |             |          |       |       |
| 8B            | Joshua Anfuso  | North Beach | 10/01/03 | 22.70 |       |
| 9B            | Shane Cassey   | Karrinyup   | ??/??/80 | 29.04 |       |
| 10B           | Paul Mardle    | Sorrento    | 17/03/73 | 33.98 |       |
|               | J Macander     | North Beach | ??/??/83 | 33.98 |       |
| 11B           | Rocco Parlongo | Glendale    | 28/11/20 | 35.22 |       |
| 11B           | Rocco Parlongo | Glendale    | 20/03/21 |       | 35.65 |
| 8G            | Clancy Boss    | Karrinyup   | 04/11/17 | 16.92 |       |
| 9G            | Elora Bartlett | Glendale    | 23/11/02 | 22.52 |       |
| 10G           | Nicole Kuhaupt | Karrinyup   | ??/??/81 | 26.44 |       |
| 11G           | Jessica Avins  | North Beach | 11/02/23 | 26.90 |       |
| 11G           | Jessica Avins  | North Beach | 19/03/23 |       | 28.75 |
| <b>750G</b>   |                |             |          |       |       |
| 12B           | Paul Mardle    | Sorrento    | ??/??/75 | 40.88 |       |
| 13B           | Paul Mardle    | Sorrento    | 21/02/76 | 49.58 |       |
| 12G           | Sinead Du Toit | Oceanside   | 07/12/13 | 34.06 |       |
| 13G           | Sinead Du Toit | Oceanside   | 14/02/15 | 40.57 |       |
| <b>DISCUS</b> |                |             |          |       |       |
| <b>1KG</b>    |                |             |          |       |       |
| 14B           | Shannon Bell   | Glendale    | 21/02/93 | 43.96 |       |
| 14B           | Rocco Parlongo | Glendale    | 24/02/24 |       | 44.99 |
| 15B           | Shaun O'Brien  | Karrinyup   | 07/11/92 | 50.90 |       |
|               |                |             |          |       |       |
| 14G           | Sinead Du Toit | Oceanside   | 13/02/16 | 35.50 |       |
| 15G           | Sinead Du Toit | Oceanside   | 05/11/16 | 39.12 |       |
| 16G           | Sinead Du Toit | Oceanside   | 18/11/17 | 36.44 |       |
| 17G           | Chloe Metcalf  | Glendale    | 10/10/15 | 33.01 |       |
| <b>1.5KG</b>  |                |             |          |       |       |
| 16B           | Samuel Rowling | North Beach | 19/11/22 | 26.88 |       |
| 17B           | Jacob Matteo   | Glendale    | 02/11/19 | 41.87 |       |

| Age                   | Name            | Club        | Date     | Hamersley Record | Away Record* |
|-----------------------|-----------------|-------------|----------|------------------|--------------|
| <b>JAVELIN VORTEX</b> |                 |             |          |                  |              |
| 7B                    | Kristian O'Shea | North Beach | 26/11/16 | 28.08            |              |
| 7G                    | Clancy Boss     | Karrinyup   | 04/02/17 | 15.41            |              |
| <b>TURBO</b>          |                 |             |          |                  |              |
| 8B                    | Joshua Anfuso   | North Beach | 03/01/03 | 23.71            |              |
| 9B                    | Michael Dodd    | Karrinyup   | 10/02/01 | 27.92            |              |
| 10B                   | Maxim Collins   | Oceanside   | 23/01/19 | 30.00            |              |
| 8G                    | Danja Worrad    | North Beach | 24/01/18 | 16.78            |              |
| 9G                    | Hayley Miller   | Oceanside   | 26/11/04 | 20.93            |              |
| 10G                   | Jessica Avins   | North Beach | 18/12/21 | 22.36            |              |
| <b>400G</b>           |                 |             |          |                  |              |
| 11B                   | Darren Jones    | Karrinyup   | ??/??/80 | 35.76            |              |
|                       | Jarrold Chapman | Glendale    | 04/02/06 | 35.76            |              |
| 12B                   | Shane Cassey    | Karrinyup   | ??/??/83 | 39.00            |              |
| 12B                   | Rocco Parlongo  | Glendale    | 06/03/22 |                  | 41.67        |
| 11G                   | Emily Dimmer    | Oceanside   | 03/02/96 | 29.06            |              |
| 12G                   | Elora Bartlett  | Glendale    | 11/02/06 | 36.02            |              |
| 13G                   | Hannah Thompson | North Beach | 13/10/01 | 36.41            |              |

|             |                   |             |          |       |       |
|-------------|-------------------|-------------|----------|-------|-------|
| <b>500G</b> |                   |             |          |       |       |
| 14G         | Natalie McInnes   | North Beach | 25/02/23 | 25.60 |       |
| 15G         | Emma Gabbitus     | Sorrento    | 20/01/21 | 40.50 |       |
| 16G         | Emma Gabbitus     | Sorrento    | 08/01/22 | 40.08 |       |
| 16G         | Emma Gabbitus     | Sorrento    | 05/03/22 |       | 40.75 |
| 17G         | Emma Gabbitus     | Sorrento    | 18/2/23  | 41.17 |       |
| <b>600G</b> |                   |             |          |       |       |
| 13B         | Philip Winstanley | Karrinyup   | ??/??/79 | 40.64 |       |
| 13B         | Rocco Parlongo    | Glendale    | 19/03/23 |       | 41.04 |
| <b>700G</b> |                   |             |          |       |       |
| 14B         | Rocco Parlongo    | Glendale    | 14/10/23 | 40.13 |       |
| 14B         | Rocco Parlongo    | Glendale    | 16/12/23 |       | 43.04 |
| 15B         | Jacob Matteo      |             | 25/11/17 | 41.60 |       |
| 16B         | Daniel Smith      |             | 17/10/15 | 49.97 |       |
| 17B         | Daniel Smith      |             | 25/01/17 | 52.90 |       |

THANKYOU TO OUR SPONSORS:

