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PRESIDENT'S MESSAGE

From the President to you

At Chelsea Little Athletics we have always focused on the values of fitness for the athletes, in the company of their family and friends, along with the basic requirement for it to be fun. So it's an important time for all our athletes, new and old, and their families as we all prepare to do our best and meet the expected challenges ahead.

Your Centre Committee is this year focused on improving the facilities for the athletes and providing the encouragement for all participants to get involved. We count our parents as participants also because without them there is no organization and no activity. To the athletes reading this don't let the opportunity of this season pass you by without going flat out to improve your performance. Your parents will most likely agree with me that there is no time like childhood so grab this season and make it memorable for yourself and your family.

I would ask all parents to consider their involvement here at Little Athletics. Look at all the fun the kids have - it's there for you too if you throw yourself into the fray and join the volunteers running the day. You cannot do anything wrong so please come out to an event site to be with your children and offer your assistance. The athletes love to see their parents out there, joining them and their friends and the other volunteers will welcome your help with glad hearts. It's all dead simple this officiating and experienced hands are around the arena for support and advice. We guarantee that the athletic performances will give your spirits a real boost as the children strive to better their previous results.

In season 2005/6 we and the Little Athletics Association are facing the challenge of scheduling a season around the Commonwealth Games. The extended Christmas break is gone and many important dates are being crammed into the shortened period available. Please keep an eye on newsletters and notices boards as we seek to remind everyone of Relays, Open Days and Championships.

Speaking of these events, don't be shy about wanting to represent your Centre at a higher level. We welcome your enthusiasm and encourage your involvement in our teams as it will improve your performances – and that's what counts. Parents don't escape when it comes to these events either as low key official duties are allocated to the Centre. There is an Officials course and various levels of coaching competence to be attained for those interested parents, graduates of either being invaluable to the Centre.

Our catch word for this season could well be just – **SUPPORT**.

SUPPORT the athletes as they strive in all manner of weather conditions.

SUPPORT them when their expectations are not met as well as you would when they create their own piece of glory.

SUPPORT the officials as they selflessly give their time to run events for all our children and

SUPPORT your local Little Athletics Centre as we aim to provide a low cost healthy sport for our families.

See you out there

Andrew Holten

ON TRACK

What is On Track?

On Track - An Athletics Skills Program, is a progressive skills-based program that aims to provide children with more:

- activity
- instruction
- skill development
- enjoyment

The program is being implemented throughout the State, with about 75% of all Centres now participating. Parents and coaches have attended training courses and have been provided with training material to run On Track at their Centres.

The On Track Levels

On Track is an athletics skills and modified event program. Children start at:

- Level 1 - Fundamental Motor Skills
- Level 2 - Fundamental Athletic Skills
- Level 3 - Transitional Athletic Skills

Currently this modified event program, designed by VLAA, is aimed at the U6's to U8's. At Chelsea Little Athletics Centre, we run On Track for the Under 6 and Under 7 age groups, with the athletes then progressing to a full 5-event program at Under 8.

As well as trained On Track Co-ordinators, we need parent assistance to run the program of activities each week. You'll find that by joining in and assisting the co-ordinators, you'll have as much fun as the athletes.

Full details are available on the VLAA web site at:

http://www.vlaa.asn.au/main.asp?Page_ID=358

2005/2006 JUNIOR DEVELOPMENT SQUAD

The Junior Development Squad (JDS) is a program aimed at giving our talented athletes a little more in terms of coaching, education, competition and a sense of accomplishment. Athletes must qualify for the squad by achieving athletic results that better a set performance criteria.

The squad is open to all registered athletes from U/12 to U/15 that achieve the performance criteria. Ranging from mid-October to late February, the program consists of numerous activities including coaching days, alternate coaching sessions, coaching camp, education sessions, role model sessions with elite athletes and a presentation ceremony.

Full details are available on the VLAA web site at:

http://www.vlaa.asn.au/main.asp?Page_ID=357

CENTRE COMMITTEE & LIFE MEMBERS

CHELSEA LITTLE ATHLETICS CENTRE

CENTRE NUMBER 60

**CENTRE COLOURS - YELLOW, WHITE, RED & BLACK SINGLET
BLACK SHORTS / SPORTS BRIEFS**

CENTRE COMMITTEE 2005/2006

PRESIDENT	Andrew Holten acvh@rotaloo.com	Tel: 9580 0129
VICE PRESIDENT	Jane Framer happynut@alphalink.com.au	Tel: 9512 0441
SECRETARY	Michael Stock michael.stock@aussiehomeloans.com.au	Tel: 9776 1331
TREASURER	Sue Davis suedavis@optusnet.com.au	Tel: 9512 0052
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	Richard Cullen rich.susan@bigpond.com	Tel: 9580 6979
	Chris Kelly chrismkelly@dodo.com.au	Tel: 9773 2550

LIFE MEMBERS OF THE CHELSEA CENTRE

Mr Jim Rankin
Mr Peter Richardson
Mr Brian Gray
Mr John Ellem
Mr Doug Gittens
Mr Paul Riley
Mrs Carol Butterfield
Mr Ian Dornom
Mr Trevor Sasman
Mrs Ros MacInnes
Mr Ray Fyans
Mrs Sue Davis
Mr Alan Senior

Mr John Van Eichteld
Mr Lindsay Best
Mr Ian Brown
Mr Frank Sullivan
Mrs Ann Riley
Mrs Faye Cornwill
Mr Greg Butterfield
Mr Steve Downie
Mr Mark Thomas
Mr Terry Clark
Mrs Elaine Simpson
Mrs Liz Scammell

CLUB COLOURS AND COMMITTEES

CHELSEA LITTLE ATHLETICS CENTRE 2005 - 2006

ROADRUNNERS

Yellow T-Shirt, Black Shorts/Sports Briefs

President

Carlo Ballerini
cballerini@vtown.com.au
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SKYE 3977
Tel: 8787 7191

Secretary

Carolyn Browne
Tel: 9772 3691

Committee

Jamie Fleming Silvana Thomson
Chris Uhrynowycz

REDBACKS

Red T-Shirt, Black Shorts/Sports Briefs

President

Jane Farmer
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ASPENDALE 3195
Tel. 9512 0441

Secretary

Andrew Holten
Tel: 9580 0129

Committee

Richard Cullen Samantha Gent
Denise Fitzsimon Mim Phillips
Christine Lee

PANTHERS

White T-Shirt, Black Shorts/Sports Briefs

President

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michael.stock@aussiehomeloans.com.au
18 Keith Avenue
EDITHVALE 3196
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Secretary

Elaine Simpson
Tel: 9773 1016

Committee

Peter Crawford Marc Laval
Anne Mellett

CALENDAR FOR SEASON 2005/2006

OCTOBER 2005

Sat	1st	Week 1 competition - Program 1
Sat	8th	Week 2 competition - Program 2
Fri	14th	Spirit of Victoria Meeting – hosted by Sandringham (U12 – Inters)
Sat	15th	Week 3 competition - Program 3
Sat	22nd	Week 4 competition - Program 1
Sat	29th	Week 5 competition - Program 2

NOVEMBER 2005

Sat	5th	Week 6 competition - Program 3 + Laps For Kids
Fri	11th	Spirit of Victoria Meeting – hosted by Oakleigh (U12 – Inters)
Sat	12 th	Week 7 competition - Program 1
Sat	19 th	Week 8 competition - Program 2
Sun	20th	Regional Relay Championships – hosted by Springvale (U9-15)
Sat	26th	Week 9 competition - Program 3

DECEMBER 2005

Sat	3rd	Week 10 competition - Program 1
Fri	9 th	Week 11 competition - Program 2 (Twilight meeting – 5:30pm)
Sun	11th	State Relay Championships - Olympic Park (U9 - U15)
Sat	17th	Week 12 competition - Program 3

JANUARY 2006

Sun	1st	Entries close – Chelsea Open Day
Sat	14th	Week 13 competition - Program 1
Sat	21st	Open Day Working Bee & Track Preparation - Parents and Officials – No Centre Competition
Sun	22nd	Chelsea Open Day
Sat	28th	Week 14 competition - Program 2

FEBRUARY 2006

Sat/Sun	4th/5th	Region Track & Field Championships – hosted by Frankston (U9-U15)
Fri	10th	Spirit of Victoria Meeting – hosted by Mentone (U12 – Inters)
Sat	11 th	Week 15 competition – Program 3
Fri	17th	Week 16 competition - Program 1 (Twilight meeting – 5:30pm)
Sat/Sun	18th/19th	State Multi Event - hosted by Moe (U9 – U15)
Sat	25 th	Week 17 competition - Program 2

MARCH 2006

Sat/Sun	4th/5th	State Track and Field Championships – Bendigo (U9 - U15)
Sun	12th	Medallion Day, Centre Presentations and AGM

APRIL 2006

Cross Country Season commences (date to be confirmed)

OTHER EVENTS OF NOTE (Confirm Dates with Committee, see Notice Board during season)

Sun	9th	October	Junior Development Squad training
Sun	23rd	October	Junior Development Squad training
Sun	6th	November	Mentone Invitation Relays Open Day (U9 – U15)
Fri	25 th	November	SMR Coaching Camp – Merricks (U10 – U15)
Sat	26 th	November	SMR Coaching Camp – Merricks (U10 – U15)
Sun	27th	November	SMR Coaching Camp – Merricks (U10 – U15), Seaford Open Day
Sun	4 th	December	SMR Junior Carnival, Waverley Open Day
Sun	18th	December	Junior Development Squad training
Sun	15 th	January	Southern Peninsula Open Day
Sun	12th	February	Junior Development Squad training

WEEKLY PROGRAM DETAILS

PROGRAM 1

U/6	On Track	50m			
U/7	On Track	50m	SP		
U/8	100m	50m	400m	DIS	LJ
U/9	100m	70m	400m	LJ	SP
U/10	100m	70m	400m	LJ	DIS
U/11	100m	70m	400m	HJ	LJ
U/12	100m	JAV	400m	HJ	LJ
U/13	100m	JAV	400m	TJ	SP
U/14	100m	JAV	400m	TJ	SP
U/15	100m	JAV	400m	TJ	SP
Inter Aths	100m	JAV	400m	TJ	SP

PROGRAM 2

U/6	On Track	LJ			
U/7	On Track	100m	DIS		
U/8	60mH	JAV	150m	SP	DIS
U/9	60mH	800m	LJ/TJ	HJ	DIS
U/10	60mH	800m	LJ/TJ	HJ	SP
U/11	60mH	800m	150m	TJ	DIS
U/12	60mH	800m	150m	TJ	SP
U/13	300mH	800m	150m	LJ	DIS
U/14	300mH	800m	150m	LJ	DIS
U/15	300mH	800m	150m	LJ	DIS
Inter Aths	300mH	800m	150m	LJ	DIS

PROGRAM 3

U/6	On Track	70m			
U/7	On Track	70m	LJ		
U/8	70m	81mH	200m	LJ	SP
U/9	JAV	81mH	200m	TJ	SP/DIS
U/10	JAV	81mH	200m	TJ	SP/DIS
U/11	JAV	81mH	200m	1500m	SP
U/12	70m	81mH	200m	1500m	DIS
U/13	70m	81mH	200m	1500m	HJ
U/14	70m	81/90mH	200m	1500m	HJ
U/15	70m	90/100mH	200m	1500m	HJ
Inter Aths	70m	90/100mH	200m	1500m	HJ

CODE OF ETHICS

Parents, coaches and officials by example of behaviour, have an enormous influence on our children. All adult participants in Little Athletics should form an accepted pattern of behaviour based on the following ideals.

1. Do not criticise children in front of others, but offer constructive criticism in private.
2. Do not criticise opposing athletes or supporters by word or gesture.
3. Accept decisions made by officials as being fair and called to the best of their ability.
4. Set a good example by your own personal appearance and actions.
5. Make every athletics meeting serve as a training ground for life and as a basis for good mental and physical health.
6. Place the welfare and development of the individual child above the need to win.
7. Do read and put into practice the relevant sections of the "Code of Conduct" leaflet which is available from your Club Team Manager.
8. Support the VicHealth policies outlined in this Handbook.

If Little Athletics is to be enjoyed by all in the spirit of "Family, Fun and Fitness" then the co-operation of all parents, coaches and officials is of primary importance.

SUNSMART POLICY

This SunSmart policy was implemented on September 1st 1996.

The health of our members is of primary concern for the Chelsea Little Athletics Centre. Australia has the highest rate of skin cancer in the world, with two out of three people experiencing some form of skin cancer during their lifetime. It is acknowledged that skin cancer is a preventable disease and Chelsea Little Athletics Centre has implemented a preventative strategy including the following actions:

1. Wherever possible competition and training will be scheduled outside the hours of 11.00 a.m. to 3.00 p.m. (daylight savings time).
2. The Centre will maximise the use of natural shade provided by buildings and trees.
3. Portable shade will be provided at all field event venues and in the track marshalling areas.
4. Individuals will be encouraged to bring their own shade structures to all outdoor Centre and Region activities.
5. Officials and athletes will promote the wearing of sun protective clothing.
This will include:
 - Shirts with long sleeves and a collar.
 - Wide brimmed or legionnaires hats.
 - Sunglasses.
6. Athletes will be encouraged to wear hats and sunglasses while competing. SPF15+ or higher sunscreens will be promoted and provided by the Centre. Athletes and officials will be reminded to apply sunscreen prior to activity during peak UV periods.
7. The Centre canteen will have sunscreen available for sale.
8. The Centre will provide skin cancer educational sessions to increase awareness of this health issue.
9. Event programs, newsletters and public announcements will be used to maintain awareness and promote sun protective behaviour.
10. Centre Executive members, coaches and officials will act as SunSmart role models.

The SunSmart policy will be reviewed annually to ensure that it remains current and practical.

NUTRITION POLICY

This nutrition policy was implemented on September 1st 1996.

Healthy eating is a vital part of good health. Lifestyle diseases such as cardiovascular disease, certain cancers, non-insulin dependent diabetes and obesity are all associated with the food we eat. These diseases are major causes of death in Victoria.

Chelsea Little Athletics Centre acknowledges that healthy eating can have an impact on health status and that the provision of healthy foods will contribute to better health for all.

The Chelsea Little Athletics Centre is committed to ensuring that:

1. The Centre canteen will provide a variety of healthy food choices.
2. Healthy food choices will be available at all events.
3. Healthy eating and the role of food in relation to health will be promoted in Centre publications.

This policy will be reviewed annually to ensure that it remains relevant to the needs of the Centre.

SMOKING POLICY

This Smoke-free policy was implemented on September 1st 1996.

1. Cigarettes will not be sold at any venue used by Chelsea Little Athletics Centre.
2. Executive members, coaches and officials will not smoke in public when representing the Centre.
3. All Centre meetings will be smoke-free.
4. Edithvale Recreational Reserve is smoke-free. Smokers are advised to use the grass area in the park, behind the equipment shed.
5. The Centre will supply and have available Quit smoking literature for members and supporters.
6. Reference will be made to the smoke-free policy in all Centre publications and on Centre letterhead.
7. All visitors will be encouraged to observe this policy.

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WHAT DO WE DO ON SATURDAY MORNINGS?

(Terms in CAPITALS are defined in following sections)

- 1 At 7.45 am a hardy band of Committee members and ROSTERED OFFICIALS begin to set up the equipment. Feel free to assist without being asked.
- 2 ROSTERED OFFICIALS, who need to be available at 8.30 am, are given their tasks and sent to their posts. First event for some is 8.45 am, so be on time.
- 3 Athletes wear their Club uniforms with their name tags displayed.
- 4 At 8.30 am we start our competition program with the all important warm up exercises. Announcements are also made and newsletters etc handed out, so be there and be alert.
- 5 To keep our programs running smoothly and on time we start some senior age group events at 8.45 am, after a separate warm up.
- 6 The running order of the day's program is shown on the whiteboard for all age groups.
- 7 The children are organised into their age groups or with the ON-TRACK CO-ORDINATOR (U/6, U/7), and sent to their starting events for a 9.00 am start.
- 8 Events are conducted under the COMPETITION RULES listed in a following section.
- 9 After finishing each event athletes receive a ticket showing their performance, and are given a STAR on the ticket if it is a new PERSONAL BEST. These event tickets can and should be put into each athlete's album or "STICKER BOOK". Our recording sheets are updated weekly to show each athlete's current PERSONAL BEST so that instant recognition and encouragement can be given at the event.
- 10 The recording sheets are input to our computer to:
 - record athletes' PERFORMANCES
 - highlight and update PERSONAL BESTS
 - highlight and update CENTRE RECORDS.
 - calculate INDIVIDUAL PERFORMANCE POINTS
 - calculate CLUB PERFORMANCE POINTS
- 11 As events are completed they are crossed off the whiteboard and announcements made over the Public Address to direct age groups to their next event.
- 12 We aim to finish each program by 12.30, after which many hands help to put away the equipment.
- 13 **Please parents, if you are not present all morning, don't be late picking up your child. This is particularly important if bad weather causes an early finish or cancellation. We cannot be responsible for children after competition finishes.**

WHAT DOES MEAN?

OFFICIALS & OFFICIALS' ROSTER

Little Athletics needs officials to run smoothly. Being an Official is not demanding and is an excellent way of helping and encouraging our children. It can also be a very social event for the Officials! Jobs range from measuring discus throws to raking the long jump pits, and include setting up equipment and recording results. There is something for everyone, and you are insured. To share the tasks fairly we establish a roster. Please do your best to be available and on time, or find a replacement if you are unavailable.

AGE GROUP CO-ORDINATORS

These are Officials who are in charge of one of the younger age groups (U/6 - U/8), to keep them together and at the correct event. We try to fill these on a season basis so the young ones know who their "mother/father hen" is.

COACHING

Training and coaching is not compulsory, **but** we like our Athletes to have some knowledge of basic skills for each event. It is all too easy to fall into incorrect techniques and so very hard to "unlearn" these and "re-learn" correct techniques later. As there is not much time on Saturday mornings, the Centre provides coaching by qualified coaches on most Sundays (10.00 am. - 12.00 noon) and some evenings. Full details are given during the season.

PERSONAL BEST *STARS*

Each time an athlete improves their own Personal Best performance they are rewarded with a **STAR** on the event ticket. At Chelsea we try to emphasise this aspect by concentrating not on where you may come, but how well you perform against your best. We have special **5 STAR** Awards for those fortunate enough to achieve 5 Personal Bests on one day. If an Athlete gains 3 or more Personal Bests on the one morning, their names and result are published in one or both of the local newspapers in recognition of their effort. **For end-of-season awards, Personal Best performances are not recorded, even though they may occur, until the first three rounds of competition have been completed.**

STICKER BOOKS

This is the term applied to the season recording book given to each athlete, which is provided for keeping event tickets ("sticking them in") and details of performances. Over time these become wonderful mementos. **Sticker books are handed in to the Clubs at the end of the season and count towards end-of-season awards.**

CENTRE RECORDS

These are the best recorded performances achieved by Chelsea Little Athletes at Centre competitions.

PERFORMANCE POINTS - INDIVIDUAL and CLUB

Each athlete's performance is rated against set Victorian standards and points awarded, with typically 50 points for an excellent performance and at least 10 points awarded for competing. These are tallied for end of year awards. The total points for each Club are divided by the number of events and number of athletes and added to the Club average Personal Best Performance to compare the Clubs and decide the Centre Shield.

WHAT DOES MEAN? (continued)

SMR, VLAA

SMR is Southern Metropolitan Region, which is the next organisation level up from our Centre. It comprises 18 Centres from Brighton to Southern Peninsula (at Rosebud) to Pakenham. There are 3 other Metropolitan Regions and 4 Country Regions in the Victorian Little Athletics Association or VLAA.

REGION HEATS and STATE CHAMPIONSHIPS

Competitions are conducted for Relays in the first half of the season and for individual Track and Field in the second half. Registered athletes in the Under 9 age groups upwards are eligible to enter. The Region Heats have often been held at Caulfield Centre's track at Murrumbeena and the State Finals at Olympic Park. The Relay heats this year will be held at Springvale.

These championships are run by volunteers and each Centre has to provide a certain number of officials to fulfil specific duties. **We remind parents that should your child decide to enter these competitions, you will be required to officiate on those days for a short time.**

BRING A FRIEND DAY

On this day athletes are asked to invite their friends to come and try our activities.

SMR CAMP

This is a coaching clinic held for U10's to U15's. The children always have great fun at these Camps and make a lot of new friends. Southern Metropolitan Region have organised this season's Camp to be held on the weekend of Friday 22nd November to Sunday 24th November at Shoreham. Entry forms are available from our Centre Secretary. All eligible athletes are strongly encouraged to attend. The cost is \$ 55.00. (Subject to amendment on advice from SMR).

CHELSEA OPEN DAY

Open Days are run for athletes of all age groups and from all Centres. We will hold our 26th Annual Open Day on Sunday, 22nd January 2006. Our Open Day has always been noted for its happy and relaxed atmosphere and good organisation. It is open to all registered Little Athletes from Victoria and interstate and we encourage all of our Chelsea Athletes to help make this another successful day.

MEDALLION DAY

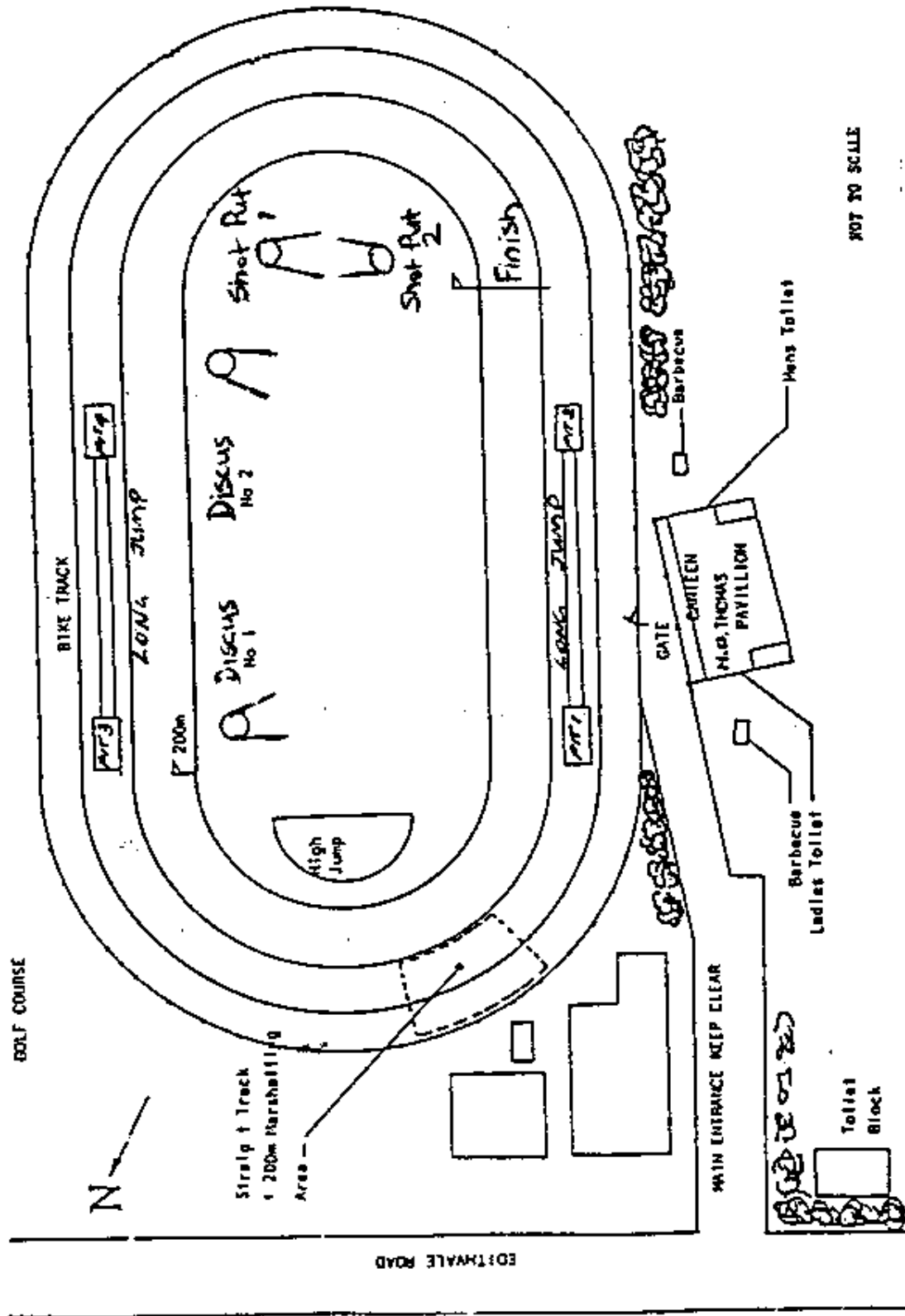
This is our last event for the season, after which we have our AGM and Centre Presentation. The programme is run as a Multi-Event. Each child will then be awarded a Bronze, Silver or Gold Medallion according to the levels of performance achieved.

END OF YEAR AWARDS

Centre trophies are awarded at the end of the season based on the number of Personal Bests and points accumulated by the athletes during the season.

Club trophies are awarded at the end of the season at the discretion of the Club Committees and may be based on an entirely different system.

TRACK LAYOUT



COMPETITION RULES

GENERAL

1. **Officials** may send children off the arena for any undisciplined behaviour or bad language (NOT THAT WE EXPECT THIS TO EVER OCCUR).
2. **Spectators** and parents not acting in an official capacity should remain outside the grassed arena.
3. **Footwear.** Running shoes need to be worn for all events, including training sessions. **Spikes** may be worn by the U12's and upwards for laned track events. For safety reasons spikes can only be put on at the starting line and must be taken off immediately after the race at the finish line. Athletes who do not follow these conditions will not be allowed to wear spikes for the remainder of the season.
4. Children **must** have their name and age group **clearly** displayed on their uniform using the name tag supplied when registering.
5. **Hurdles** commence at Under 8, and **high jump** and **triple jump** events at Under 9.
6. **Javelin** commences at Under 8, with Athletes using a lightweight plastic TurboJav until Under 10. Under 11's upwards use a real javelin.
7. **The Finish Line.** Competitors must cross the white line. Time is taken from the smoke of the gun or electronic flash until the athlete's **body** crosses the finish line.
8. **Lanes.** In all laned events (60m, 81m, 90/100m and 300m Hurdles, 50m, 70m, 100m, 150m, 200m and 400m) competitors must stay in their marked lanes, ie. between the marked lines.
9. **Coaches** for relay teams will be selected by the Centre Committee, based on nominations received.
10. **Selection of relay teams** will be based on a Coach's assessment of relay requirements such as baton changing, participation and attendance at training as well as ability. **The Coach's decision will be final.**
11. **Banners or batons** won by relay teams remain the property of the Centre, but may be held by the respective coaches whilst they remain actively involved with the Centre.

SEE THE VLAA HANDBOOK FOR EVENT SPECIFIC RULES

CENTRE RESULTS

CLUB PREMIERSHIP SHIELD

<u>Season</u>	<u>Premier Club</u>	<u>Runner up</u>	<u>Third</u>
1969/70	Aspendale	Edithvale	Rockets
1970/71	Aspendale	Rockets	Edithvale
1971/72	Aspendale	Rockets	Edithvale
1972/73	Aspendale	Rockets	Roadrunners
1973/74	Aspendale	Roadrunners	Edithvale
1974/75	Aspendale	Edithvale	Rockets
1975/76	Aspendale	Edithvale	Roadrunners
1976/77	Aspendale	Edithvale	Roadrunners
1977/78	Aspendale	Edithvale	Roadrunners
1978/79	Aspendale	Roadrunners	Edithvale
1979/80	Aspendale	Edithvale	Roadrunners
1980/81	Roadrunners	Aspendale	Edithvale
1981/82	Aspendale	Roadrunners	Edithvale
1982/83	Aspendale	Roadrunners	Edithvale
1983/84	Roadrunners	Aspendale	Edithvale
1984/85	Aspendale	Roadrunners	Edithvale
1985/86	Roadrunners	Aspendale	Edithvale
1986/87	Aspendale	Edithvale	Roadrunners
1987/88	Aspendale	Edithvale	Roadrunners
1988/89	Aspendale	Roadrunners	Edithvale
1989/90	Aspendale	Roadrunners	Edithvale
1990/91	Aspendale	Roadrunners	Edithvale
1991/92	Roadrunners	Aspendale	Panthers
1992/93	Roadrunners	Aspendale	Panthers
1993/94	Roadrunners	Redbacks	Panthers
1994/95	Panthers	Roadrunners	Redbacks
1995/96	Redbacks	Panthers	Roadrunners
1996/97	Redbacks	Panthers	Roadrunners
1997/98	Redbacks	Roadrunners	Panthers
1998/99	Redbacks	Roadrunners	Panthers
1999/00	Redbacks	Roadrunners	Panthers
2000/01	Redbacks	Roadrunners	Panthers
2001/02	Redbacks	Roadrunners	Panthers
2002/03	Roadrunners	Panthers	Redbacks
2003/04	Roadrunners	Panthers	Redbacks
2004/05	Roadrunners	Panthers	Redbacks

CENTRE CHAMPIONS

<u>Season</u>	<u>Boys</u>	<u>Girls</u>
1969/70	K. Greenwood	D. Gail
1970/71	Peter Bresnanhan	Cathy Pert
1971/72	Andrew Sinclair	Melindy David
1972/73	Glen Philby	Mandy Davidson
1973/74	Kevin Naismith	Melindy David
1974/75	Kevin Naismith	Mandy Davidson
1975/76	Rohan David	Mandy Davidson
1976/77	Steven Gray	Kylie Meighan
1977/78	Sean Gray	Lindy Essing
1978/79	Steven Gray	Katie Nelson
1979/80	Craig Best	Katie Nelson
1980/81	Andrew Casey	Alicia Gray
1981/82	Brett Callaghan	Alicia Gray
1982/83	Brett Callaghan	Alicia Gray
1983/84	Brett Callaghan	Heidi Weiland
1984/85	Brett Callaghan	M. Deane-Freeman
1985/86	Travis Hopgood	Jemima Butterfield
1986/87	Brock Fletcher and Steven Connolly	Louise Macklin and Jemima Butterfield
1987/88	Brock Fletcher and Christian Gionis	Fiona Harris
1988/89	Brendon Bride	Melissa Cordy
1989/90	Mark Occhipinti	Melissa Cordy
1990/91	Brendon Bride	Melissa Cordy
1991/92	Chris Ascuncion	Fiona Harris
1992/93	Adam Cagney	Fiona Harris
1993/94	Ryan Green	Marisa Butterfield
1994/95	Mark Occhipinti	Marisa Butterfield
1995/96	Ryan Green	Marisa Butterfield
1996/97	Laurence Angwin	Marisa Butterfield
1997/98	Laurence Angwin	Samantha Clark
1998/99	Matthew Douglas	Carly Chapman
1999/00	Thomas Senior	Rachael Evans
2000/01	Thomas Senior	Emily Johnston
2001/02	Luke Smith	Ruby Holten
2002/03	Luke Smith	Emily Johnston
2003/04	Luke Smith	Ruby Holten
2004/05	Luke Smith	Emily Johnston and Ruby Holten

JUNIOR CHAMPIONS

<u>Season</u>	<u>Boys</u>	<u>Girls</u>
1986/87	Martin Watts	Catherine Jamieson
1987/88	Mark Occhipinti	Shanen Gittens, Melissa Cordy and Belinda Gray
1988/89	Mark Occhipinti	Marisa Butterfield
1989/90	Lucas Georgiadis	Kelly Bartling
1990/91	Ryan Green	Katie MacInnes
1991/92	Ryan Green	Katie MacInnes
1992/93	Ryan Green	Katrina Iles
1993/94	Damien Lee	Katrina Iles
1994/95	Damien Lee	Lauren Blunt
1995/96	Timothy Yeowart	Samantha Clark
1996/97	Ryan Campbell	Carly Jennings
1997/98	Rick Scammell	Rachael Evans
1998/99	Matthew Clifford	Emily Johnston
1999/00	Matthew Johansson	Emily Johnston
2000/01	Dylan Shiel	Megan Rosenbrock

The Little Athletics motto is
**“FAMILY, FUN and
FITNESS”.**

With your help,
Chelsea Little Athletics Centre
provides all three.

2004/05 CENTRE TROPHIES

THE JOHN ELLEM AWARD

(For the Most Improved Athlete, measured by number of Personal Best "Stars")

1 st	Elissah Deas – Panthers Jayden Rozairo – Roadrunners	32 PB's
2 nd	Joshua Mertens – Panthers Kaih Mitchell - Panthers	31 PB's
3 rd	Bianca Robinson – Redbacks Daniel Browne – Roadrunners Lachlan Stock – Panthers	30 PB's

AGE CHAMPIONS

	GIRLS	BOYS
U8	Caibiran Deas	Lex Munro
U9	Erin Meade	Lachlan Stock
U10	Chantelle Thompson	Luke Gilfedder
U11	Jessica Vigliaroni	Radel Fleming
U12	Ruby Holten	Joshua Mertens
U13	Emily Johnston	Luke Smith
U14	Afton Harrington	Daniel Browne
U15	Katherine Watts	Daniel Harrington

CENTRE CHAMPIONS

Ruby Holten	Luke Smith
Emily Johnston	

PRESIDENT'S TROPHY

Connor Reynolds - Panthers

RECOGNITION PLAQUES (for completing 10 years as an athlete)

Christopher Davis - Panthers

2004/05 CLUB TROPHIES

PANTHERS

AGE CHAMPIONS

U/8	Adam Bredin	Caibiran Deas
U/9	Lachlan Stock	Erin Meade
U/10	Sean Campitelli	Jessica Mellett
U/11	Sean Hendricks	Monique Meade
U/12	Joshua Mertens	
U/13	Jeffrey Jambu	
U/14		Afton Harrington
U/15	Daniel Harrington	

CLUB CHAMPIONS

Daniel Harrington Erin Meade

PRESIDENT'S TROPHY

Ellissah Deas

ROADRUNNERS

AGE CHAMPIONS

U/8	Jacob Paul	Georgia Holt
U/9	Jayden Rozairo	Tamara Ballerini
U/10	Luke Gilfedder	Chantelle Thompson
U/11	Radel Fleming	Jessica Vigliaroni
U/12	Darren Rozairo	Josephine Thomson
U/13	Luke Smith	Emily Johnston
U/14	Daniel Browne	
U/15		Katherine Watts

CLUB CHAMPIONS

Luke Smith Emily Johnston

PRESIDENT'S TROPHY

Jessica Patton

REDBACKS

AGE CHAMPIONS

U/8	Lex Munro	Jodie Cullen
U/9	Matthew Milligan	Alice Holten
U/10	Beau Robertson	Emily Robinson
U/11		Skye Farmer
U/12		Ruby Holten
U/13	Justin Thompson	
U/14		
U/15		Lisa Pace

CLUB CHAMPIONS

Matthew Milligan Ruby Holten

PRESIDENT'S TROPHY

Tameeka Robinson

P.B. MEDAL

Bianca Robinson

UNIFORMS AND CLOTHING

CLUB POLO SHIRTS

CENTRE TRACK SUITS

CENTRE UNIFORMS

Polo shirts will again be available for this season. They are available in the three club colours and are of very good quality. Any one new to the Chelsea Centre can see them any time out on the track.

The Centre Track Suits have proven very popular and are available again this year.

This year, we also have a new track suit design available that can be purchased as a separate jacket and pants for \$25 each or \$50 combined for athletes, and \$30 each or \$60 combined for adults. The basic black jacket and pants feature the Centre logo and a coloured arm/leg stripe available in white, red or yellow to match your Club.

The clothing comes in sizes to suit all - children and adults alike.

PRICES

<i>Children's Club Shirts</i>		<i>6 yrs to 16 yrs</i>		<i>\$15</i>
<i>Adults' Shirts</i>	<i>Sizes</i>	<i>14 to 24</i>		<i>\$20</i>
<i>Track Suits</i>	<i>Children</i>	<i>\$55</i>	<i>Adults</i>	<i>\$80</i>
<i>Track Jacket</i>	<i>Children</i>	<i>\$25</i>	<i>Adults</i>	<i>\$30</i>
<i>Track Pants</i>	<i>Children</i>	<i>\$25</i>	<i>Adults</i>	<i>\$30</i>
<i>Centre Singlet</i>				<i>\$15</i>
<i>Centre Polo Shirt</i>				<i>\$25</i>

You can order any clothing through Centre Committee Member and Uniform Co-Ordinator Elaine Simpson.

Some orders may take a few weeks for delivery depending on stock on hand.

CHELSEA CENTRE RECORDS

BOYS

BOYS UNDER 6

70M	T Hopgood (R)	13.20	81	
100M	B Gately (A)	19.10	84	
100M	M Watts (A)	19.10	85	
100M	J Tilley (P)	19.10	86	
150M	Dylan Shiel (A)	30.37	98/99	5/12/98
400W	A Dalrymple (P)	2:47.10	81	
50M	T Hopgood (R)	09.40	81	
DIS	D Costanzo (R)	14.03	80	
LJ	C Liddell (P)	2.78	83	
LJ	M Watts (A)	2.78	85	
SP	J Tilley (P)	5.39	86	

BOYS UNDER 7

50M	Thomas Senior (R)	08.51	97/98	29/ 3/98
60H	D Costello (P)	12.10	79	
70M	M Ockerby (A)	11.20	74	
81H (45cm)	J Norton (R)	18.09	92/93	28/ 3/93
90H	B Adams (P)	19.60	88	
100M	K Naismith (A)	16.30	72	
150M	R Green (R)	26.76	91/92	
200M	B Callaghan (A)	35.30	81	
400W	M Ayles (A)	2:31.10	78	
DIS	C Liddell (P)	20.30	84	
JAV (Turbo)	Zachary Graham (A)	11.65	01/02	24/11/01
LJ	K Naismith (A)	3.48	72	
SP	C Liddell (P)	7.06	84	

BOYS UNDER 8

60H	A Sinclair (R)	10.90	71	
70M	K Naismith (A)	11.00	73	
81H (45cm)	Dylan Shiel (A)	16.66	00/01	25/11/00
90H	J Dowling (R)	17.80	88	
100M	A Mathers (R)	15.40	72	
200M	D Gill (A)	33.60	77	
400M	K Naismith (A)	1:15.80	73	
150M	M Occhipinti (R)	24.40	89	
50M	M Occhipinti (R)	08.30	89	
700W	A Snowden (R)	4:12.20	81	
DIS	Kallai Meehan (P)	25.26	94/95	26/ 3/95
JAV (Turbo)	Patrick Gamble (R)	13.79	01/02	24/11/01
LJ	K Naismith (A)	3.68	73	
SP	Matthew Johansson (A)	7.34	99/00	11/ 3/00

BOYS UNDER 9

60H	T Downie (A)	09.50	90	
70M	A Mathers (R)	10.10	74	
81H (45cm)	L Taylor (A)	14.62	92/93	28/ 3/93
90H	B Fletcher (A)	15.90	87	
100M	R Carey (R)	15.10	71	
200M	D Eden (R)	29.70	70/71	
200M	Wayne Killender (R)	29.70	70/71	
400M	I Sykes (R)	1:14.00	72	
800M	S Gray (A)	2:39.00	76	
1100W	C Riley (A)	6:47.00	87	
150M	M Occhipinti (R)	23.50	90	
DIS	Kallai Meehan (P)	26.01	95/96	2/12/95
HJ	G Philby (P)	1.28	72	
JAV (Turbo)	Callan Douglas (P)	19.33	01/02	26/ 1/02
LJ	B Callaghan (A)	4.05	83	
SP	Matthew Johansson (A)	8.38	00/01	3/ 2/01
TJ	B Callaghan (A)	8.69	83	

CHELSEA CENTRE RECORDS

BOYS UNDER 10

60H	B Callaghan (A)	09.70	84		
70M	S Mathers (R)	10.00	72		
81H (60cm)	Gaertner Steven (A)	15.47	99/00	26/	3/00
90H	M Whitelaw (R)	15.10	86		
100M	B Callaghan (A)	14.50	84		
200M	S Imer (R)	29.90	73		
400M	B Callaghan (A)	1:08.60	84		
800M	A Best (A)	2:34.00	77		
1100W	M Jamieson (A)	6:28.10	87		
150M	M Jackson (R)	23.20	90		
DIS	Kallai Meehan (P)	31.92	96/97	23/	3/97
HJ	G Philby (P)	1.38	74		
JAV (Turbo)	Luke Smith (R)	23.89	01/02	1/12/01	
LJ	S Gray (A)	4.58	77		
SP	G Deas (P)	9.26	74		
TJ	B Callaghan (A)	9.28	84		

BOYS UNDER 11

60H	B Callaghan (A)	09.70	85		
70M	J Quinn (R)	09.40	85		
81H (60cm)	Radel Fleming (R)	14.16	04/05	27/11/04	
90H	B Callaghan (A)	14.90	85		
100M	J Quinn (R)	13.10	85		
150M	B Jackson (R)	21.41	92/93	19/12/92	
200M	B Callaghan (A)	28.30	85		
400M	B Callaghan (A)	1:01.40	85		
800M	B Dick (P)	2:33.20	86		
1500W	S Brown (R)	8:06.90	83		
1500M	T Johnstone (P)	5:15.20	90/91		
DIS	E Mathieson (P)	32.40	80		
HJ	G Philby (P)	1.49	74		
JAV (400g)	Luke Smith (R)	33.70	02/03	22/	3/03
LJ	S Gray (A)	4.88	78		
SP (2kg)	Matthew Johansson (A)	10.52	02/03	23/11/02	
TJ	B Callaghan (A)	10.57	85		

BOYS UNDER 12

60H	B Callaghan (A)	09.50	86		
70M	J Quinn (R)	09.20	86		
90H	B Callaghan (A)	14.10	86		
100M	J Quinn (R)	13.10	86		
150M	M Jackson (R)	21.28	91/92		
200M	J Quinn (R)	28.40	86		
400M	J Quinn (R)	1:01.90	86		
800M	B Dick (P)	2:32.90	87		
1500M	R Elphingstone (R)	5:05.00	71		
1500W	P Dick (P)	7:35.20	87		
81H	David Sparks (R)	13.73	94/95	28/	1/95
DIS	Kallai Meehan (P)	31.36	98/99	27/	2/99
HJ	G Philby (P)	1.57	75		
JAV (400g)	Luke Smith (R)	34.07	03/04	4/10/03	
LJ	S Gray (A)	5.11	79		
SP	J Quinn (R)	10.18	86		
TJ	J Quinn (R)	10.56	86		

BOYS UNDER 13

60H	B Callaghan (A)	09.40	87		
70M	Mark Occhipinti (R)	09.53	93/94	26/	2/94
90H	C Asuncion (R)	14.76	91/92		
100M	B Callaghan (A)	13.00	87		
150M	C Asuncion (R)	19.83	91/92		
200M	C Asuncion (R)	26.31	91/92		
300H (68cm)	Laurence Angwin (R)	49.66	95/96	24/	3/96
400M	B Bride (R)	1:02.30	89/90		
800M	Clinton Perrett (P)	2:26.97	95/96	25/11/95	
1500W	S Brown (R)	8:21.30	84		
1500M	Clinton Perrett (P)	5:05.01	95/96	2/	3/96
81H (76cm)	David Sparks (R)	14.01	95/96	24/	3/96
DIS	Jarrold Harris (R)	32.07	93/94	27/	3/94
HJ	Trent Downie (A)	1.60	93/94	27/	3/94
JAV (600g)	Luke Smith (R)	39.71	04/05	29/01/05	
LJ	Luke Smith (R)	5.32	04/05	10/12/04	
SP	Jarrold Harris (R)	11.03	93/94	27/	3/94
TJ	C Asuncion (R)	11.27	91/92		

CHELSEA CENTRE RECORDS

BOYS UNDER 14

60H	B Bride (R)	09.80	89/90	
70M	Mark Occhipinti (R)	09.10	94/95	26/ 3/95
90H	Mark Occhipinti (R)	14.26	94/95	28/ 1/95
100M	Mark Occhipinti (R)	12.70	94/95	3/12/94
150M	R Holt (R)	18.90	90/91	
200M	Mark Occhipinti (R)	25.68	94/95	25/ 2/95
300H	Laurence Angwin (R)	44.94	96/97	23/ 3/97
400M	B Bride (R)	1:00.10	89/90	
800M	B Bride (R)	2:23.90	89/90	
1500W	S Irish (R)	8:33.20	88	
1500M	Clinton Perrett (P)	5:02.75	96/97	22/ 2/97
DIS	Jarrold Harris (R)	39.56	94/95	15/10/94
HJ	Laurence Angwin (R)	1.68	96/97	23/ 3/97
JAV (600g)	Rick Scammell (R)	24.56	04/05	23/10/04
LJ	Mark Occhipinti (R)	5.40	94/95	11/ 3/95
SP	Jarrold Harris (R)	13.19	94/95	26/ 3/95
TJ	Laurence Angwin (R)	11.59	96/97	23/ 3/97

BOYS UNDER 15

60H	L Harris (P)	09.60	89/90	
70M	B Bride (R)	08.70	90/91	
90H	B Bride (R)	14.20	90/91	
100M	B Bride (R)	12.40	90/91	
100H	Laurence Angwin (R)	15.86	97/98	7/ 2/98
200M	B Bride (R)	25.10	90/91	
300H	Tony Vo (A)	45.11	94/95	11/ 3/95
400M	B Bride (R)	56.30	90/91	
800M	Neil Brennan (A)	2:15.99	93/94	27/ 3/94
150M	Mark Occhipinti (R)	18.11	95/96	9/12/95
1500W	S Bown (P)	7:49.00	89/90	
1500M	N Brennan (A)	4:58.91	93/94	27/11/93
DIS (1000g)	Jarrold Harris (R)	42.82	95/96	25/11/95
HJ	Laurence Angwin (R)	1.82	97/98	22/11/97
JAV (600g)	Jarrahd Douglas (A)	22.11	01/02	27/10/01
LJ	Laurence Angwin (R)	5.67	97/98	31/ 1/98
SP (4kg)	Jarrold Harris (R)	13.32	95/96	24/ 3/96
TJ	Laurence Angwin (R)	12.35	97/98	29/11/97

BOYS UNDER 16 (no longer contested)

70m	B. Bride (R)	8.89		91/92
100m	B. Bride (R)	12.27		91/92
150m	B. Bride (R)	19.30		91/92
200m	B. Bride (R)	25.29		91/92
400m	B. Bride (R)	57.18		91/92
800m	B. Bride (R)	2:21.00		91/92
1500m	B. Bride (R)	5:13.23		91/92
90m H	B. Bride (R)	14.77		91/92
300m H	B. Bride (R)	42.80		91/92
1500mW	R. Gittens (A)	9:59.00		91/92
Shot Put	B. Bride (R)	11.37m		91/92
Discus	R. Gittens (A)	28.62m		91/92
Long Jump	B. Bride (R)	5.10m		91/92
Triple Jump	B. Bride (R)	10.62m		91/92
High Jump	L. Hines (R)	1.48m		91/92

BOYS UNDER 18

70M	B Bride (R)	08.98	91/92	
90H	Lorenzo Occhipinti (R)	14.59	95/96	
100H	Lorenzo Occhipinti (R)	15.34	95/65	
100M	B Bride (R)	12.27	91/92	
150M	T Sullivan (S)	18.33	92/93	13/ 3/93
200M	B Bride (R)	25.29	91/92	
300H	B Bride (R)	42.80	91/92	
400M	B Bride (R)	57.18	91/92	
800M	B Bride (R)	2:21.00	91/92	
1500W	S Bown (S)	8:31.72	92/93	6/ 2/93
1500M	Andrew Fyans (A)	4:59.92	04/05	18/12/04
DIS	Jarrold Harris (I)	42.66	96/97	16/11/96
HJ	Laurence Angwin (R)	1.85	98/99	5/12/98
LJ	Laurence Angwin (R)	5.77	98/99	10/10/98
SP	Jarrold Harris (S)	13.32	96/97	2/11/96
TJ	Laurence Angwin (R)	12.70	98/99	24/10/98
JAV (600)	Brock Downie (A)	21.95	04/05	4/12/04

CHELSEA CENTRE RECORDS

GIRLS

GIRLS UNDER 6

70M	C Jamieson (A)	13.60	84.85	
70M	B Harding (A)	13.60	87	
100M	C Jamieson (A)	19.50	84/85	
200M	P Leeds (R)	42.20	82	
400W	A Hudgson (A)	2:54.36	91/92	
150M	Caris Macinnes (A)	30.01	94/95	26/ 3/95
50M	Madeleine Storan (P)	09.57	95/96	4/11/95
DIS	L Blunt (P)	11.95	92/93	6/ 3/93
LJ	C Jamieson (A)	2.99	84/85	
SP	L Blunt (P)	4.64	92/93	4/ 3/93

GIRLS UNDER 7

60H	L Davis (A)	12.80	71	
70M	M Davidson (A)	11.60	70	
81H (45cm)	Emily Johnston (R)	18.50	98/99	28/ 3/99
90H	C Jamieson (A)	20.00	85/86	
100M	M Davidson (A)	16.60	70	
150M	Emily Johnston (R)	28.06	98/99	23/ 1/99
200M	P Leeds (R)	37.80	83	
400W	A Mitchell (P)	2:32.00	79	
150M	K Iles (P)	28.06	93.94	18/12/93
50M	T Webb (P)	09.10	80	
50M	C Jamieson (A)	09.10	85.86	
DIS	Lauren Blunt (P)	13.94	93/94	27/ 3/94
JAV (Turbo)	Nicola Deacon (P)	7.35	01/02	9/ 2/02
LJ	C Jamieson (A)	3.26	85/86	
SP	Jacqui Dugdale (P)	5.37	95/96	10/ 2/96

GIRLS UNDER 8

60H	N Clerke (P)	11.30	79	
70M	M Davidson (A)	11.40	71	
81H (45cm)	Kate Storan (P)	16.32	98/99	5/12/98
90H	C Jamieson (A)	18.80	86/87	
100M	M Davidson (A)	15.60	71	
150M	Megan Rosenbrock (A)	25.50	00/01	10/ 3/01
200M	M Davidson (A)	34.30	71	
400M	Samantha Clark (A)	1:21.86	95/96	24/ 3/96
700W	C Jamieson (A)	4:41.60	86/87	
50M	A Gray (A)	08.50	81	
DIS	Lauren Blunt (P)	17.59	94/95	4/ 2/95
JAV (Turbo)	Caitlyn Ridgway (R)	9.80	02/03	7/ 3/03
LJ	A Gray (A)	3.45	81	
SP	K Aburrow (A)	6.39	85/86	

GIRLS UNDER 9

60H	L Jellie (P)	10.80	73	
70M	M Davis (R)	10.30	71	
81H (45cm)	Rachael Evans (R)	15.29	99/00	26/ 3/00
90H	J Butterfield (P)	16.40	85/86	
100M	M Davidson (A)	15.40	72	
150M	S Kilby (P)	25.90	90/91	
200M	J Bourne (R)	32.90	79	
400M	A Gray (A)	1:17.10	82	
800M	K Mohr (R)	2:56.90	73	
1100W	C Prosser (A)	6:28.10	84	
DIS	Lauren Blunt (P)	19.41	95/96	9/12/95
HJ	Rebecca Deacon (P)	1.10	01/02	9/ 2/02
HJ	C Joyce (A)	1.10	80	
HJ	K Lambert (A)	1.10	82	
HJ	F Harris (R)	1.10	86.87	
HJ	M Cordy (A)	1.10	88/89	
JAV (Turbo)	Ruby Holten (A)	12.67	01/02	26/ 1/02
LJ	K Webb (P)	3.70	80	
SP	J Pinsent (A)	6.20	72	
TJ	A Gray (A)	8.35	82	

CHELSEA CENTRE RECORDS

GIRLS UNDER 10

60H	J Egan (P)	10.00	81		
70M	A Ockerby (A)	10.30	72		
70M	K Rymer (P)	10.30	72		
70M	M Davis (R)	10.30	72		
81H (60cm)	Rachael Evans (R)	16.12	00/01	17/	3/01
90H	F Harris (R)	15.90	87/88		
100M	M Davidson (A)	14.50	73		
150M	B Gray (A)	23.70	89/90		
200M	M Davis (R)	29.50	72		
400M	A Gray (A)	1:12.10	83		
800M	C Prosser (A)	2:52.20	84/85		
1100W	C Prosser (A)	6:10.10	84/85		
DIS	Emma Murray (R)	22.95	00/01	17/	3/01
HJ	Jacqui Dugdale (P)	1.24	98/99	28/	3/99
JAV (Turbo)	Emily Johnston (R)	17.50	01/02	9/	3/02
LJ	A Gray (A)	4.05	83		
SP	Y Parker (R)	7.06	81		
TJ	A Gray (A)	9.00	83		

GIRLS UNDER 11

60H	A Gray (A)	10.30	84		
70M	A Gray (A)	10.10	84		
90H	F Harris (R)	17.00	88/89		
100M	Jessica Dalton (A)	13.24	96/97	23/	3/97
200M	K Rymer (P)	31.30	73		
400M	A Gray (A)	1:10.40	84		
800M	C Prosser (A)	2:45.00	85/86		
150M	Tegan Fletcher (A)	22.66	94/95	11/	2/95
1500M	J Franken (R)	5:36.20	83		
1500W	Sarah Alexander (A)	8:27.06	99/00	23/10/	99
81H (60cm)	Anne Hibberd (A)	15.12	93/94	27/	3/94
DIS	Jaelyn Iles (P)	23.21	94/95	11/	3/95
HJ	C Joycey (A)	1.33	82		
JAV (400g)	Emily Johnston (R)	21.76	02/03	22/	3/03
LJ	A Gray (A)	4.44	84		
SP	Y Parker (R)	9.00	82		
TJ	A Gray (A)	10.00	84		

GIRLS UNDER 12

60H	K Kilpatrick (A)	09.70	79		
70M	M Davis (R)	09.70	74		
70M	K Rymer (P)	09.70	74		
81H (68cm)	Carly Chapman (A)	13.84	97/98	29/	3/98
90H	A Gray (A)	15.30	85		
100M	M Davis (R)	13.70	74		
200M	M Cordy (A)	29.46	91/92		
400M	A Gray (A)	1:06.70	85		
800M	K Kilpatrick (A)	2:41.00	79		
150M	Tegan Fletcher (A)	21.66	95/96	9/12/	95
1500W	J Sullivan (R)	8:25.00	84		
1500M	C Prosser (A)	5:29.30	87		
DIS	M Davis (R)	31.30	74		
HJ	Jessica Dalton (A)	1.42	97/98	29/	3/98
JAV (400g)	EMILY JOHNSTON (R)	26.02	03/04	21/	2/04
LJ	A Gray (A)	4.74	85		
SP	M Davis (R)	9.68	74		
TJ	A Gray (A)	10.59	85		

GIRLS UNDER 13

60H	A Gray (A)	09.90	86		
70M	J Dalrymple (P)	09.90	84		
90H	A Gray (A)	14.70	86		
100M	A Gray (A)	13.90	86		
150M	Carly Chapman (A)	20.71	98/98	28/11/	98
200M	Carly Chapman (A)	28.51	98/99	17/10/	98
300H	Marisa Butterfield (P)	50.70	94/95	11/	3/95
400M	K Thompson (A)	1:00.00	79		
800M	Marisa Butterfield (P)	2:39.83	94/95	11/	2/95
1500W	S Prosser (A)	8:15.10	85		
1500M	E Cordy (A)	5:39.70	86		
81H (76cm)	Marisa Butterfield (P)	14.46	94/95	26/	3/95
DIS	Jaelyn Iles (P)	30.97	96/97	8/	3/97
HJ	Jessica Dalton (A)	1.44	98/99	5/12/	98
JAV (400g)	Emily Johnston (R)	28.00	04/05	2/10/	04
LJ	A Gray (A)	5.06	86		
SP	C Van Buren (P)	9.24	84		
TJ	A Gray (A)	11.10	86		

CHELSEA CENTRE RECORDS

GIRLS UNDER 14

60H	E Cordy (A)	09.60	87		
70M	Tegan Fletcher (A)	09.62	97/98	29/	3/98
90H	K Scanlon (A)	14.70	88		
100M	Tegan Fletcher (A)	13.60	97/98	21/	2/98
200M	A Gray (A)	27.70	87		
300H	Marisa Butterfield (P)	49.83	95/96	24/	3/96
400M	A Gray (A)	1:05.80	87		
800M	N Riley (A)	2:34.50	90/91		
150M	A Gray (A)	20.60	87		
1500W	K Brown (R)	8:09.40	84		
1500M	E Cordy (A)	5:39.50	87		
81H	Marisa Butterfield (P)	13.73	95/96	24/	3/96
DIS	Jaclyn Iles (P)	27.50	97/98	29/	3/98
HJ	F Harris (R)	1.53	91/92		
JAV (600g)	Jemma Nowak (R)	16.06	01/02	17/11/01	
LJ	A Gray (A)	5.20	87		
SP	H Weiland (P)	10.72	85		
TJ	A Gray (A)	11.42	87		

GIRLS UNDER 15

60H	E Cordy (A)	09.80	88		
70M	E Cordy (A)	09.50	88		
90H	E Cordy (A)	14.20	88		
100M	Tegan Fletcher (A)	13.24	98/99	6/	3/99
150M	Tegan Fletcher (A)	19.72	98/99	28/11/98	
200M	Tegan Fletcher (A)	27.59	98/99	27/	2/99
300H	Marisa Butterfield (P)	48.71	96/97	14/12/96	
400M	N Riley (A)	1:04.48	91/92		
800M	Marisa Butterfield (P)	2:33.94	96/97	8/	3/97
1500M	E Cordy (A)	5:22.30	88		
1500W	Elizabeth Dornom (A)	8:41.94	94/95	29/10/94	
DIS	Jaclyn Iles (P)	27.54	98/99	13/	3/99
HJ	B Meades (A)	1.53	91/92		
LJ	F Harris (R)	5.33	92/93	28/	3/93
SP	P Froling (P)	9.05	85		
TJ	A Gray (A)	11.30	88		

GIRLS UNDER 18

70M	Marisa Butterfield (P)	09.72	97/98	22/11/97	
90H (76cm)	N Riley (S)	15.81	92/93	23/	1/93
100M	N Riley (S)	14.07	92/93	6/	2/93
150M	Marisa Butterfield (P)	20.93	97/98	15/11/97	
200M	Marisa Butterfield (P)	28.60	97/98	22/11/97	
300H (76cm)	Marisa Butterfield (P)	50.21	97/98	15/11/97	
400M	N Riley (S)	1:07.18	93/93	6/	2/93
800M	Elizabeth Dornom (A)	2:47.97	95/96	25/11/95	
1500W	Elizabeth Dornom (S)	8:30.95	96/97	2/11/96	
1500M	Helena Clarke (S)	5:53.69	97/98	13/12/97	
DIS	N Riley (S)	24.89	92/93	13/	2/93
HJ	Marisa Butterfield (P)	1.40	97/98	22/11/97	
JAV (600)	LAURA YORK (A)	18.02	04/05	2/10/04	
LJ	Marisa Butterfield (P)	4.50	97/98	15/11/97	
SP	N Riley (S)	8.70	92/93	6/	2/93
TJ	N Riley (S)	9.41	92/93	6/	2/93