



GCCAC

2019 - 2020 Senior Athletics Handbook



Gold Coast Central
Athletics Club
www.goldcoastathletics.org

TABLE OF CONTENTS

GOLD COAST CENTRAL ATHLETICS DETAILS.....	1
WHAT IS GOLD COAST CENTRAL ATHLETICS ALL ABOUT	2
PRESIDENTS 2018-19 SEASON REPORT	3
WHAT IS SENIOR ATHLETICS.....	4
GOLD COAST CENTRAL ATHLETICS MISSION STATEMENT.....	4
GOLD COAST CENTRAL ATHLETICS VISION.....	5
WHAT ARE THE PATHWAYS FOR ATHLETES	5
PARA ATHLETICS.....	6
BECOMING A MEMBER	6
UNIFORMS	7
MY JOURNEY FROM LITTLE ATHLETICS TO A WORLD CHAMPIONSHIP	7-8
GCCAC'S FIRST WORLD CHAMPION.....	9
QUEENSLAND STATE CHAMPIONSHIP MEDAL WINNERS 2018-19	10
AUSTRALIAN CHAMPIONSHIPS MEDAL WINNERS 2018-19	10
INTERNATIONAL CHAMPIONSHIPS RESULTS 2018-19	10
CLUB RECORDS MEN.....	11-12
CLUB RECORDS WOMEN	13-15



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Whilst we do take care in preparing this handbook using information available and we believe details are correct at the time of printing we apologize if any names are miss spelt, performances are misquoted or if information is incorrect or omitted.

WHAT IS GOLD COAST CENTRAL ATHLETICS ALL ABOUT

Gold Coast Central Athletics Club was created out of a need for a pathway for our Little Athletes to stay within their chosen sport and was established in 2015.

long term GCLA committee members Chris Lewis, Steve Langley and Chris Anderson recognised several years ago that there was a potential need for a Senior Club aligned with Gold Coast Little Athletics to enable seamless transition into Senior Athletics. Plans started 2 years prior consulting local coaches, schools, athletes and parents and we finally got the approval from Queensland Athletics at the eleventh hour at the start of the 2015/16 season. Although we did not have time to advertise through our database in time for sign on, our inaugural season started with 36 athletes and 4 officials.

Until now our young athletes were forced to join another Senior Club to enable them to compete at Queensland Athletics meets. Many of these athletes asked “Why do they have to join another Club?”, “Why can’t I just stay with Gold Coast Little Athletics?”, “I don’t feel that I am good enough to join that Club.”, “They are all too good for me.”, “It’s scary with all those strange big people.” Many of these athletes would like to keep running, jumping & throwing but did not want to go to another Club. The alternative was to give up the sport they have loved and enjoyed for 10 years or more.

NOW, we have a new Club for you to continue into the future.

Our Senior Club enables Little Athletes from 12 years old to be able to compete within Little Athletics and Senior Athletics. The two sporting bodies – Queensland Athletics and LAQ - have created a transition between the two by allowing dual memberships for some athletes in Under 13 to Under 17.

The main goal of Gold Coast Central Athletics is to maintain the Little Athletics ethos of “*family, fun & fitness*”. We want to develop the social athlete as well as the elite athlete, create the environment where grandparents can compete alongside parents and their children - generations enjoying Athletics together.

For those that choose to embark on an Athletics’ career our club will embark on a pathway that will see you starting Little Athletics as a 5 year old progressing to the Australian Little Athletics Teams Championships at under 13’s and under 15’s. You may be fortunate enough to be invited to the Under 15 Little Athletics Development Camp at the Australian Institute of Sport (AIS) in Canberra.

You can compete at Queensland Athletics sanctioned events which include Winter Cross Country events and Road Racewalking and Queensland State Championships on your way to Australian Junior Track & Field, Australian Cross Country, Australian Road Walking Championships as well as the Australian Athletics Championships. These Championships can lead to qualification to be selected as part of the Australian Teams for the World U20 Junior Championships every 2 years and the Australian Olympic, Commonwealth Games and World Championships Teams.

Potential athletes for these teams as well as their personal coaches are also invited to AIS camps.

For athletes in Under 13-15 you can become a dual member to both Little Athletics and Queensland Athletics by joining Little Athletics first and then the Senior Club. For Under 16-17 athletes you should join Gold Coast Central Athletics first and dual registration with Little Athletics. Dual memberships in these categories are at a significantly reduced fee.

As the Club grows, we will hold Senior Competitions of our own but until then we will invite Senior Athletes to compete on Friday nights alongside the little ones. We even hope we will have our own synthetic track in the near future.

We believe that both Gold Coast Little Athletics and Gold Coast Central Athletics together will help our young athletes enjoy their chosen sport longer. That it will encourage athletes and parents to become involved and help our clubs to become even stronger and deliver an environment for both the social athlete as well as the elite.



PRESIDENTS 2018/19 SEASON REPORT

The 2018/19 season has certainly been an eventful year even today as I type this report. From post Commonwealth Games expectations, success at State and National competitions to International representation and unexpected media coverage. To say it's been a crazy year is an understatement.

The influx of numbers for the sport after Commonwealth Games especially on the Coast didn't eventuate and the reasons why were plentiful. Was it too long after the games before our season started? Did all the hype drop off too quickly after the games? Was it the lack of a legacy for athletics after the Games? Or was it because we no longer have a suitable facility on the Gold Coast to hold senior athletics competitions?

We did however have great success with our small member base. Our athletes competed at several shield events held in Brisbane and we certainly punched well above our weight scoring some great points. State Championships produced several berths to Nationals which in turn produced some great results and medals for our sprinters and walkers. 17 year old Francesca MacDonald winning 3 medals at Qld All Schools as well as a state record along with 2 medals at Qld State Championships and a silver at nationals. Newcomer to athletics Annalise Daniel also proved to be an up and comer with big sprint double pb's and qualified for her first nationals just missing the finals in both 100 & 200m. Another first visit to nationals was 13 year old Ashanti Heap bagging a silver medal in the 3000m walk to match her track and road State golds along with fellow walkers Jayda Anderson and Kris Hayward backing up their State wins to collect golds at their national 3000m. New members to our club Felix Jackson-King and Ruby Hughes collect state medals in the long/triple double and 800/1500 double respectively.

Katie Hayward continued her stellar career following up on her 5th place at World Juniors held in Finland. Although still technically a Junior Katie launched into the Open ranks with an incredible performance at the Australian 20km Road Walk Championships. In her debut at this distance she produced the best time on Australian soil by any Australian female before her and followed up in April at the track National smashing her own Under20 Australian 10,000m record. This has earned Katie spots in Australian Teams for Oceania Area Championships, World University Games and World Championships later this year.

This coming season sees opportunities again for our junior athletes with 2020 being another World Junior Championships year held this time in Kenya.

The other big event next year is of course Tokyo 2020. Although still more than 12 months away, I think this may have a greater influence on Athletics membership than the Commonwealth Games. They will be immediately prior to the start of the 20/21 season.

We have also ramped up our push for a new synthetic track in the central/southern Gold Coast and preferably Pizzey Park. There has been much in the media in the last twelve months about how successful the Games were which I'm sure we would all agree. Also of mention were the legacies for our sports. Many have voiced, including us, that Athletics-the biggest sport of the Games has no legacy here on the Coast.

We have actively lobbied all levels of Government over this and we seem to be gaining some traction. Together with recent vandalism on our track we are finally being listened to somewhat. Even this morning we have had all the media reporting on the damage and our vision for our sport –Athletics on the Coast. All publicity is good publicity.

With the restrictions on the existing tracks on the coast the ability to hold Gold Coast based athletics competitions has all but been eliminated. This is having a huge negative impact on Athletics on the Gold Coast and if something is not done about a publically available, secure, all weather track sooner rather than later the sport will continue its long slow death. We cannot let that happen, if Athletics dies then so will all codes of football, cricket, netball etc. Athletics is the foundation of every other sport. We teach the skills to run, walk, jump and throw that are required for all of these sports.

Our vision is to bring back athletics to the Gold Coast for the wider community and for all levels of ability and all generations. To incorporate the fun of Little A's into senior athletics so it's not just for the elite.

We need to continue the momentum, for all of us to unite together, gather support around us and apply the pressure on Council to make it happen now not in tens year time. We need it now.

Finally, well done to all members and especially our athletes and here's to an even better new season.

Good Luck

Steve Langley
President

WHAT IS SENIOR ATHLETICS?

Senior Athletics is not for the over 60's; well it is but it is also for you whilst doing Little Athletics and when you have finished Little Athletics.

An agreement between Little Athletics Queensland and Queensland Athletics means that you don't have to stop Little Athletics to compete in Senior Athletics – you can do both. There is a transitional period between Under 13's and 17's.

Senior Athletics is governed by Athletics Australia and in turn by the various state bodies. In Queensland our state body is Queensland Athletics.

Senior Athletics operates a little differently to Little A's. Most competitions are set up by Queensland Athletics and if you want to compete at those competitions you must be registered with Queensland Athletics and belong to a Senior Athletics Club. There are many Senior Athletics Clubs within Queensland but much less than the number of Little Athletics Clubs. Senior Clubs generally don't hold competitions although some do and they are usually open to any registered athlete.

The Senior Athletics season starts in October each year and your age group is determined by your age on December 31st of the year that season finishes and the minimum age for an athlete to join a Senior Club is 12 years of age as at December 31st of the year that season finishes.

That means, for the new 2019/20 season the youngest athlete must be at least 12 years old on December 31st 2020. Therefore, athletes must be born in 2008 or before. This also means that if you are 17 years old as at 31st December 2020 you are in the Under 18 age group this season.

The range of events available in Senior Athletics is much wider than Little A's. As well as all the events included at Little A's there are the following.

Throws also include Hammer Throw

400m is classed as a sprint

Distance events includes 3,000m, 5,000m, 10,000m

Steeplechase which is a distance event with hurdles and a water jump

Jumps also includes Pole Vault

Hurdles includes a 400m race

Walks include 5,000m & 10,000m on the track

There are also 'Out of Stadia' events which include the Marathon and Roadwalking over distances of 3km, 5km, 10km, 20km and 50km.

Multi events includes Decathlon (10 events) for men and Heptathlon (7 events) for women.

Athletics is also quite unique in the fact that it was a pioneering sport for people with disabilities. Athletics is very much at the forefront of inclusion and diversity so much so that there are specific championships in Athletics called World Para Athletics Championships as well as inclusion in multisport events like Commonwealth Games, Para Olympics World Transplant Games and World Wheelchair & Amputee Games.

GOLD COAST CENTRAL ATHLETICS MISSION STATEMENT

To enable development in the sport of Track and Field through the promotion of coaching excellence, healthy lifestyles, positive attitudes, inclusiveness and community involvement.



Francesca Macdonald celebrates a silver medal at Nationals



GOLD COAST CENTRAL ATHLETICS VISION

Our vision for the future is a holistic long term plan that encompasses not only the elite athlete but also the social athlete and the community at large.

The greatest asset for our athletes is the social atmosphere within Little Athletics which isn't always present in Senior Athletics clubs. We wish to continue that social environment with **our** Senior Club.

Although there are existing pathways for the athletes to continue in athletics they are not always suitable for everyone. Our intention is to create a seamless transition for our athletes to continue into Senior ranks as well as for those parents who have rekindled their younger years of which, there has been several over recent years. We also want to cater for Masters Athletes so that we have the possibility of three generations of athletes competing side by side.

We will never forget that the foundation of our club will always be from the grass roots level – the Little Athletes and therefore we will always give high representation from Gold Coast Little Athletics on the Committee and decision making.

We also want to continue to support schools, recreational running and community groups so they in turn support our club and increase membership.

We have spent the last few years lobbying all levels of government to help them recognize the importance of athletics as the base of most other sports.

We have already seen the massive increase of participation in recreational running with the best Marathon in the country in our city and the popularity of Parkrun. This translates into increased usage of our grounds due to training requirements and therein the need for better facilities.

We have highlighted this issue with our sitting members and councilors and are working hard towards the construction of a public all weather track in central/southern Gold Coast.

In September 2024, starting our 10th season as a Senior Athletics Club we will be operating on an IAAF athletics track with top level coaches and officials, offering all athletic events holding competitions to over 200 club members and athletes from other clubs with an exciting social atmosphere that will attract not only world class elite athletes but also social and family athletics. This is our goal!

WHAT ARE THE PATHWAYS FOR ATHLETES

Little Athletics is the starting point. Parents enroll their children for many reasons- they have won their events at school carnivals, “the kids just love running,” or they want them outdoors and away from the computer screens. Many find that they were good at school but now I'm up against all the others that were good at school. We encourage them to keep going, strive to be better but most of all they are enjoying everything about Little Athletics.

They are with their school mates or they have made new ones, they enjoy the competition, they find an event they really love and it's just plain fun. We encourage the young athletes to try their best at all of their events. At this age they are too young to say my son /daughter is a sprinter or high jumper. Young bodies change and develop and what they are best at as a 9 year old is sometimes not what they specialize in as an 18 year old.

As they get older and more involved they might go through the School Athletics Program and compete at Districts and Regional's. They may be really enjoying the sport and wonder what else is there for me and look towards Queensland Athletics.

To continue with those Senior Competitions they join a Club –Gold Coast Central Athletics- compete in a few more competitions and decide to nominate for Queensland Junior Championships usually in February. A junior athlete although part of Senior Athletics is defined as an athlete under the age of 20 years old. Some of the older junior athletes may even decide they might want to compete in the Open Age State Championships to see how they go up against the adults or to prepare them for the following years when they will be over 20.

You may be talented enough to “qualify” to compete at the Australian Athletics Championships or the Australian Junior Athletics Championships. You have the ability to attain a qualifying time or distance during most competitions throughout the season or be an automatic qualifier by winning at States.

National Competitions are trial competitions for Australian Teams for the Olympics, Commonwealth Games, World Championships, World Junior Championships, World Cross Country Championships, and World Racewalking Cup etc. Qualifying times and distances for these events can also be obtained through many other competitions here and around the world.

When we think of Athletics we generally think of track and field events inside a stadium but the sport of Athletics includes several other disciplines that are conducted outside of the stadium. These are called “out of stadia” events and include the Marathon, Road Racewalking and Cross Country. These events are generally the winter athletics events due to them being distance events. These events are also part of the Senior Athletics events available and have their own State, National and World Championships.

Senior Athletics caters for not only able bodied athletes but also incorporates and integrates events for disabled athletes now called Para Athletes. The sport has events for the full spectrum of disabilities and has the Para Olympic Games and now have the World Para Athletics Championships recently held in London where Australia finished fifth on the medal tally with 28 medals.

All this sounds great for those that are extremely talented but the social athlete can also become involved in Senior Athletics.

There has been the thought that it is only for the elite athlete but it should be for those who enjoy athletics and may not be a national standard athlete.

We want to bring back athletics for the athlete that has enjoyed the social aspect of Little Athletics. To this end, we already have a number of Senior Athletes who compete socially at PB meets in Brisbane because they love running and enjoy the social atmosphere of competing and training. When at PB meets they compete against those who have similar PBs with the aim of having fun and trying to improve.



PARA ATHLETICS

Para Athletes will often compete in what is known as “Multi-Class” events meaning the athletes are classified with varying degrees of disability. Disabilities include Physical disabilities and Intellectual disabilities as well as hearing and visual disabilities each having a varying affect on different athletes.

From the Athletics Australia website they state;

“Athletics Australia endorses an all-inclusive competition calendar. All events run by Athletics Australia and its Member Associations cater for para-athletics athletes. The following information and links provide information for athlete to compete in para-athletics in Australia. Athletics Australia has a fully inclusive competition pathway for Para-athletes, including the Australian All Schools (secondary schools nationals) Australian Junior Championships and Australian Open Championships. School Sport Australia and Little Athletics Australia also offer athletics opportunities for Para-athletes.”

Little Athletics caters for most Para Athletes at Centre level as being fully integrated with all other athletes. Para Athletes may choose to continue competing as an able bodied athlete. However should you wish to continue to a higher level and into Senior Athletics you will need to be classified.

If you would like further information please talk to us or check out the Little Athletics Queensland, Queensland Athletics and Athletics Australia websites. There are loads of details of the classification process and where and when you can be assessed.

BECOMING A MEMBER

To become a member of Gold Coast Central Athletics you must register online through the Queensland Athletics website. You will find that there are several levels of membership depending on how involved you wish to be and to which level of competition you aspire to. You can also upgrade your membership throughout the season.

At the time of printing Queensland Athletics (QA) has not advised of their registration fees so we cannot advise of our fees in this publication, we can however advise we aim to make Gold Coast Central Athletics your cheapest option. Registrations through QA usually opens in September and follow the details in the Membership section of their website ensuring you enter Gold Coast Central as your club. The fees displayed will include the club fees as well as Queensland Athletics fees.

We mentioned earlier about dual membership for Little Athletes. If you are in Under 15's or a younger age group in Little A's you will need to register first with Gold Coast Little Athletics as your primary club and then register with Gold Coast

Central as your secondary club for a discounted fee. If you are Under 16 or 17 Gold Coast Central will be your primary club then dual register with Little Athletics.

Club Membership is also for our officials, helpers and parents. Queensland Athletics provides for all club volunteers to join as club members free of charge. This is for all volunteers, helpers, technical officials, coaches and committee members. We encourage you to register as well as your children.

UNIFORMS

The rules about uniforms in Senior Athletics are very different to Little Athletics. There is no requirement to wear club uniforms during QA competitions.

As a Senior Athlete you have the right to wear what you feel is comfortable and right for you or to satisfy personal sponsorship requirements. However, it is always rewarding to feel part of a team and uniforms are an integral function of that team feeling.

We at Gold Coast Central have made it simple and have integrated the nexus between our Senior Club and our Gold Coast Little Athletics club by making our latest uniform interchangeable between the two clubs. Uniforms can be purchased at the Little A's clubhouse.



Katie Hayward competing at the World U20 Junior Championships in Tampere, Finland

MY JOURNEY FROM LITTLE ATHLETICS TO A WORLD CHAMPIONSHIPS

A message from former Gold Coast Little Athlete and a Gold Coast Central athlete, 18 year old Race Walker Katie Hayward

My journey as an athlete at Gold Coast Little Athletics began as an under 10, eight years ago. Coming from a cross country background, I knew at a young age that my athletic ability and physicality suited the longer distances. It was obvious every Friday night at Pizzey Park, that I did not have fast twitch fibres to enable myself to run quick in which I mostly finished at the back in all the sprint events. However, later in the season I participated in an unfamiliar event called the 1100m race walk, where to my amazement I discovered I had a natural walking style that progressed me to win the race. That night brought so many exciting future possibilities that I never thought was possible. Little A's was an amazing experience towards my athletic career so far. Not only was the competition fun and competitive but the friends and mentors you meet on the way have still today stuck with me. It is this amazing support that enabled my progression from Little Athletics to Senior Athletics a lot easier.

As a little girl winning her first state Little Athletics event in the 1100m race walk to now being the Under 18 Australian 5km race walk record holder, Under 16 Australian 3km race walk record holder and multiple Queensland race walk records in the 10km's, 5km's, 3km's and the 1500m's. Also being invited to AIS camps and training sessions with multiple

Olympians, competing and training overseas and meeting so many inspirational and motivating human beings on the way.

2018 was the year I began my international athletics career. My first competition was held in Taicang, China for the World Race Walking Team Championships in early May. This event brought so many emotions but at the same time increased my love for the sport further. Unfortunately, 200m's from the line I was disqualified in my first 10km race walk on a world stage. It was an extremely hard part to experience, especially as a young athlete competing at her first international meet. Multiple emotions on that day passed through my head, on why I am here and why me? Through all the early 5am starts and backing up for second training sessions in the afternoon just did not add up on why my race finished in the way it did. However, as an athlete we all face hardships in our sports that we have to face and conquer. That day I realised that not every race is going to be what I set out to hopefully achieve. China's race motivated me so much more to rise above it and get back home and continue to train smarter and harder. As Rocky Balboa once said, "If you know what you are worth, then go out and get what you are worth, but you have to be willing to take the hits, because that's how winning is done"!!

Therefore, this July, I did come back smarter and stronger. I finished my second 10km race walk in 5th position setting a new personal best time by 38 seconds at the 2018 World Under 20's Junior Athletics Championships in Tampere, Finland. Not only was I ecstatic about my performance but ecstatic to achieve a clear board (no warnings or cautions), especially for someone only two months ago that was disqualified. This experience showed that rising above heartbreak and enabling yourself to fight harder is actually worth it in which now I can say I am a much stronger athlete both physically and mentally. Crossing the line after 25 laps produced so many emotions that still today I can't put into words.

However, it was also the Australian Team experience that also contributed to my experience greatly. It is now, reflecting back on my time overseas with all my teammates, which now clearly identifies the importance of friendships within athletics. It is these friends that know how tough and mentally challenging your journey is. They know what each day truly entails, which is a nice part to have because, our sport of athletics is predominately an individual sport. Therefore, being able to share these experiences with others is what makes it more memorable and thrilling at the end of the day.

My goals and plans for the future are to be selected for next year's World University Games for the 20km race walk in Italy. It is from here I will be working towards Tokyo 2020 Olympics which will be an amazing achievement to achieve especially for someone that will still only be 20 years old!



Katie post race with fellow walkers from Guatemala and the winner from Mexico Alegna Gonzalez

Overall, 2018 has been a year of growth, love, enjoyment, challenges, new friendships and success. I am extremely blessed to be able to travel across the world and experience some amazing countries through sport.

My message of encouragement to the 2018 Gold Coast Little Athletics team is to enjoy your time and take every opportunity to the fullest. Enjoy and take time in each event, to learn and develop new skills that you wouldn't have thought was possible to achieve. The road to success is a long but an exciting journey. It has taken me 8 years to accomplish and begin my dream, that many of you I'm sure no doubt are working towards as well. However, the thing I love about Little Athletics is not about who is the strongest, fittest and fastest athlete. It's the enjoyment, new friendships and the amazing sense of achievement you will all receive each Friday night. Therefore, with that said, "Have fun and enjoy this 2018 Gold Coast Little Athletics Season"!!!!!!

And remember: "A little bit of pain, is worth a lifetime of glory"!

Written August 2018

GCCAC'S FIRST WORLD CHAMPION

An Addendum to Katie's story

Katie Hayward's success continues.

Following her debut success at the Oceania 20km Race Walk Championships in Adelaide, her win gave her an automatic selection for the Australian Team to compete at the World University Games held in Naples, Italy in July 2019 under the backdrop of the famous Mt Vesuvius.

With almost 6000 athletes from 118 nations competing in 18 sports the World University Games is the world's second biggest multi sport event behind the Olympics- bigger than the Commonwealth Games. Held every 2 years, it is open to any athlete 25 years old or under who attends any form of tertiary study such as University or TAFE College.

This year's Australian Team was the most successful Aussie track & field team we have sent in its 66 year history bringing home 10 medals- 4 Gold, 4 Silver & 2 Bronze.

Katie became our young little club's first World Champion bringing home 2 Gold medals in the 20 km Women's Road Walk and also combining with Commonwealth gold medalist Jemima Montag and Philippa Huse to take the team gold also.

Although a Chinese athlete raced to an early lead Katie and Jemima worked well together as a team dictating the race and soon reeled her in and were then never challenged in a race that very quickly became subject to the Mediterranean summer temperatures. Pippa persevered, pushing on despite managing a hamstring strain to secure the team gold.

Katie's Adelaide win also gives her automatic selection to the World Athletics Championships in Doha, Qatar in Sept-Oct 2019. This will be the real deal for Katie as it will be the first time she races with the big girls- the best in the world.

Katie is pragmatic though with no expectations going into this race and it will be a precursor to Tokyo 2020 having 2 Olympic qualifiers. Katie will face many new experiences at this event particularly racing at 11.30 at night when expected temperatures will still be mid-high thirties. Katie is training in a Griffith University heat chamber to acclimate for the conditions.

Katie hopes that her story may inspire our athletes to dare to dream, turn dreams to goals and goals to reality.



Katie Hayward (right) & Jemima Montag taking 1,2 at the World University Games 20km Walk in Naples, Italy

QLD STATE CHAMPIONSHIPS MEDAL WINNERS 2018-19

MEN				WOMEN			
Athlete	Age Group	Event	Mark	Athlete	Age Group	Event	Mark
GOLD				GOLD			
				Ashanti Heap	U14	3000m Walk	15:27.28
					U14	3km Walk	15:22.00
				Ruby Hughes	U14	800m	2:22.05
				Jayda Anderson	U15	3000m Walk	14:19.17
				Francesca MacDonald	U18	200m	25.18
					U18	400m	57.73
SILVER				SILVER			
Felix Jackson-King	U17	Triple Jump	6.49m	Ruby Hughes	U14	1500m	4:55.80
BRONZE				BRONZE			
Felix Jackson-King	U17	Long Jump	13.39m				

AUSTRALIAN CHAMPIONSHIPS MEDAL WINNERS 2018-19

MEN				WOMEN			
Athlete	Age Group	Event	Mark	Athlete	Age Group	Event	Mark
GOLD				GOLD			
Kris Hayward	U16	3000m Walk	13:57.53	Jayda Anderson	U15	3000m Walk	13:49.89®
				Katie Hayward	Open	20km Walk	1:29.25
					Open	10000m Walk	43:20.65®
SILVER				SILVER			
				Ashanti Heap	U14	3000m Walk	15:03.46
				Francesca MacDonald	U18	400m	56.06
BRONZE				BRONZE			

INTERNATIONAL CHAMPIONSHIPS RESULTS 2018-19

Athlete	Age Group	Competition	Venue	Event	Place	Mark
Katie Hayward	Open	Oceania Road Walk Championships	Adelaide, Australia	20km Road Walk	Gold	1:29.25
	Open	Asian 20km Race Walking Championships	Nomi, Japan	20km Road Walk	4 th	1:29.31
	Open	Oceania Athletics Championships	Townsville, Australia	10000m Race Walk	Silver	45:35.81
	Open	World University Games	Naples, Italy	20km Road Walk	Gold	1:33.30
	Open	World University Games	Naples, Italy	20km Road Walk Teams	Gold	4:51.36

CLUB RECORDS MEN

Event	Athlete	Mark	Venue	Date
Open				
100m	Mitchell Williams	10.39	Brisbane	31/01/2016
200m	Ryan Bedford	21.01	Canberra	31/01/2016
400m	Jaxon Hayman	49.88	Brisbane	08/03/2019
Under 20				
100m	Matthew Currie	11.25	Brisbane	1/10/2015
200m	Ethan Hill	22.98	Brisbane	22/02/2018
400m	Ethan Hill	50.62	Brisbane	22/02/2018
800m	James Arnold	01:58.98	Sydney	17/03/2018
1500m	Kean Van Venrooij	04:17.77	Brisbane	02/02/2019
High Jump	Ozzie Toole	1.87m	Brisbane	11/02/2017
Under 18				
100m	Kai Hippisley	11.38	Townsville	23/03/2019
200m	Ethan Hill	23.04	Brisbane	12/10/2017
400m	Ethan Hill	50.50	Brisbane	4/03/2017
800m	Jamison Stovin	1:59.81	Brisbane	22/02/2018
1500m	Jamison Stovin	04:21.88	Brisbane	24/03/2018
110m Hurdles	Kai Hippisley	23.10	Miami	15/02/2019
1500m Walk	Jamison Stovin	10:23.59	Miami	19/01/2018
High Jump	Kai Hippisley	1.69m	Miami	15/02/2019
Long Jump	Kai Hippisley	5.91m	Miami	01/02/2019
Triple Jump	Kai Hippisley	11.88m	Townsville	23/03/2019
Discus	Jamison Stovin	28.14m	Miami	16/02/2018
Shotput	Jamison Stovin	8.29m	Miami	12/01/2018
Javelin	Jamison Stovin	24.78m	Miami	05/01/2018
Under 17				
100m	Ethan Hill	12.06	Brisbane	21/11/2016
200m	Ethan Hill	24.00	Brisbane	23/01/2016
400m	Ethan Hill	51.63	Brisbane	13/02/2016
800m	Jamison Stovin	1:59.32	Brisbane	12/10/2017
1500m	Jamison Stovin	4:31.66	Miami	24/11/2017
110m Hurdles	Jamison Stovin	19.93	Miami	13/10/2017
300m Hurdles	Jamison Stovin	50.25	Miami	3/03/2017
1500m Walk	Jamison Stovin	6:55.93	Miami	17/02/2017
5000m Walk	Jamison Stovin	25:27.94	Brisbane	21/01/2017
High Jump	Jamison Stovin	1.66m	Miami	17/11/2017
Long Jump	Felix Jackson-King	6.49m	Brisbane	07-10/03/2019
Triple Jump	Felix Jackson-King	13.46m	Sydney	01-07/04/2019
Discus	Jamison Stovin	36.36m	Miami	17/02/2017
Shotput	Kai Hippisley	8.76m	Miami	09/03/2018
Javelin	Jamison Stovin	31.29m	Miami	13/10/2017
Under 16				
100m	Tynan Neveceral	11.83	Brisbane	21/01/2017
200m	Tynan Neveceral	25.02	Brisbane	21/01/2017
400m	Joel Ottaway	55.82	Brisbane	06/01/2018
800m	Kris Hayward	02:07.44	Brisbane	07-10/03/2019
1500m	Kris Hayward	04:19.92	Brisbane	07-10/03/2019
3000m	Kris Hayward	10:01.59	Brisbane	09/02/2019
100m Hurdles	Joel Ottaway	13.51	Miami	21/09/2019
300m Hurdles	Joel Ottaway	45.71	Miami	01/12/2017

1500m Walk	Jamison Stovin	06:23.84	Brisbane	3/11/2016
3000m Walk	Kris Hayward	13:38.40	Cairns	07/12/2018
3km Road Walk	Jamison Stovin	14:29.00	Brisbane	26/06/2016
5km Road Walk	Jamison Stovin	25:21.00	Brisbane	15/05/2016
High Jump	Jamison Stovin	1.53m	Miami	25/11/2016
Long Jump	Kai Hippisley	5.75m	Miami	08/12/2017
Triple Jump	Kai Hippisley	10.67m	Miami	06/10/2017
Discus	Joel Ottaway	36.05m	Miami	19/10/2018
Shotput	Jamison Stovin	8.95m	Miami	11/11/2016
Javelin	Joel Ottaway	30.16m	Miami	07/09/2018
Under 15				
100m	Tynan Neveceral	11.46	Brisbane	21/10/2016
200m	Tynan Neveceral	23.52	Canberra	3/12/2016
400m	Joel Ottaway	55.73	Brisbane	16/12/2017
800m	Kris Hayward	2:13.36	Brisbane	25/03/2018
1500m	Ethan Gray	4:44.97	Miami	16/02/2018
3000m	Ethan Gray	9:54.26	Brisbane	08/02/2018
100m Hurdles	Joel Ottaway	15.93	Miami	17/11/2017
300m Hurdles	Joel Ottaway	45.91	Miami	01/12/2017
1500m Walk	Kris Hayward	6:45.17	Brisbane	23/03/2018
3000m Walk	Kris Hayward	13:38.40	Cairns	07/12/2018
High Jump	Kai Hippisley	1.47m	Miami	17/11/2017
Long Jump	Tynan Neveceral	6.03m	Sydney	22/04/2017
Triple Jump	Kai Hippisley	10.67m	Miami	06/10/2017
Discus	Joel Ottaway	31.96m	Miami	03/11/2017
Shotput	Joel Ottaway	8.56m	Miami	08/12/2017
Javelin	Jamison Stovin	22.76m	Miami	16/10/2015
Under 14				
100m	Jake Giltrap-Good	14.48	Miami	07/09/2018
200m	Kris Hayward	27.90	Miami	27/10/2017
400m	Jake Giltrap-Good	01:01.60	Ashmore	09/02/2019
800m	Kris Hayward	02:13.36	Brisbane	25/03/2018
1500m	Oliver Lloyd	4:42.68	Ashmore	09/02/2019
80m Hurdles	Jayden Stovin	16.35	Miami	07/02/2016
200m Hurdles	Kris Hayward	32.68	Miami	01/12/2017
1500m Walk	Kris Hayward	6:28.14	Brisbane	02/11/2017
3000m Walk	Kris Hayward	14:07.18	Brisbane	14/10/2017
2km Road Walk	Kris Hayward	09:48.00	Brisbane	29/05/2016
3km Road Walk	Kris Hayward	14:49.00	Brisbane	30/07/2017
High Jump	Oliver Lloyd	1.34m	Miami	22/02/2019
Long Jump	Oliver Lloyd	4.46m	Miami	01/03/2019
Triple Jump	Kris Hayward	10.09m	Miami	17/11/2017
Discus	Oliver Lloyd	22.55m	Miami	02/11/2018
Shotput	Kris Hayward	7.32m	Miami	06/10/2017
Javelin	Oliver Lloyd	18.48m	Miami	07/12/2018
3km Cross Country	Oliver Lloyd	10:05.00	Kembla Grange	24/08/2019

CLUB RECORDS WOMEN

Event	Athlete	Mark	Venue	Date
Open				
100m	Cebile Mpofu	12.90	Brisbane	07-10/03/2019
200m	Cebile Mpofu	26.36	Brisbane	07-10/03/2019
400m	Cebile Mpofu	61.65	Brisbane	16/02/2019
100m Hurdles	Tyler Lima	14.67	Sydney	3/04/2016
4x100m Relay	T. Lima, N. Roberts, M. Knezevic, R. Milburn	52.51	Brisbane	31/01/2016
1500m Walk	Katie Hayward	5:49.93	Brisbane	02/11/2017
3000m Walk	Katie Hayward	12:10.00	Brisbane	23/03/2019
10000m Walk	Katie Hayward	43:20.65	Sydney	05/05/2019
10km Road Walk	Katie Hayward	44:12.00	Nomi, Japan	17/03/2019
20km Road Walk	Katie Hayward	1:29:25.00	Adelaide	10/02/2019
Long Jump	Milenija Knezevic	4.85m	Southport	3/02/2017
Masters 30-39				
100m	Milenija Knezevic	13.27	Brisbane	10/02/2018
200m	Milenija Knezevic	28.11	Brisbane	10/02/2018
400m	Milenija Knezevic	1:08.11	Brisbane	19/01/2019
Under 20				
100m	Tyler Lima	12.38	Brisbane	5/11/2016
200m	Tyler Lima	25.87	Brisbane	5/11/2016
400m	Emily Hill	59.87	Sydney	14/03/2018
800m	Emily Hill	2:13.68	Brisbane	02/02/2018
100m Hurdles	Tyler Lima	14.04	Brisbane	4/02/2017
1500m Walk	Katie Hayward	05:48.3	Brisbane	3/11/2016
3000m Walk	Katie Hayward	12:10.00	Brisbane	23/03/2019
10000m Walk	Katie Hayward	43:20.65	Sydney	05/05/2019
10km Road Walk	Katie Hayward	44:12.00	Nomi, Japan	17/03/2019
20km Road Walk	Katie Hayward	1:29:25.00	Adelaide	10/02/2019
Long Jump	Cebile Mpofu	5.10m	Brisbane	20/10/2016
Under 18				
100m	Katie Lee	12.34	Brisbane	21/11/2015
200m	Francesca Macdonald	25.18	Brisbane	07-10/03/2019
400m	Francesca Macdonald	56.06	Sydney	01-07/04/2019
800m	Emily Hill	02:11.70	Sydney	28/03/2017
100m Hurdles	Katie Lee	14.19	Brisbane	25/10/2015
1500m Walk	Katie Hayward	05:48.3	Brisbane	3/11/2016
3000m Walk	Katie Hayward	12:46.34	Brisbane	
5000m Walk	Katie Hayward	21:39.03	Brisbane	22/10/2016
5km Roadwalk	Katie Hayward	22:44.00	Brisbane	30/07/2017
4x100m Relay	C.Banner, K.Lee, E.Hill, F.Macdonald	52.27	Brisbane	31/01/2016
1600m Sprint Relay	K. Lee, T. Lima, N.Roberts, C.Banner	04:20.65	Brisbane	31/01/2016
Long Jump	Cebile Mpofu	4.83m	Brisbane	13/02/2016

Under 17				
100m	Annalise Daniel	12.36	Brisbane	09/03/2019
200m	Francesca Macdonald	24.77	Brisbane	27/10/2018
400m	Francesca Macdonald	55.16	Brisbane	28/10/2018
800m	Emily Hill	02:14.15	Perth	10/03/2016
1500m	Morgan Matthews	05:06.01	Brisbane	22/02/2018
400m Hurdles	Francesca Macdonald	01:06.35	Brisbane	22/02/2018
1500m Walk	Katie Hayward	06:13.53	Brisbane	18/03/2016
3000m Walk	Katie Hayward	13:46.59	Brisbane	1/10/2015
5000m Walk	Katie Hayward	21:39.03	Brisbane	22/10/2016
5km Roadwalk	Katie Hayward	23:27.00	Brisbane	31/07/2016
High Jump	Summer-Roze Darke	1.33m	Brisbane	24/03/2018
Long Jump	Summer-Roze Darke	4.51m	Miami	09/03/2018
Triple Jump	Summer-Roze Darke	9.75m	Miami	02/03/2018
Discus	Summer-Roze Darke	18.88m	Miami	19/01/2018
Shotput	Summer-Roze Darke	8.41m	Brisbane	24/03/2018
Javelin	Summer-Roze Darke	18.79m	Miami	05/01/2018
Heptathlon	Summer-Roze Darke	3109pts	Brisbane	25/03/2018
Under 16				
100m	Francesca Macdonald	13.56	Brisbane	18/02/2017
200m	Francesca Macdonald	27.64	Brisbane	31/01/2016
400m	Francesca Macdonald	01:02.73	Brisbane	20/10/2016
800m	Tayla Moryta	2:40.16	Miami	12/01/2018
1500m	Tayla Moryta	04:59.00	Brisbane	11/03/2017
3000m	Tayla Moryta	11:26.51	Brisbane	08/02/2018
90mHurdles	Francesca Macdonald	14.24	Brisbane	26/02/2017
300m Hurdles	Summer-Rose Darke	58.00	Miami	01/12/2017
1500m Walk	Vivian Milosevic	8:46.27	Townsville	22/03/2019
High Jump	Summer-Rose Darke Tayla Moryta	1.25m	Miami Miami	17/02/2017 05/01/2018
Long Jump	Francesca MacDonald	5.29m	Brisbane	25/02/2017
Triple Jump	Summer-Rose Darke	9.73m	Brisbane	19/03/2017
Discus	Summer-Rose Darke	18.03m	Miami	2/12/2017
Shotput	Summer-Rose Darke	8.11m	Miami	24/02/2017
Javelin	Summer-Rose Darke	17.77m	Miami	3/03/2017
Under 15				
100m	Francesca Macdonald	13.59	Brisbane	31/01/2016
200m	Francesca Macdonald	27.64	Brisbane	31/01/2016
400m	Sayla Donnelley	1:01.43	Runaway Bay	28/04/2018
800m	Sayla Donnelley	02:17.79	Runaway Bay	28/04/2018
1500m	Sayla Donnelley	04:42.31	Brisbane	24/03/2018
90mHurdles	Francesca Macdonald	14.65	Brisbane	31/01/2016
300m Hurdles	Tayla Moryta	1:03.65	Miami	01/12/2017
1500m Walk	Jayda Anderson	7:01.93	Miami	15/02/2019
3000m Walk	Jayda Anderson	13:49.89	Sydney	01/04/2019
High Jump	Tayla Moryta	1.30m	Miami	17/11/2017
Long Jump	Francesca Macdonald	5.30m	Brisbane	13/02/2016
Triple Jump	Tayla Moryta	8.83m	Miami	01/12/2017
Discus	Sayla Donnelley	15.29m	Miami	09/03/2018
Shotput	Sayla Donnelley	5.99m	Miami	16/02/2018
Javelin	Vivian Milosevic	13.56m	Miami	07/09/2018

Under 14				
100m	Sayla Donnelley	14.18	Miami	01/12/2017
200m	Sayla Donnelley	28.76	Miami	27/10/2017
400m	Ruby Hughes	1:04.76	Miami	02/11/2019
800m	Ruby Hughes	02:17.31	Melbourne	23-26/11/2018
1500m	Ruby Hughes	04:39.27	Melbourne	23-26/11/2018
80m Hurdles	Sayla Donnelley	14.31	Miami	17/11/2017
200m Hurdles	Sayla Donnelley	31.64	Miami	01/12/2017
High Jump	Ruby Hughes	1.31	Miami	14/09/2018
Long Jump	Sayla Donnelley	3.93m	Miami	01/12/2017
Triple Jump	Ashanti Heap	9.58m	Townsville	23/03/2019
Discus	Ruby Hughes	17.62m	Miami	02/11/2018
Shotput	Ashanti Heap	6.09m	Miami	19/10/2019
Javelin	Ruby Hughes	14.20m	Miami	07/09/2018
1500m Walk	Jayda Anderson	6:39.06	St Lucia	01/11/2019
3000m Walk	Jayda Anderson	14:12.91	Brisbane	01/12/2018
3km Roadwalk	Jayda Anderson	14:30.39	Kawana	26/08/2018
3km Cross Country	Jayda Anderson	11:09.00	Toowoomba	24/07/2019



Waiting for their 100m event the Open Women find the only shade available including our own Cebile Mpofu (1473)

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Gold Coast Central Athletics

Our aim is to guarantee all members access to a complete range of participation, training and competition opportunities and to ensure equity in all aspects of Athletics, including the provision of rewards and incentives, coaching, officiating and administration. Seven equity areas are identified which include gender, disabilities, older adults, Aboriginal and Torres Strait Islanders, non-English speakers, employment status and isolated communities.



Our Mission at Gold Coast Central Athletics Club is to enable development in the sport of Track and Field through the promotion of coaching excellence, healthy lifestyles, positive attitudes, inclusiveness and community involvement. Athletes aged 12 – 99 are encouraged to participate

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