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FRONT COVER PHOTOS

Season Highlights and Records of 4 of our Talented Athletes

Audrey Russell - 14's (top left):

- Nationals Championships - Gold 3km racewalk, 12th 2km steeplechase,
- NSW Championships – Gold 1500m racewalk, Bronze 2km steeplechase,
- National long walks (road) - Bronze 2km racewalk, Gold NSW Team,
- Zone Records – 11's 1100m Walk, 13's 1500m Walk, 14's 1500m Walk
- RTAC Record – 12's 1500m Walk.

Ashlyn Wall - U20 (top right):

- All Schools Nationals – Silver -18's 800m,
- Gold – 400m & 800m, Silver 1500m, 14th Under 20 800m,
- Zone Records – 12's 1500m, 15's 800m & 1500m, 17's 1500m, U20 400m & 1500m.
- Region Records – U20 400m & 1500m.
- RTAC Records – 10's 1500m, 11's 800m & 1100n Walk, 13's 800m, 1500m & 3000m, 17's 800m, 1500m, 3000m & 1500m Walk, U20 800m & 3000m.

Scarlet Lodge – 9's (bottom left):

- State Championships – qualified for the 100m final with a PB, finished 6th in the State,
- Region Championships – Gold 70m, 100m, Silver 200m, all PB's,
- Zone Championships - 1st in 70m, 100m and 200m and Junior Girls Relay,
- Zone Records – 7's 100m, 8's 70m, 9's 70m.

Winter Robson – 10's (bottom right):

- NSW Championships Gold High Jump, Silver Long Jump,
- Region Championships Gold High Jump and Long Jump (record),
- Zone Championships 1st High and Long Jump, 100m and 200m, Junior Girls Relay.
- Region Record – 10's High Jump,
- RTAC Record – 9's High Jump.

RTAC EXECUTIVE & COMMITTEE 2026 / 2027

EXECUTIVE

CHAIRPERSON:	Brent Matthews	Phone: 0434 950 944
VICE CHAIRPERSON:	Phil Wall	Phone: 0484 527 377
SECRETARY:	Deidre Hall	Phone: 0418 962 185
TREASURER:	Barbara Inglis	Phone: 0408 487 190

COMMITTEE

REGISTRAR:	Barbara Inglis
PUBLICITY OFFICER:	Deidre Hall
SOCIAL MEDIA OFFICERS:	Kerrylea Macdonald & Emma Shawyer
SOCIAL MEDIA OFFICERS:	Ashlyn Wall & Kelly Wardle
COACHING DIRECTOR:	VACANT
GROUND'S OFFICER:	Scott Clarke
ASST GROUND'S OFFICER:	Kristy Page
UNIFORM OFFICER:	Barbara Inglis
EQUIPMENT OFFICER:	Kerrylea Macdonald
CHAMPIONSHIPS OFFICER:	Amanda Russell
RECORDER:	John Terranova
ASST RECORDER:	Phil Wall
CANTEEN OFFICER:	VACANT
ASST CANTEEN OFFICER:	VACANT
FUNDRAISING:	Bianca Pilgrim

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SHOAL BAY



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RAYMOND TERRACE



RTAC GENERAL COMMITTEE 2026 / 2027

PUBLIC OFFICER:	Barbara Inglis
SPORTS COUNCIL DELEGATE:	Deidre Hall
ZONE DELEGATES:	John Terranova
	Barbara Inglis
FIRST AID:	Barbara Inglis
	Bellinda Edstein
	Natasha Terranova

Additional qualified First Aid members are welcome

GENERAL COMMITTEE:	Bellinda Edstein
	Dean Lawrence

New Committee members are most welcome at any time during the season.

RTAC LIFE MEMBERS

Robin Sansom (Dec'd) – 1992 / 93

Louise Green – 1992 / 93

Barbara Day – 1997 / 98

Lorraine O'Connor – 1998 / 99

Deidre Hall – 2000 / 01

David Marsh (Dec'd) – 2000 / 01

Barbara Inglis – 2001 / 02

Annette Willis – 2001 / 02

Dudley Willis (Dec'd) - 2001 / 02

Katie Hall (Turrell) – 2003 / 04

Garry Taylor – 2003 / 04

Bill Mackenzie (Dec'd) – 2003 / 04

John Terranova – 2006 / 07

Brett Inglis – 2009 / 10

Scott Clarke – 2019 / 20

David Summerville – 2021 / 22

Kristy Page – 2022 / 23

Phil Wall – 2024 / 25

SIENNA NEWTON'S INCREDIBLE ACHIEVEMENTS



Raymond Terrace Athletics Centre is not only proud of 19 year-old Sienna's inclusion in the 2026 Australian Commonwealth Games team in Scotland as a T38 para-athlete in Long Jump, but for her inspirational result. Sienna displayed her fighting spirit and determination by jumping into 5th place with a personal best jump of 4.70m.

Sienna began Little Athletics in Tiny Tots where she admits to being more interested in building sandcastles in the long jump pit.

In 2015, when she was just 8, she won the 2km Diocesan Championships and shortly after, was diagnosed with brain cancer.

Showing inspirational determination and strength, she returned to the Diocesan Championships less than 12 months after surgery, which has left her with left-sided weakness, and won the event again.

Sienna continued to compete in able-bodied athletics, even winning the NSW Under 13 Combined Events title.

Last year, she returned to long jump to compete in her final school athletics carnival and it didn't take her long after that with jumps of 4.62m to be in consideration for selection in the team which was announced in May this year.

Early this year, Sienna relocated to Sydney to focus on another love of hers, acting. She is currently undertaking a Diploma of Stage and Screen Performance at the National Institute of Dramatic Art (NIDA).

Her move to Sydney unfortunately brought to an end her time with local coach David Summerville, one of our Life Members and a former Club President.

Sienna has come a long way since her days building sandcastles in the long jump pit. Not only is she now a Commonwealth Games long jumper, but she is also a keen skateboarder who is proud to be able to drop in on a 10-foot vertical ramp.

Whether on a long jump runup, a skateboard or the stage, Sienna continues to embrace every challenge with courage, determination, self-belief and an infectious enthusiasm for life.

Raymond Terrace Athletics Centre

1976 to 2026 and beyond

The Centre owes its beginnings to four RAAF personnel posted to No. 77 Squadron at RAAF Base Williamtown from Melbourne, where Little Athletics had been established just six years earlier. Inspired by the sport's success in Victoria, they recognised the opportunity to bring Little Athletics to the Raymond Terrace community. It was one of the newest athletics centres in the Hunter Region.

Other Foundation Members who were instrumental in the Centre's establishment included Dave Davies, John Green and David and Ken Marsh. David Marsh was a respected local athlete and coach who chaired the Centre's inaugural meeting.

Although he was not initially a competing athlete at the Centre, David became one of its most influential figures through his achievements in distance running and throws. Over the next four decades he mentored generations of athletes while serving as a committee member, coach, competitor and eventually Life Member.

In his youth, he famously won the "Golden Mile" at Masonite three consecutive years before competing in long-distance with the Newcastle Harriers.

His sudden passing in 2022 was deeply felt throughout the Centre, particularly by the dedicated running squad he had built over many years. He would have been immensely proud to celebrate this milestone that he helped create.

In his honour, the Centre gained Council permission to name their 400m track, the David Marsh Athletics track to commemorate the many hours he spent on it running, race walking and training.

No other athletics centre in Australia incorporates a specific military squadron

number, badge and colours into its identity, making Raymond Terrace Athletics Centre truly unique.

The badge symbolises protection, peace and happiness and has remained the Centre's emblem for fifty years, making Raymond Terrace one of the few athletics centres in Australia with such a distinctive military connection which has remained unique within Australian athletics for 50 years.

The Centre quickly established itself as a true family organisation. As athlete numbers increased, Saturday morning competitions became an important part of community life in Raymond Terrace. The Centre developed a reputation for welcoming athletes of every ability - from beginners simply wanting to "Run for Fun" through to representative competitors.

Membership continued to grow, reaching more than 220 registered athletes at its peak. Many athletes excelled at Zone and Regional level before progressing to State, National and International competition. The Centre was also fortunate to have qualified volunteer coaches covering every event—something few athletics centres could boast.

The Centre has been in its current location since 1985, but prior to that we had spent time at Masonite Rd, Raymond Terrace High School and near the RAAF Base.

We hosted the first Port Hunter Zone Championships at RAAF Base Williamtown in 1982. With the assistance of RAAF personnel, a competition field was marked out on what is now the site of Fighter World. The Championships were then held for two years at Newcastle's No. 4 Oval before returning to Raymond Terrace, where the Centre hosted the next three consecutive Championships.

Overall, Raymond Terrace has hosted the Port Hunter Zone Championships seven times and will proudly host them for an eighth time this November. In addition, the Centre has supported seventeen other Championships by allowing neighbouring centres the opportunity to host the annual event.

Our Centre's permanent home at Vi Barnett Field honours former Port Stephens Councillor Vi Barnett, whose tireless advocacy for community recreation facilities laid the foundation for regional youth sport and provided a lasting home for organisations such as ours.

Raymond Terrace athletes have achieved success on the highest stages of the sport. At the Sydney 2000 Paralympic Games, Heath Francis became a Paralympic and World Champion, winning gold in the 200m, 400m and 4 × 100m relay. This year the Centre is equally proud to see Sienna Newton represent Australia in the Para Long Jump at the Commonwealth Games in Scotland.

Heath was also a proud 2000 Olympic Torchbearer as was National Junior hurdle Champion, Katie Hall, (now Turrell).

Until the 2022 floods, our Centre was acknowledged as having the best grass track in the Region. However, the floods of 2022 devastated the field and made it unusable for the next season. To enable the Centre to continue operating, the Committee made the difficult decision to relocate, at their own expense, for that next season to the Maitland Regional Athletics Centre.

While we successfully returned to our field, athlete numbers declined and ongoing drainage problems continue to present significant challenges. We are applying for grants that will improve our drainage and are working hard to gradually increase our athlete numbers.

The Centre continues to maintain its emphasis on participation, sportsmanship and personal improvement rather than simply winning.

One of the Centre's proudest traditions is the encouragement shown to athlete on the track. Spectators often smile as they witness parents, officials and fellow competitors cheering participants across the finish line, regardless of placing.

Since we began, our many dedicated Committee members and parents have been instrumental in our continued success and reputation. We have embraced innovation thanks to Vice President Phil Wall who has developed an electronic timing and photo-finish system that has transformed competition management, removing much of the stress and labour associated with manual timing. The system has since attracted interest from other athletics centres.

Athletics is a sport that forms the basis of most other sports. Community athletics is labour-intensive and owes its continued existence to enthusiastic and dedicated volunteers on and off the field. There are times when it would be so nice to be able to just sit and watch, enjoying our children and grandchildren try their hardest out on the field. But being right there with them to help with events and encourage is something that makes special memories.

As Raymond Terrace Athletics Centre celebrates its first fifty years, it does so with immense pride in its history, gratitude to the generations of volunteers who built it, and confidence in the future. The Centre remains committed to being a family-focused organisation where athletes of every ability are welcomed, encouraged and inspired to achieve their personal best—both on and off the track.

BEYOND POTENTIAL SUPPORTS

At Beyond Potential Supports, we are committed to empowering people to live with independence, dignity, and confidence.

Based in Raymond Terrace and proudly serving the Lower Hunter region, we provide personalised support services through both the NDIS and My Aged Care (Support at Home).

As a family-owned and operated organisation, we understand the importance of building genuine relationships and delivering care that is tailored to each individual's goals, preferences, and needs. Our mission is to provide high-quality, accessible, and integrated supports that enhance wellbeing, promote independence, and foster meaningful connections within the community.

Today, we support people of all ages through a range of services including Supported Independent Living (SIL), community participation, personal care, nursing supports, respite, and in-home aged care services. Our focus is on helping individuals remain safe, engaged, and empowered—whether that means living independently at home, participating in their community, or accessing specialised support to achieve their goals.

Our experienced clinical team, led by a Registered Nurse, provides professional clinical oversight and guidance to ensure participants and aged care clients receive safe, coordinated, and person-centred care. This includes assistance with care planning, health management, medication support, clinical assessments, and navigating complex healthcare needs.

At Beyond Potential Supports, we believe everyone deserves the opportunity to live a life beyond limits, with the right support, the right opportunities, and a strong sense of belonging.

CALL US ON 0460 029 489

OR EMAIL INFO@BEYONDPS.COM.AU

The Story Behind our Centre Logo

“The Grumpy Monkey”



The “Grumpy Monkey” is the affectionate nickname of 77 Squadron, but it actually represents the Oriental Temple Lion.

The story dates back to the Korean War (1950–1953) when 77 Squadron was serving with United Nations forces in Korea, they adopted the image of a traditional Korean temple guardian lion as its emblem.

In Korean culture, these lions symbolize a protector of peace - calm and watchful in times of peace, but fierce and swift when threatened. This perfectly complemented the squadron’s motto, “Swift to Destroy.”

Over time, the stern-looking lion became referred to as the “Grumpy Monkey” and the name has stuck.

Today, it is used with pride by serving members, and the emblem has appeared on the squadron’s Mirage III and F/A-18 Hornet through to today’s F-35A Lightning II fighters.

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LITTLE ATHLETICS TEN COMMANDMENTS

- 1.** Little Athletics is meant to be a fun family sport.
Don't spoil it by becoming too intense.
- 2.** Remember that your child is competing against him / herself. Resist the temptation to compare results with other competitors or siblings. If it's that important, athletics is not for you.
- 3.** Be on your guard against projecting your own aspirations on to your child. If you want to win the race, go and run it yourself!
- 4.** Never hurl abuse from the sidelines - people do not respect you for it. By all means, cheer-on your child, but do so with good temper and friendly enthusiasm.
- 5.** There is no circumstance which warrants humiliating a child. If he / she were able to win or were in the mood to try, then it would have happened. Criticism breeds resentment which means deteriorating relationships. This is bad for the whole family. A child will go to the ends of the earth for parents who play fair.
- 6.** Be on the watch for signs of stress: reluctance to compete, worsening times, heights or distances; anger; resentment; change of personality. Be ready and willing to listen if you want your child to tell you the trouble. Maybe it's a problem with one particular event, so concentrate on the ones he / she enjoys most. Be understanding, even if the problem is something you don't want to hear.
- 7.** If you see something of which you disapprove, bring it to the notice of the Executive. Do not grumble in the background and spread your disapproval. Improvements can't happen if you don't voice your concerns to those who can do something about it.
- 8.** Athletics is not the only thing in your child's life. This is the age of exploration. If things are going badly, it's time for a rethink, and maybe a change of activity for a while. Many children may want to give athletics another try later.
- 9.** Don't let successes go to your head.
A "bad" winner detracts from a great performance.
- 10.** Get involved! Ask what you can do to help! Athletics Centres can only operate well with regular parental involvement. The equipment doesn't magically appear on the field for each meet, or pack itself away. The grass on the track keeps growing, and the lane markings need re-doing every 6 weeks. This regular maintenance and work is made so much easier with helpers.

Raymond Terrace

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DETAILS ARE SUBJECT TO CHANGE WITHOUT NOTICE

Raymond Terrace Athletics Centre

Sunsmart Policy

RTAC has numerous permanent shade areas on the field. Executive and Committee members, as well as parents and athletes assisted in their construction. We encourage everyone to use them when not competing.

Aim:

To reinforce the Sunsmart ideals taught at school by encouraging our athletes and parents to be aware of sun protection during leisure activities, especially whilst at our Centre.

Implementing strategies:

- When registering their athletes, new parents will be notified of the Sunsmart Policy.
- Encourage the wearing of our new bucket hats.
- Sunscreen will be on hand but encourage the application of sunscreen before leaving home.
- Shade is provided at locations where athletes are likely to spend the most time.
- Remind athletes and parents each week before meets and in Newsletters about wearing hats and sunscreen.
- To lead by example by encouraging Committee members and parents to support Sunsmart practices, especially whilst at the Centre.

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OBJECTIVES OF OUR CENTRE

Our aim is to bring together athletes and their families in a range of athletic events supporting the Little Athletics motto of Family, Fun and Fitness. A secondary objective is to provide athletes with the opportunity to compete at Zone, Regional, State, National and International levels.

PARENT PARTICIPATION

It is a Centre requirement that AT LEAST ONE PARENT PER FAMILY actively assists at our weekly Centre meets. This assistance can be in the form of an **Age Marshall or group helper**. Each age group needs a minimum of 5 active helpers plus “crowd controllers”. No athletics knowledge is required for this. It can be as easy as holding a tape measure, raking a long jump pit, calling athletes’ names or just keeping the group together and off the cages and levee bank. We always need helpers, so never think we don’t need you. **The faster we have volunteers for Age Marshalls each week, the faster we can start the Centre meets.** If you would like to assist but are unsure how, ask a Committee person.

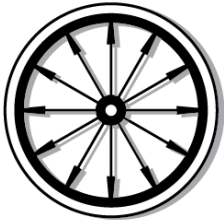
Assistance with **setting-up equipment from 7a.m.** is also most welcome, as is helping to **bring it in** at the end of each meet.

Joining our Committee any time through the season is welcome.

STARTING TIMES AND WARM-UPS

The **13’s to Masters** have long hurdles, long distance walks and runs scheduled at **8a.m.** **9’s to 12’s** have walks some weeks beginning at 8:15am. The early events are listed on the noticeboard each week for the following week of competition. A **warm-up session** is held at **8:15a.m.** for 6’s to 12’s. Athletes are encouraged to participate, as this is a vital part of competition. Even the youngest athletes risk injury without sufficient warm-up, no matter in which event they participate.

Apart from the above early events, weekly **Centre Meets for 6’ to 12’s begin at 8:30am** and **13’s to Masters begin at 9am.**



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LIVE BAND. 8PM



SATURDAY NIGHT

KARAOKE 8PM



SUNDAY

RAFFLES 3PM



BISTRO



LUNCH

11.30AM - 2PM

DINNER

5.30PM - 8PM SUN - WED

5.30PM - 8.30PM THURS -SAT



TRADING HOURS

MON TO SAT 9AM-1AM

SUNDAY . 10AM-10PM



**SPINNING WHEEL
HOTEL**



THINGS TO DO WHEN YOU ARRIVE FOR EACH CENTRE MEET

- If your athlete has an early event, allow time for a warm-up.
- Otherwise, send your 6's to 12's athlete/s for a warm-up at 8:15 with the other athletes.
- Pick-up the weekly newsletter if you don't receive it by email. It contains information on upcoming events, results of any carnivals, important details about our Centre, the previous week's record breakers, Business of the Week, etc. It's also available online.
- On the table with the Newsletter will also be carnival entry forms for other Centres from time to time that may be of interest to you.
- Check the noticeboard. It has the weekly event program, next week's early events, upcoming competitions; and other athletics information.
- Decide how you can best assist at the meet - as an Age Marshall, place judge, or helper with a group (minimum 4-5 adults per event are needed). Without sufficient helpers, we can't start on time.
- If you have more than 1 athlete on the field, it's best if you assist the group that has the most need, based on their numbers or age.
- Check the lost property basket located at the base of the noticeboard.

PERFORMANCE RESULTS

You can check your athlete's performances and print them from our website www.raymondterraceathletics.com.au

BEHAVIOUR DURING COMPETITION

RTAC abides by the NSW Athletics Codes of Conduct which have been adapted from the Australian Sports Commissions' Junior Sport Codes of

Behaviour. Failure to comply with these codes or not satisfy competition rules or abide by the safety rules in any event, may result in disqualification in that event and with no points awarded. **Unruly behaviour by an athlete or parent**, or a deliberate attempt to interfere with another athlete's performance may also result in **disqualification of the athlete and disciplining of the athlete or parent**. Age Marshalls and Officials have the right to enforce these penalties.

REGISTRATION CATEGORIES

Athletes are registered with NSW Athletics. **Juniors** - 6 to U20, **Open** - From 20yrs of age, able to compete at all NSW Athletics events, **Concession** – Over 20 years of age with a Government Concession card. Able to compete at all NSW Athletics events. **Community** – Over 20 years of age can only compete at our Centre.



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FOOTWEAR

Athletes **MUST WEAR SHOES** at all times. **Spiked shoes** can only be worn by athletes in the **11's age group or older** in fully-laned events. **Spikes MUST BE REMOVED** at the finish of the event in which they were worn. **Spikes worn on the synthetic run-ups must be no longer than 9mm.**

Starting blocks should only be used by athletes who have been instructed on their use by an accredited sprint coach.

ATTIRE

All athletes **MUST** compete in full Centre uniform consisting of an R.T.A.C. singlet or lycra top with matching or plain black shorts above the knee, briefs or bike pants. Athletes are given one month's period of grace from the athlete's first Centre meet for uniform requirements to be met. After this time, **athletes may be excluded from competition.** All Registration patches and numbers supplied to athletes are considered part of the uniform. **Uniform is available for purchase before or after the Centre Meets.**

REGISTRATION NUMBERS AND AGE PATCHES

Each season, all athletes receive a **new Registration (athlete) number** that is placed in the middle front of the singlet or top. **Adhesive Velcro "dots" work well. We have some in stock for sale.** There is a charge for replacement numbers from the Registrar. All 6's to U20's athletes receive a new age patch which can now be placed at the right shoulder to avoid covering our Grumpy Monkey. There are no longer separate Coles patches. Just 2 patches now.

NSW ATHLETICS AGE GROUPS

The age groups are based on **age as at December 31** which aligns with ages for school competitions and NSW Athletics.

YOU CAN COMPETE AT OTHER CENTRES

Any registered athlete is able to compete at other Centres if they wish. That's why you may sometimes see athletes wearing a different uniform at our meets. If you choose to visit another Centre, simply see an Official at that Centre to let them know you'd like to compete and you may be asked to pay a small grounds fee. You won't be able to break any records or be awarded points, but it's a great way to gain additional competition and experience.



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CANCELLATION OF MEMBERSHIP

It is the policy of this Centre **NOT TO REFUND** any part of the Registration fee if a member no longer wishes to be a member of this Centre or if persistent bad weather has caused numerous cancellations.

RULES ON TRANSFER

An athlete who, after having joined this Centre, wishes to join another Centre, or vice-versa, can apply to the Registrar for a transfer. Merit and Centre Awards are not transferable between Centres.

INSURANCE

All competitors are covered against injury whilst participating in Centre activities. Regardless of severity, all injuries or accidents **MUST** be reported to an Executive member and a witness' name noted.

Due to insurance regulations, **athletes are not permitted to compete in an older age group at our Centre.**

COACHING SESSIONS

At the moment, our only coach is Scott Clarke who is a Level 3 accredited Throws coach. His sessions are free to all of our athletes. Session days and times will be advised in the Newsletter and facebook. In previous years, we were fortunate to have coaches for every event and are keen to attract some again. We offer incentives to prospective coaches by reimbursing their Coaching Accreditation courses once they complete just 1 season of coaching with our athletes. See Deidre or Barbara if you are interested.

EXPECTATIONS OF COACHES

If you are regularly coached by one of our coaches, **there is an expectation that you will not go to another coach for the same event either during the season or in the "off season" if you intend continuing coaching with your RTAC coach.** The reason for this is that coaches have their own methods of coaching. The athlete may become confused and actually be doing themselves a disservice in terms of technique by having more than one coach. If you feel you need additional coaching, speak to your coach. **Above all, be upfront with our coaches and tell them if you are thinking of seeking coaching from another.** Whilst you have the right to be coached by whomever you wish, most coaches should not be prepared to have athletes use additional coaches for the same event.



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ELIGIBILITY FOR PRESENTATION DAY AWARDS

Athletes **MUST** have attended and competed in **60% OF MEETS** to be eligible for awards on Presentation Day. **Special family circumstances are considered.**

MERIT AWARDS

These are the end of season Centre Point Score Awards and are based on points awarded to each athlete for participation and improvement throughout the season. One point is awarded for each event attempted (maximum of five per Centre meet), one point when each personal best is equalled; and two point each time a personal best is bettered.

Awards at Presentation Day will be presented to the first three boys and first three girls in each age group, for the highest points gained over all Centre meets. **Five bonus points are awarded to athletes who compete at the LA Port Hunter Zone Combined.**

CONTINUOUS SERVICE AWARDS

Athletes who have completed 5 years continuous service are recognised with a Service Medal and at 10 years, a plaque. At each subsequent 5 years, athletes will be awarded a trophy or keepsake to commemorate these exceptional milestones.

FUNDRAISING

From time to time, parents will be called upon to assist with fundraising to enable the Centre to purchase equipment and meet financial commitments. Please support these ventures to enable us to reach our goals. **See Bianca or Deidre if you have any fundraising ideas.**

MONTHLY RTAC MEETINGS

Meetings are usually held on the **second Tuesday of each month** and usually at 7pm, in the downstairs Board Room at RT Bowling Club. **Parents are welcome to attend these meetings** to express ideas on ways we can ensure the continued smooth running of the Centre, to air any problems and to discuss their views on matters of concern. Fundraising ideas are also welcome. **If you wish to attend a meeting, see Deidre on the prior Saturday morning (or call on 0418 962 185) to check if the venue, time or date has been changed.**



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EXAMINATION FOR OFFICIALS

Parents and Senior athletes can become qualified to conduct events at Carnivals. This accreditation can be gained by taking an online Officials Exam based on information contained in the “Rules of Competition”. Anyone wishing to gain accreditation should see Barbara.

PROTESTS AT CHAMPIONSHIPS

Any protest concerning the running of an event at a major LAA carnival, must be directed to the RTAC Team Manager who immediately informs the Information Officer that a protest is being submitted. Carnivals with electronic timing may present medals almost immediately, so lodging protests must be swift. A deposit of \$50 must accompany the protest, which will be forfeited if the protest is considered to be frivolous. **Protests on starts and Officials’ decisions will never be considered.** The Carnival Referee may decide on the protest or the matter may be referred to the Jury of Appeal. Video footage may now be considered if the protest goes to appeal.

PORT HUNTER ZONE COMBINED EVENTS

This is open to athletes from the 6’s to U20’s from our Port Hunter Zone’s 9 Centres. Athletes compete in 6 events on the day. A multi-event point score is used. The Multi is being held on **Sunday November 6 at Newcastle**. Five bonus points are awarded to competing RTAC athletes.

OUR 50th ANNIVERSARY PENTATHLON

This will be the first time since COVID that we’ve been able to hold our Pentathlon. It’s being held on **Saturday 10 October** and is for 6’s to Masters. Medals are awarded to the first 3 placegetters in each age group. We still hold our usual Saturday morning events. First call is 1:45 with first events beginning at 2pm. Entries will be online and close Wednesday 7 Oct. A multi-event point score is used for results. Five bonus points are awarded to RTAC athletes who compete.

CENTRE CHAMPIONSHIPS

Centre Championships consist of 2 Rounds of competition, dates are to be confirmed but are usually in November and February. Each Round consists of 5 events which **MUST** be completed on the programmed day. Points are awarded for achievement - the better the result, the greater the points. A combined event point score is used.

Total points earned over the 2 Rounds will determine the Sub-Junior (6’s – 8’s), Junior (9s & 10’s), Sub-Senior (11’s & 12’s), Senior 13’s – 15’s), 17’s-U20, Open; and Masters Champions for which trophies will be awarded at Presentation Day.

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PORT HUNTER ZONE COMBINED

To be held at **Newcastle City at Fearnley Dawes on Sunday 18 October.**
Results based on a multi-event pointscore.

PORT HUNTER ZONE CHAMPIONSHIPS

These Championship are for the 7's to U20 from the 9 Centres of our Zone; and are being held this year **at our Centre on Saturday November 21 and Sunday November 22.** Athletes must complete an entry form to nominate their preference of events and give it to our Treasurer, Barbara Inglis.

Certificates listing results, are awarded to all athletes. The 7's do not progress further than Zone and are presented with medals for 1st, 2nd and 3rd placings in their finals. For everyone else, the first three finalists in each event automatically qualify to compete at the Regional Championships plus the 4 next best performances from across the 4 Zone carnivals in our Region, this season at Lake Macquarie.

It is a Zone requirement of all 9 Centres in our Zone that a parent of each athlete assists in at least one duty per child over the Championship weekend. Because a few of our parents over previous years have failed to do their assigned duty, other parents have had to double up on theirs. There is now a refundable deposit of **\$50 per athlete** with a maximum of \$100 that must be paid with the Nomination form.

If you do your duty and your athletes don't qualify for Region, your deposit will be refunded at the next Centre Meet. If they do qualify, it can be held over for the Region Championships' duties and refunded at a later Centre Meet. If you do not do your duty, your deposit will be paid to the parent who has doubled up. You will also be expected to pay an additional deposit before Region.

NSW COUNTRY CHAMPIONSHIPS

The venue is yet to be confirmed but will be held from **Friday 15 January to Sunday 17 January.** This is open to athletes outside the Sydney Metropolitan area. Medals are awarded to 1st, 2nd and 3rd place getters in each event final. Entry forms will be available on the ANSW website.

REGION CHAMPIONSHIPS

This is the second step towards the State Championships. The athletes who qualified at Zone, compete against athletes from four other Zones in our Region, REGION 2, to determine who will qualify for State. Region this season is **on Saturday 6 February and Sunday 7 February.** Venue yet to be confirmed.

Certificates are awarded to all athletes. Medals are awarded to the first three placed finalists. The 8's do not compete any further. The first 2 finalists in each event automatically qualify to compete at the State Championships plus the 8 best qualifiers from all Region results.

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STATE COMBINED (MULTI) EVENT

To be held at **Dubbo on Saturday 20 February and Sunday 21 February.**
This runs on the same format as Zone Combined using a multi-event pointscore.

NSW STATE CHAMPIONSHIPS AT HOMEBUSH (SOPAC)

Medals are awarded to the first three finalists, with Certificates being awarded to each athlete who qualifies for the finals.

Opens and LA's - Thursday 11 March to Sunday 14 March.

Juniors – Thurs 18 March to Sunday 21 March.

WINTER SERIES

Go to <https://www.nswathletics.org.au/events-page/winter-season-2026/>





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RAYMOND TERRACE ATHLETICS CENTRE RECORDS

EVENT	NAME	DATE	CENTRE
6 GIRLS			
50m	Abigail Mackaway	25.10.14	8.9
70m	Laura Rigby	06.11.93	12.5
	Kellie Casey	06.02.04	12.5
100m	Innes Zivkovic	22.12.12	19.4
200m	Abigail Mackaway	31.01.15	44
300m	Abigail Mackkaway	07.02.15	1-12.5
LJ	Abigail Mackaway	21.12.15	2.50m
SP	Cassidy Peters	14.09.19	4.49m
Disc	Brittany Peapell	18.03.00	12.70m

6 BOYS			
50m	Morgan Fuhrer	25.10.14	9.5
70m	Noah Perceval	19.11.16	12.6
100m	Jacob Johnson	17.09.05	18.4
	Blake Sherring	17.09.05	18.4
200m	Anu Oloruntoba	12.09.15	43.8
300m	Thomas Bray	11.10.08	1-02.1
	Blake Sherring	04.03.06	1-02.1
LJ	Mitchell Brugnatti	09.12.95	2.85m
SP	Anu Oloruntoba	30.01.16	5.82m
Disc	Dale Turner	18.03.00	13.78m



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EVENT	NAME	DATE	CENTRE	ZONE
7 GIRLS				
50m	Baylee Holland	20.09.14	8.7	9.49
70m	Ashleigh Vetter	21.12.13	12.4	12.51
	Jordan Saunders	29.01.11	12.4	
100m	Belle Leonard	23.02.08	18.59	
200m	Ashleigh Vetter	15.03.14	38.6	38.98
400m	Kate Longworth	31.01.98	1-36.0	
500m	Sienna Newton	08.03.14	1-55.8	1-59.28
LJ	Tara Andrews	03.03.01	2.9m	3.13
SP	Brittany Peapell	03.03.01	6.33m	5.95
Disc	Olivia Mackaway	07.10.17	15.84m	14.88

*** RECORD HELD BY SCARLET LODGE - 2023 ***

7 BOYS				
50m	Alexander Battle	11.10.97	9	8.89
	Mathew Ryan	25.09.99	9	
	Blake Sherring	21.02.06	9	
70m	Toby Laroche	29.01.11	11.7	11.79
100m	Joshua Taylor	05.02.00		17.18
200m	David Clode	19.01.02	36.9	36.11
	Harrison Matthews	04.12.10	36.9	36.11
400m	joshua Taylor	12.02.00	1-30.2	
500m	Blake Sherring	09.12.06	1-53.2	1-46.64
LJ	David Clode	19.01.02	3.55m	3.55m
SP	Samuel Wilcox	30.09.95	7.46m	7.30m
Disc	David Clode	09.03.02	18.34m	18.69m

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EVENT	NAME	DATE	CENTRE	ZONE	REGION
8 GIRLS					
70m	Rebecca Lavis	16.11.96	12	12.23*	11.14
	Lauren English	27.01.01	12		
	Breanna Franks	11.02.06	12		
100m	Lauren English	13.01.01	16.2	16.81	15.64
	Katie Moshage	16.02.02	16.2		
200m	Lauren English	03.02.01	35.4	37.14	32.44
400m	Ashleigh Vetter	08.11.14	1-21.8	1-23.27	1-19.42
700m	Ashleigh Vetter	15.11.14	2-37.9	2-47.01	2-27.2
60m H	Abigail Mackaway	24.09.16	12.4	12.32	11.38
L.J.	Lauren English	24.02.01	3.58m	3.51m	3.60m
S.P.	Jessica Roberts	04.03.00	6.49m	6.71m	7.70m
DISC.	Jessica Roberts	18.03.00	20.12m	21.61m	21.78m

*** RECORD HELD BY SCARLET LODGE - 2024**

8 BOYS					
70m	David Edmonds	11.01.97	11.6	11.63	10.74
100m	Tristan Brooker	05.03.08	16.3	16.08	15.04
200m	Dean Kidd	30.01.93	32.7	33.53	31.44
400m	Blake Sherring	24.11.07	1-21.5	1-22.72	1-27.71
700m	Blake Sherring	24.11.07	2-43.1	2-38.13	2-13.8
60mH	Brandon Donkin	13.01.01	11.6	12.2	11.14
L.J.	David Clode	08.03.03	3.58m	4.28m	3.89m
S.P.	Matthew Battle	08.02.97	8.58m	9.43m	10.48m
DISC.	Joshua Taylor	27.01.01	24.67m	20.74m	30.95m



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EVENT	NAME	DATE	CENTRE	ZONE	REGION
9 GIRLS					
70m	Lauren English	02.03.02	11	11.26*	10.54
	Breanna Franks	20.01.07	11		
100m	Breanna Franks	10.03.07	15.5	16.03	13.84
200m	Ebony Newton	08.03.14	32.6	34.29	30.54
400m	Lauren English	09.03.02	1-19.7	1-19.95	1-11.44
800m	Ashleigh Vetter	19.12.15	3-05.6	3-04.0	2-40.00
700mW	Amelia Said	26.11.16	4-21.6	4-48.70	3-51.58
60mH	Lauren English	05.01.02	11.1	11.19	10.64
L.J.	Lauren English	23.02.02	4.19m	3.86m	3.96m
H.J.	Winter Robson	01.03.25	1.19m	1.19m	1.16m
S.P.	Alanah McLean	22.02.03	6.57m	7.80m	8.49m
DISC.	Jessica Roberts	09.12.00	23.49m	26.40m	28.77m

*** RECORD HELD BY SCARLET LODGE - 2025 ***

9 BOYS					
70m	Ire Oloruntoba	07.12.13	11	11.36	10.44
100m	Ire Oloruntoba	07.12.13	14.7	15.29	14.34
200m	Matthew Battle	17.01.98	32.4	32.57	30.24
400m	Steven Spurling	07.12.96	1-03.3	1-16.53	1-08.74
800m	Matthew Battle	29.11.97	2-59.3	2-50.84	2-38.6
700W	Regan Lundy	12.02.07	3-49.2	4-43.86	3-40.48
60mH	Brandon Donkin	05.01.02	10.9	11.37	10.54
L.J.	Marcel Bray	08.03.03	4.07m	4.02m	4.14m
H.J.	Marcel Bray	01.02.03	1.20m	1.22m	1.20m
S.P.	Matthew Battle	18.10.97	8.81m	8.47m	10.61m
DISC.	Marcel Bray	01.03.03	27.94m	28.59m>	32.18m

*** RECORD HELD BY MARCEL BRAY - 2002 ***

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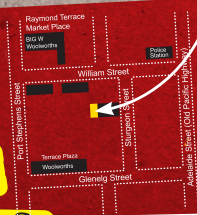


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EVENT	NAME	DATE	CENTRE	ZONE	REGION
10 GIRLS					
70m	Aprel White	08.01.00	9.9	11.14	10.24
100m	Ellyn Casey	10.12.05	14.9	15.25#	14.34
200m	Gemma Smith	23.03.02	31.3	32.56	28.74
	Lauren English	25.01.03	31.3		
400m	Gemma Smith	06.10.01	1-12.02	1-16.35*	1-07.84
800m	Ashlyn Wall	10.03.18	2-45.7	2-52.01#	2-34.78
1500m	Ashlyn Wall	10.02.18	5-48.8	5-41.6	5-20.7
1100W	Amelia Said	09.09.17	6-40.4	6-15.12	5-57.3
60mH	Lauren English	08.03.03	10.9	11.89	10.44
L.J.	Lauren English	21.09.02	4.33m	4.24m	4.31m
H.J.	Lauren English	25.01.03	1.31m	1.32m	1.26m
S.P.	Anna Najdic	15.11.97	8.12m	10.04m	10.36m
DISC.	Jessica Roberts	23.02.02	27.18m	33.19m	36.73m

RECORD HELD BY ASHER MACDONALD - 2022

*** RECORD HELD BY SIENNA NEWTON - 2016**

RECORD HELD BY ASHLYN WALL - 2017

10 BOYS					
70m	Tyler Clarke	25.10.14	10.2	10.69	10.04
100m	Brandon Lundy	10.12.05	14.4	14.3	13.4
200m	Tyler Clarke	15.11.14	30.9	32.26	28.74
400m	Shane Kenney	16.11.96	1-10.9	1-12.13	1-07.44
800m	Jai Holland	01.01.14	2-49.2	2-46.45	2-29.22
1500m	Shane Kenney	22.02.97	5-36.0	5-23.00	5-14.53
1100W	Regan Lundy	05.03.08	5-48.3	7.33.67	5-50.00
60mH	David Edmonds	17.10.98	11	11.81	10.44
	Matthew Battle	17.10.98	11		
	Brandon Lundy	11.02.06	11		
L.J.	Scott Bartlem	19.10.96	4.22m	4.35m	4.53m
H.J.	Scott Bartlem	08.02.97	1.40m	1.40m	1.26m
S.P.	Matthew Battle	06.02.99	10.70m	11.40m	11.39m
DISC.	Matthew Battle	09.01.99	35.85m	34.07m	35.20m



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EVENT	NAME	DATE	CENTRE	ZONE	REGION
11 GIRLS					
100m	Breanna Franks	01.11.08	14	13.97	13.64
200m	Anita Olie	26.10.19	29.6	29.15	27.85
400m	Bianca Fitzsimmons	24.11.07	1-08.8	1-10.99	1-05.24
400m	Ebony Newton	20.02.16	1-08.8		1-04.54
800m	Ashlyn Wall	09.03.19	2-50.8	2-43.84	2-25.41
1500m	Allisha Kenney	08.12.18	5-43.3	5-29.96	4-59.32
1100W	Ashlyn Wall	15.09.18	7-01.5	6-15.92	5-30.7
80mH	Bella Clarke	22.02.20	17.1	14.23	13.47
L.J.	Breanna Franks	20.12.08	4.35m	4.57m	4.61m
H.J.	Dakota Gordon	19.11.11	1.39m	1.40m<	1.45m
T.J.	Bianca Fitzsimmons	12.01.08	8.84m	9.33m	9.59m
S.P.	Kristie Short	08.02.97	9.51m	13/13m	12.61m
DISC.	Ellyn Casey	11.11.06	24.82m	33.15m	32.33m
JAV	Bethany Finlayson	21.10.14	16.4m	17.35m	22.77m

RECORD HELD BY AUDREY RUSSELL - 2022
< RECORD HELD BY DAKOTA GORDON - 2011
*** RECORD HELD BY DIXIE CONLON - 2017**

11 BOYS					
100m	Peter Crowther	30.10.93	14	14.28	13.25
	Brandon Lundy	24.03.07	14		
200m	Brandon Lundy	24.03.07	29.1	28.22	27.64
400m	Jai Holland	22.11.14	1-07.8	1-09.95	1-02.83
800m	Jai Holland	29.11.14	2-36.7	2-33.50*	2-20.5
1500m	Jai Holland	01.01.14	5-26.8	5-10.69*	4-53.30
1100W	Regan Lundy	08.11.08	5-36.0	6-19.04	5-38.92
80mH	Zane Edwards	22.02.20	16.8	15.18	13.476
L.J.	Jai Holland	28.02.15	4.58m	4.86m	4.93
H.J.	Scott Bartlem	25.10.97	1.44m	1.46m	1.48
T.J.	Jackson Taylor	22.10.05	9.40m	9.71m #	10.13m
S.P.	Marcel Bray	16.10.04	10.14m	12.19m	14.21m
DISC.	Marcel Bray	12.03.05	28.93m	33.75m	38.37m
JAV.	Nathan Morrissey	25.11.17	22.88m	27.60m	29.38m

RECORD HELD BY THOMAS BRAY - 2013

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EVENT	NAME	DATE	CENTRE	ZONE	REGION
12 GIRLS					
100m	Breanna Franks	30.01.10	13.5	13.76"	13.1
200m	Keira McGregor	18.11.17	28.6	28.06"	26.46
400m	Ebony Newton	03.12.16	1-07.8	1-08.21	1-00.30
800m	Sienna Newton	16.02.19	2-42.5	2-36.58	2-22.5
1500m	Madeline Oliver	24.10.09	5-21.1	5-30.10<	4-43.9
1500W	Audrey Russell	21.10.23	8-39.8	8-23.50	7-39.57
L.J.	Keira McGregor	11.11.17	4.95m	4.98"	5.12m"
H.J.	Kate Bartlem	26.02.00	1.46m	1.40**	1.53m
T.J.	Keira McGregor	17.03.18	10.07m	9.96m	10.03m
S.P.	Kristie Short	14.03.98	10.99m	14.03m	14.58m
DISC.	Tianna Cummings	13.11.04	32.0m	36.70m	39.62m
JAV.	Mila Clarke	30.09.23	19.93m	25.72m	28.99m

**** RECORD HELD BY DAKOTA GORDON - 2004**
“ RECORDS HELD BY KEIRA MCGREGOR - 2017, 2018
< RECORD HELD BY ASHLYN WALL - 2019

12 BOYS					
100m	Brandon Lundy	03.11.07	13.5	13.95*	12.74
	Harper Collins	05.11.16	13.5		
200m	Harper Collins	25.02.17	28.5	29.04	26.14
400m	Tim Kenney	02.03.96	1-06.6	1-06.19	58.19
800m	Samuel Gordon	21.09.13	2-34.0	2-27.04	2-19.4
1500m	Tim Kenney	27.01.96	5-15.8	4-55.89	4-45.56
1500W	Daniel Smith	11.02.99	8-32.7	8-46.52	7-32.05
80mH	Cooper McKenna	15.02.20	16.1	16.72	13.57
	Samir Booker	03.02.01	10.1		
L.J.	Jai Holland	12.03.6	4.84m	5.13m#	5.28m
H.J.	Marcel Bray	21.01.06	1.56m	1.51m<	1.61m
T.J.	Marcel Bray	10.12.05	10.18m	10.38m	10.75m
S.P.	Jack Jones	10.12.05	10.79m	10.72m	13.00m
DISC.	Steven Sefo	26.02.00	38.72m	40.10**	41.08m
JAV	Callum Langlois	01.02.25	22.40m	33.15m	40.86m

*** RECORD HELD BY CONOR MATTHEWS - 2017**
< RECORD HELD BY MARCEL BRAY - 2005
RECORD HELD BY JAI HOLLAND - 2015
**** RECORD HELD BY STTEPHEN SEFO - 2017**

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EVENT	NAME	DATE	CENTRE	ZONE	REGION
13 FEMALES					
100m	Ebony Newton	09.09.17	13.2	13.28"	12.59'
	Keira McGregor	15.12.18	13.2		
200m	Ebony Newton	18.11.17	27.3	26.19	25.94
400m	Ebony Newton	03.02.18	1-07.1	1-06.10 #	59.11
800m	Ashlyn Wall	24.10.20	2-40.3	2-33.02	2-18.90
1500m	Ashlyn Wall	12.12.20	5-30.9	5-14.51	4-52.96
3000m	Ashlyn Wall	17.10.20	12-11.5	11-11.64	10-37.13
1500W	Karlee Bridge	09.12.06	8-36.8	7-55.10^	7-14.4
80mH	Jacquie Munro	14.01.95	13.5	13.41	12.98
300mH	Ebony Newton	10.03.18	31.8	29.96	49.46
L.J.	Keira McGregor	15.12.18	5.12m	5.29m*	5.14m
H.J.	Ascha Smith	22.01.05	1.52m	1.53m	1.63m
T.J.	Dixie Conlon	24.10.20	10.05m	10.43m	10.57m
S.P.	Anna Nadjic	13.01.01	9.87m	12.66m	12.86m
DISC.	Jessica Roberts	12.02.05	32.87m	42.98m	44.02m
JAV	Evie Purukamu	06.02.21	24.03m	33.49m	34.95m

* **RECORD HELD BY KEIRA MCGREGOR - 2017-2018**

RECORD HELD BY ASHER MACDONALD - 2025

^ **RECORD HELD BY AUDREY RUSSELL - 2024**

13 MALE					
100m	Peter Chesterfield	30.01.93	12.8	13>	11.98
200m	Peter Chesterfield	30.01.93	26.9	27.5	24.54
400m	Tim Kenney	30.11.96	1-03.7	1-01.87	56.64
800m	Sam Gordon	27.09.14	2-33.0	2-19.67	2-15.34
1500m	Samuel Gordon	06.12.14	5-13.0	5-04.85	4-42.0
3000m	Samuel Gordon	27.09.14	11-23.5	11-24.15	10-00.62
1500W	Kieran O'Connor	11.01.97	8-31.0	7-20.41	7-15.57
90mH	Samir Booker	27.10.01	13.4	14.51	15.51
300mH	Samir Booker	20.10.01	31.3	32.29	47.7
L.J.	Harper Collins	02.12.17	5.16m	5.49m	6.07m
H.J.	Marcel Bray	10.03.07	1.58m	1.56m	1.70m
T.J.	Harper Collins	03.02.18	10.23m	11.01m	12.32m
S.P.	Lucas Moffat	06.03.93	11.94m	14.53m	15.93m
DISC.	Danny Johnson	07.03.09	31.82m	36.99m	48.38m
JAV.	Marcel Bray	09.12.06	30.43m	33.79m	40.06m

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EVENT	NAME	DATE	CENTRE	ZONE	REGION
14 FEMALE					
100m	Ebony Newton	08.12.18	12.6	13.04*	12.54
200m	Ebony Newton	08.12.18	26	26.82	25.37
400m	Elina Sefo	05.02.00	59.3	1-05.08	58.37
800m	Sarah James	22.09.01	2-26.6	2-22.08	2-19.34
1500m	Sarah James	23.02.02	5-26.2	4-53.12	4-39.66
3000m	Sarah James	23.03.02	11-38.1	10-29.44	10-08.98
1500W	Sarah James	19.01.02	9-03.1	7-34.19^	7-03.67
90mH	Carra Onley	16.11.96	13.5	13.67	14.32
	Ebony Newton	10.11.18	13.5		
300mH	Ebony Newton	16.02.19	30	31.25*	49.46
L.J.	Maddison Ingram	03.12.11	4.86m	5.15m	5.51m
H.J.	Katie Hall	25.02.95	1.50m	1.61m	1.70m
	Ascha Smith	24.09.05	1.50m		
	Dakota Gordon	22.11.14	1.50m		
T.J.	Jacquie Munro	21.10.95	10.03m	10.59	10.88m
S.P.	Elina Sefo	05.02.00	10.18m	13.81m	13.82m
DISC.	Elina Sefo	08.01.00	30.52m	37.39m	37.63m
JAV.	Maddison Ingram	29.10.11	25.78m	32.94m	30.94m

*** RECORD HELD BY EBONY NEWTON - 2018**

^ RECORD HELD BY AUDREY RUSSELL - 2025

14 MALE					
100m	Harper Collins	08.12.18	12.3	12.37"	11.64
200m	Lucas Moffat	12.03.94	25.8	24.65	23.68
400m	Andrew Laverick	20.03.93	59.1	58.20"	52.38
800m	Brenton Fuessel	28.10.95	2-26.5	2-19.78	2-09.14
1500m	Benjamin Edstein	07.11.15	5-07.6	4-49.62	4-25.2
3000m	Benjamin Edstein	28.11.15	10-53.4	10-53.30	9-30.07
1500W	Kieran O'Connor	14.03.98	7-52.8	6-52.25	6-16.48
90mH	Lucas Moffat	29.01.94	14.1	14.12'	13.09
	Scott Bartlem	27.01.01	14.1		
	Cody Hancock	09.03.19	14.1		
300mH	Scott Bartlem	09.12.00	28.9	28.52"	47,70
L.J.	Harper Collins	02.02.19	5.85m	6.27m	6.18m
H.J.	Brandon Donkin	18.11.06	1.62m	1.72m	1.87m
T.J.	Brandon Donkin	24.03.07	11.51m	12.72m	12.63m
S.P.	Thomas Jenkinson	14.03.15	13.08m	13.37m	15.01m
DISC.	Steven Sefo	17.11.01	41.43m	46.84m	52.82m
JAV.	Craig Boyd	09.12.95	40.50m	41.05m	42.05m

" RECORDS HELD BY ZANE EDWARDS - 2022



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EVENT	NAME	DATE	CENTRE	ZONE	REGION
15 FEMALE					
100m	Katie Hall	11.11.95	12.6	12.92>	12.14
200m	Jacquie Munro	08.02.97	26.5	26.9	24.74
400m	Jacquie Munro	05.10.96	1-04.3	1-02.88	57.84
800m	Amy Summerville	16.12.17	2-51.4	2-26.90#	2-13.56
1500m	Kim Melville	25.01.03	5-23.6	5-09.78#	4-39.70
3000m	Kim Melville	11.01.03	11-44.4	12-00.33	10-24.70
1500W	Katie O'Connor	02.03.96	8-20.1	7-47.93	6-36.5
90mH	Jacquie Munro	16.11.96	13.6	14.3**	13.25
200mH	Belle Leonard	21.11.15	31.3	30.2#	28
300mH	Ebony Newton	25.01.20	50.6	48.48*	46.69
L.J.	Dixie Conlon	03.12.22	5.29m	5.50m	5.72m
H.J.	Nikki Coleman	21.09.96	1.50m	1.61m	1.67m
	Nikki Coleman	19.10.96	1.50m		
	Jacquie Munro	19.10.96	1.50m		
	Kate Bartlem	21.09.02	1.50m		
T.J.	Dixie Conlon	18.02.23	11.33m	11.23m >	11.64m
S.P.	Jessica Roberts	03.03.07	11.91m	14.52m	15.02m
DISC.	Kristie Short	30.09.00	32.30m	41.25m	43.50m
JAV.	Kristen Moylan	24.02.96	26.96m	33.76m	38.76m

****RECORD HELD JOINTLY BY KATIE HALL (TURRELL) & BELLE LEONARD - 2015**
> RECORD HELD BY DIXIE CONLON - 2022
*** RECORD HELD BY EBONY NEWTON - 2019**
RECORD HELD BY ASHLYN WALL - 2022

15 MALE					
100m	Chris Lowe	21.10.95	11.9	11.86<	11.21
	Brandon Donkin	18.11.07	11.9		
200m	Andrew Laverick	12.03.94	24.6	24.0<	22.84
400m	Chris Lowe	03.02.96	52.2	54.02<	51.19
800m	Brenton Fuessel	07.12.96	2-14.9	2-12.64	2-03.68
1500m	Brenton Fuessel	02.11.96	4-41.4	4-39.17	4-17.93
3000m	Jacob Davison	28.11.15	10-59.8	10-20.80	9-15.76
1500W	Kieran O'Connor	04.02.99	7-32.3	6-12.53	5-43.77
100mH	Scott Bartlem	15.12.01	14.2	14.80"	13.09
300mH	Scott Bartlem	23.02.02	26.8	26.0*	42.13
300mH	Cody Hancock	16.11.19	45.1	44.95#	41.9
L.J.	Scott Bartlem	09.03.02	6.08m	6.03m	6.47m
H.J.	Brandon Donkin	06.10.01	1.85m	1.83M**	1.95m
T.J.	Brandon Donkin	19.03.08	12.35m	YQ	12.91m
S.P.	Steven Sefo	25.01.03	13.24m	15.92m	17.04m
DISC.	Steven Sefo	16.11.02	49.39m	47.37m	55.18m
JAV.	Mitchell Johnson	08.11.08	47.65m	43.78m	55.52



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EVENT	NAME	DATE	CENTRE	ZONE	REGION
16 FEMALE					
100m	Elina Sefo	03.11.01	12.9	14.58	12.52
	Elina Sefo	20.10.01	12.9		
200m	Elina Sefo	03.11.01	25.9	32.88	25.13
	Elina Sefo	22.09.01	25.9		
400m	Elina Sefo	03.11.01	59.3	1-15.37	57.75
800m	Jenna Radford	22.09.01	2-48.1	2-39.82*	2-19.55
1500m	Sydnee Farrelly	07.03.26	5-40.9	5-30.60*	5-02.50
3000m	Kim Melville	01.11.03	5-27.8		11-58.09
1500mW	Katie O'Connor	07.12.96	8-07.2		7-49.04
3000mW	Sydnee Farrelly	11.10.25	20-31.86		
90mH	Kate Bartlem	15.11.03	15.1		
100mH	Sydnee Farrelly	22.11.25	35.58	22.33	17
300mH	Katie Hall	01.03.97	49		1-11.40
L.J.	Bronwyn Neu	29.09.03	4.71m	3.66m	4.87m
H.J.	Kate Bartlem	13.12.03	1.45m	1.30m	1.50m
T.J.	Bronwyn Neu	13.09.03	9.95m	7.75m	9.83m
	Bronwyn Neu	11.10.03	9.95m		
S.P.	Kristie Short	03.11.03	9.83m	9.78m	12.27m
DISC.	Elina Sefo	06.10.01	32.74m	30.58m	35.34m
JAV.	Kristie Short	03.11.01	26.63m	30.25m	34.77m

*** RECORDS HELD BY SYDNEY FARRELLY - 2025**

16 MALE					
100m	Chris Lowe	12.10.96	11.6	13.42*	11.27#
	Chris Lowe	02.11.96	11.6		
200m	Andrew Laverick	22.10.94	23.8	25.11*	22.57#
400m	Andrew Laverick	04.02.95	53.6	59.32*	52.83
800m	Brenton Fussell	15.11.97	2-16.3	2-24.58*	2-12.47
1500m	Brenton Fussell	14.03.98	4-54.5	5-14.63	4-32.36
3000m				11-16.55	10-18.02
110mH				20.15*	17.4
300mH	James Willis	01.03.97	45.8		
400mH	Jacob Jenkinson	11.10.03	1-16.5		1-06.04
L.J.	Jamal Box	02.11.02	6.07m	5.14*	5.71m
H.J.	Patrick Bray	15.11.05	1.81m		1.82m
T.J.	Joel Gray	07.10.95	12.10m	9.28m	11.43m
S.P.	Gerard Bray	27.01.07	12.84m		12.89m
DISC.	Daniel Webster	07.10.96	50.52m		40.77m
JAV.	Daniel Inglis	12.10.96	42.56m	20.46 #	39.62m

*** RECORDS HELD BY BEN NICHOLLS - 2024**
RECORD HELD BY ZANE EDWARD - 2024, 2025



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EVENT	NAME	DATE	CENTRE	ZONE	REGION
17 FEMALE					
100m	Katie Smee	21.09.13	12.2	12.7	12.13
200m	Ebony Newton	28.11.20	26.1	25.86	25^
400m	Ebony Newton	17.10.20	1-04.1	59.03	56.69
800m	Ashlyn Wall	14.12.24	2-29.34	2-21.30**	2-12.39
1500m	Ashlyn Wall	01.03.25	5-04.61	5-05.17#	4-39.6
3000m	Ashlyn Wall	07.12.24	11-33.97	12-17.00	6-43.10
100mH	Belle Leonard	17.03.18	15.6	15.23	14.4
200mH	Maddison Ingram	08.11.14	34.2	30.8	28.3
400mH	Belle Leonard	10.03.18	49.5	43.9	43.07
L.J.	Dixie Conlon	23.09.23	5.14m	5.85m	5.87m
H.J.	Victoria Allen	03.12.16	1.55m	1.7m	1.70m
T.J.	Dixie Conlon	04.11.23	11.01m	11.36m <	11.77m
S.P.	Belle Leonard	17.03.18	9.53m	14.14m	14.74m
DISC	Tegan Denniss	28.02.09	26.74m	41.42m	45.09m
JAV.	Leila Inglis-Monk	16.11.19	23.53m	38.55m	42.42m

* RECORD HELD BY MADDISON INGRAM - 2013

** RECORD HELD BY BAYLEE HOLLAND - 2018

RECORD HELD BY ASHLYN WALL - 2023

< RECORD HELD BY DIXIE CONLON - 2023

^ RECORD HELD BY KATIE SMEE - 2015

17 MALE					
100m	Mitchell Lightfoot	19.10.19	11.3	11.56*	10.8
200m	Cody Hancock	28.11.20	24.1	24.1	21.99
400m	Jarrold Sansom	02.11.13	54.4	54.83"	48.27
800m	Jai Holland	23.01.21	2-03.2	2-10.70"	1-57.56
1500m	Benjamin Edstein	10.11.18	4-40.5	4-38.51	4-06.45
3000m	Benjamin Edstein	19.01.19	10-08.70	10-12.37	9-04.41
110mH	Mitchell Lightfoot	23.11.19	14	14.96**	13.51 **
200mH	Jarrold Sansom	21.09.13	27	26.3#	26.29
400mH	Cody Hancock	10.10.20	43.3	43.25"	1-05.86
LJ	Liam Fairweather	24.11.18	6.51m	6.93m*	6.87m
H.J.	Marcel Bray	16.01.10	1.80m	1.82m	2.00m
T.J.	Connor Matthews	22.10.22	13.28m	13.74m	13.64m^
S.P.	Duncan Akerman	03.02.18	13.41m	13.25m>	17.61m
DISC	Cody Hancock	14.01.22	48.90m	39.26m>	54.14m
JAV.	Jack Kenny	19.01.19	49.50m	55.24m	60.57m

< REDORD HELD BY MARCEL BRAY - 2010

RECORD HELD BY JARROD SANSOM - 2012

" RECORD HELD Y NATHAN SWAN - 2018 & 2019

* RECORD HELD BY LIAM FAIRWEATHER -2018, 2019

** RECORD HELD BY MITCHELL LIGHTFOOT - 2019

> RECORDS HELD BY DUNCAN AKERMAN - 2017

^ RECORD HELD BY CONNOR MATTHEWS - 2023

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EVENT	NAME	DATE	CENTRE	ZONE	REGION
U20 FEMALE					
100m	Kayley Alsford	15.11.14	13	15.49	15.61
200m	Kayley Alsford	01.11.14	27.5	34.09	
400m	Kayley Alsford	14.03.15	1-05.1	1-00.05*	1-00.11*
800m	Ashlyn Wall	07.03.26	2-30.33		2-18.05 *
1500m	Ashlyn Wall	07.03.26	5-27.97	5-01.95*	4-52.70*
3000m	Ashlyn Wall	28.02.26	11-23.39		
100mH	Belle Keonard	10.11.18	16.1	22.67	16.07 <
300mH	Gemma Hancock	1.02.19	50		
400mH	Katie Hall	12.02.00	1-11.3		1-29.27
L.J.	Maddison Ingram	05.03.16	5.03m	3.81"	5.29m <
	Belle Leonard	15.09.18	5.03m		
H.J.	Katie Hall	11.11.00	1.45m		1.35m
T.J.	Kayley Alsford	18.10.14	9.82m	7.21m"	10.75m <
S.P.	Rebecca Taylor	07.10.00	9.26m	5.57m"	8.25m
DISC.	Emily Roberts	27.02.08	29.30m	15.29m"	26.75m
JAV.	Taylor Ingram	22.09.12	28.48m	15.50m"	19.37m

< RECORDS HELD BY DIXIE CONLON - 2026

* RECORDS HELD BY ASHLYN WALL - 2025 & 2026

“ RECORDS HELD BY ASHLEY COUSINS - 2024

U20 MALE					
100m	Liam Fairweather	23.11.19	11.3	13.38	10.84
200m	Ryan Hucherko	31.10.15	24.2		22.73
200m	Fabian Gatfield	23.09.95	24.2		
400m	Rowan Bray	21.09.13	55.6		51.45
800m	Christopher O'Neill	28.09.13	2-13.1		2-05.73
1500m	Benjamin Edstein	14.01.22	4-40.7		
3000m	Ben Edstein	14.03.20	10-17.0		9-05.19
110mH	Brett Inglis	15.11.03	16.6		15.94
300mH	Ben Edstein	29.02.20	45.1		
L.J.	Liam Fairweather	14.09.19	7.06m		5.46m
H.J.	Jamal Box	05.03.05	1.85m		
T.J.	Brandon Donkin	02.10.10	13.42m	8.57m	9.67m
S.P.	Duncan Akermen	09.11.19	12.54m		
DISC.	Duncan Akerman	19.10.19	37.02m	31.07m	25.08m
JAV.	Daniel Inglis	18.09.99	48.15m	27.15m	22.68m



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Raymond Terrace
4987 5013**

Mon - Wed 7am to 6pm
Thursday 7am to 7pm
Friday 9am to 6pm
Saturday 7am to 5pm
Sunday 9am to 4pm

EVENT	NAME	DATE	CENTRE
OPEN FEMALE			
100m	Kim Wilson-Birrell	31.10.98	12.8
200m	Kara Bull	04.10.14	27.7
400m	Kara Bull	15.11.14	1-02.4
800m	Wilhelmina Smith	01.02.03	2-41.6
1500m	Wilhelmina Smith	16.11.02	5-46.2
1500W	Rebecca Douglas	12.10.02	9-47.9
	Rebecca Douglas	02.11.02	9-47.9
3000m	Cassandra Terranova	11.01.20	17-21.7
3000W	Rebecca Douglas	16.02.02	21-57.7
100mH	Kim Wilson-Birrell	31.10.98	16.3
400mH	Katie Hall	14.12.02	1-14.8
LJ	Lily Cains	18.02.23	4.97m
HJ	Katie Hall	27.09.08	1.42m
TJ	Kate Bartlem	05.12.09	9.69m
SP	Jessica Roberts	07.11.15	10.17m
DISC	Jessica Roberts	20.12.14	32.17m
JAV	Jessica Roberts	22.09.12	29.18m

OPEN MALE			
100m	Spencer Cox	16.12.06	11.4
200m	Spencer Cox	24.09.05	23.1
400m	Spencer Cox	12.03.05	51.9
800m	Joshua Serrett	23.01.21	2-03.6
1500m	Joshua Serrett	12.12.20	4-31.5
110mH	Brett Inglis	28.01.06	16.6
200mH	Ryan Sorensen	05.12.09	29
400mH	Steve Sotiropoulos	28.10.95	1-15.9
L.J.	Ryan Sorensen	17.11.07	6.36m
H.J.	Ryan Sorensen	31.10.09	1.86m
	Darrell Buckley	31.10.09	1.86m
T.J.	Scott Bartlem	03.11.07	12.53m
S.P.	Brett Inglis	19.09.09	11.29m
DISC.	Alex Munt	19.09.92	41.92m
JAV.	Brett Inglis	25.11.06	48.67m
3000m	Joshua Serrett	17.10.20	10-15.1



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EVENT	NAME	DATE	CENTRE
MASTERS FEMALE 30 - 49YRS			
100m	Ann Tisdell	10.09.05	14.1
200m	Rebecca Douglas	27.11.04	29.6
400m	Kylie Newton	25.10.14	1-07.8
800m	Kelli Jenkinson	02.02.02	2-52.5
1500m	Kelli Jenkinson	23.03.02	5-59.0
3000m	Kelli Jenkinson	26.02.05	13-04.9
80mH	Kelli Jenkinson	09.11.13	17.6
100mH	Rebecca Douglas	01.03.03	20.5
300H	Angela Salisbury	17.09.16	1-26.1
400mH	Rebecca Douglas	25.10.03	1-18.0
1500W	Kelli Jenkinson	12.03.05	8-32.8
L.J.	Ann Tisdell	24.01.04	4.46m
H.J.	Sonia Beck	18.10.08	1.41m
T.J.	Ann Tisdell	11.10.03	9.15m
S.P.	Ann Tisdell	23.09.06	8.37m
DISC.	Suzanne Bridgeman	17.09.05	25.26m
JAV.	Kim Jones	01.09.03	26.01m

MASTERS MALE 30 - 49YRS			
100m	Spencer Cox	05.12.09	11.4
200m	Spencer Cox	13.02.10	23.4
400m	Spencer Cox	05.03.08	56.5
800m	Chris Jenkinson	02.02.02	2-20.5
800m	Anthony Ryan	17.03.07	2-20.5
1500m	Andrew Smee	21.11.20	5-15.9
3000m	Steve Edstein	28.01.17	10-44.6
110H	Scott Clarke	20.12.14	20.2
300H	Luke McAuliffe	10.10.20	52.3
L.J.	Scott Clarke	01.11.14	5.40m
H.J.	Glenn Morante	22.01.22	1.65m
T.J.	Spencer Cox	03.11.07	11.17m
S.P.	Morgan Clifford	19.11.22	11.48m
DISC	Simon Bolte	31.03.12	28.58m
JAV	Daniel Inglis	22.09.12	43.51m

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EVENT	NAME	DATE	CENTRE
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MASTERS FEMALE 50 – 59YRS

100m	Ann Tisdell	23.11.02	13.7
200m	Ann Tisdell	02.11.02	29.1
400m	Ann Tisdell	08.02.03	1-06.9
800m	Karen Giles	07.03.98	2-38.4
1500m	Karen Giles	10.01.98	5-28.6
3000m	Karen Giles	15.11.97	11-49.1
80mH	Tracey Alsford	16.11.02	17.5
400mH	Ann Tisdell	14.12.02	1-25.2
1500W	Kim Jones	07.02.04	8-59.0
3000W	Kim Jones	08.11.03	18-52.6
L.J.	Ann Tisdell	18.01.03	4.44
H.J.	Karen Giles	31.01.98	1.31
	Tracey Alsford	01.03.03	1.31
T.J.	Karen Giles	18.01.97	9.26
S.P.	Ann Tisdell	19.10.02	7.88
DISC.	Kim Jones	08.02.02	21.71
JAV.	Ann Tisdell	27.09.03	23.11

MASTERS MALE 50 – 59YRS

100m	Ray Warner	20.01.07	12.7
200m	Ray Warner	20.01.07	26.2
400m	Ray Warner	24.02.07	1-01.5
800m	Ray Warner	17.03.07	2-29.9
1500m	Steve Edstein	10.10.20	5-42.1
3000m	David Pisch	17.11.18	13-07.4
100mH	Ray Warner	16.12.06	19.5
300mH	David Pisch	19.10.19	60
L.J.	Ray Warner	23.09.06	4.77m
	Mark Melville	11.03.06	4.77m
H.J.	Glenn Morante	27.01.24	1.63m
T.J.	Ray Warner	20.01.07	10.25m
S.P.	Glenn Morante	19.11.22	11.18m
DISC.	Glenn Morante	12.11.22	35.89m
JAV.	Ray Warner	17.03.07	33.81m
400H	David Pisch	29.01.20	1-27.10



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EVENT	NAME	DATE	CENTRE
MASTERS MALE 60 - 69YRS			
100m	David Marsh	13.11.04	17.1
200m	David Marsh	22.01.05	34.8
400m	David Marsh	12.02.05	1-16.8
800m	David Marsh	15.01.05	2-51.0
1500m	David Marsh	11.09.04	5-43.2
3000m	David Marsh	18.09.04	11-57.0
1500W	David Marsh	12.03.05	7-35.7
3000W	David Marsh	19.02.05	16-32.6
L.J.	David Marsh	12.02.05	3.48
H.J.	David Marsh	13.11.04	1.05
T.J.	David Marsh	26.02.05	6.79
S.P.	David Marsh	11.03.06	7.96
DISC.	David Marsh	13.11.04	30.51
JAV.	David Marsh	25.02.06	23.96

MASTERS MALE 70 - 79YRS			
100m	Brian Sharpe	08.01.05	17
200m	Brian Sharpe	27.11.04	35.6
400m	Brian Sharpe	12.02.05	1-24.8
800m	Brian Sharpe	09.10.04	3-46.7
3000m	David Marsh	19.03.16	17-55.2
L.J.	Brian Sharpe	11.09.04	2.99m
H.J.	Brian Sharpe	05.03.05	0.95m
T.J.	Brian Sharpe	27.11.04	6.22m
S.P.	David Marsh	21.11.15	7.52m
DISC.	David Marsh	13.01.18	25.26m
JAV.	Brian Sharpe	22.01.05	19.60m

2026 / 2027 SEASON CALENDAR

Subject to change

DATE	EVENT	VENUE
SEPTEMBER		
Sat 5	Come and Try Day	
Sat 12	FIRST CENTRE MEET FOR 2026	
Sat 19	Centre Meet	
Sat 26	Centre Meet	
Tues 29	Visit to 77 SQN RAAF Williamtown for photo	
OCTOBER		
Sat 3	NO CENTRE MEET	
Sat 10	Centre Meet	
Sat 10	RTAC 50th Anniversary Pentathlon	
Sat 17	Centre Meet	
Sun 18	Port Hunter Zone Combined	Newcastle City
Sat 24	Centre Meet	
Sat 31	Centre Meet	
NOVEMBER		
Sat 7	Centre Meet	
Sat 14	Centre Meet	
Sat 21 – Sun 22	PORT HUNTER ZONE CHAMPS	RTAC
Sat 28	Centre Meet	
DECEMBER		
Sat 5	Centre Meet	
Sat 5	50th Anniversary Dinner	RTBC
Sat 12	Centre Meet	
Sat 19	LAST CENTRE MEET FOR 2026	
JANUARY		
Sat 15 – Sun 17	NSW Country Champs	TBA
Sat 16	FIRST CENTRE MEET FOR 2027	
Sat 23 – Sun 24	NSW Combined Event (16s to Masters)	SOPAC
Sat 23	Centre Meet	
Sat 30	Centre Meet	TBC

DATE	EVENT	VENUE
FEBRUARY		
Sat 6 – Sun 7	LA Region Championships	TBC
Sat 6	Centre Meet	
Fri 12 – Sun 14	LA REGION CHAMPIONSHIPS	Glendale
Sat 13	Centre Meet	
Sat 20	Centre Meet	
Sat 20 - Sun 21	NSW Combined Carnival (7's to 15's)	Dubbo
Fri 26 -Sun 28	NSW Masters Champs	TBC
Sat 27	Centre Meet (TBC)	
MARCH		
Fri 5 – Sun 7	NSW Open & U23 Champs	SOPAC
Sat 6	Centre Meet – possibly final one	
Sat 13	NO Centre Meet	
Thurs 11 – Sun 14	LA State & Open Champs (9's to 12's)	
Thurs 18 - 21 Mar	NSW Junior State Champs (13's to U20)	
Sat 20	Centre Meet	(TBC)
Sat 20 – Sun 21	McDonalds State Championships	SOPAC
Sat 23 – Sun 24	NSW Combined Champs (16's to Masters)	SOPAC
MAY		
Tues 11	AGM & General Meeting 6:30pm	RTBC
AUGUST		
Sun 22	Bunnings BBQ	
Sat 28	RTAC Registration Day 10am – 1pm	RTAC
SEPTEMBER		
Sat 4	Come & Try Day from 9am	
Sat 11	1st Centre Meet	

LOCATION OF ATHLETICS VENUES

ADAMSTOWN-NEW LAMBTON

Bridges Rd, New Lambton

GLENDALE (Hunter Sports Centre)

Stockland Dr, Glendale

HOMEBUSH

(Sydney Olympic Park Athletic Centre)

Edwin Flack Ave, Homebush

MACQUARIE HUNTER

Hunter Sports Centre, Stockland Dr, Glendale

MAITLAND REGIONAL ATHLETICS CENTRE

285-287 High St, Maitland (next to No.1 Sportsground)

MEDOWIE

Kindlebark Oval, Kindlebark Dr, Medowie

MINGARA REGIONAL ATHLETICS CENTRE

Mingara Dr, Tumby Umbi

NEWCASTLE CITY

Fearnley Dawes Track, Smith St, Newcastle

PORT STEPHENS

Dick Burwell Oval, Tomaree Sports Complex, Salamander Bay

STOCKTON

Corroba Oval, Fullerton Rd, Stockton

STROUD

Stroud Showground, Stroud

TILLIGERRY

Tom Payne Oval, Mallabulla Sports Complex, Mallabulla

WALLSEND

Federal Park, Boscawen St, Wallsend

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