

# LAKE ILLAWARRA ATHLETICS ASSOCIATION INC



## SUMMER CARNIVAL 2025

12<sup>th</sup> January 2025

Proudly supported by the following companies:



The Shellharbour Club

THE NMTG GROUP  
*New Millennium Trophies*



Warilla Bowls  
AND RECREATION CLUB



Lake Illawarra Athletics Centre is also supported by:  
Rashay's Shellharbour, Bendigo Bank and Bunnings Warehouse

Welcome to the 2025 Annual Summer Carnival. We take great pride in the longstanding tradition of this event, which has been held for over 30 years and draws athletes from across New South Wales, the Australian Capital Territory, Victoria, and Queensland.

Today's Carnival adheres to World Athletics and NSW Athletics Partnership Rules, as well as the following local rules:

- Throws/Jump: Each athlete is allowed 3 throws or jumps, except for the high jump.
- Athletes must be aware of their events including those that they maybe going up and age in and listen for announcements (a listing of events athletes may go up an age in is included below).
- No protests will be considered. For questions or concerns, please see the event organizer.
- Placings for track events will be determined by times; there will be no finals.
- Some events and age groups may be combined if there are insufficient starters, but placings will be awarded for each individual age group.
- No athlete is to be included in an event they are not registered for, any adjustments need to be approved by the carnival committee, athletes results maybe withdrawn if this happens.

The order of events for the track will follow the program, with the long hurdles and walks running concurrently. Field events will occur when areas become available and may be called out of order to avoid conflicts. Each event will receive two calls; there will be no calls for individual athletes.

Athletes, parents, and spectators must adhere to the venue's policy, code of conduct, and behavioural guidelines. Any violations will result in being asked to leave. This includes staying behind the fence unless competing, acting as an age manager, or helping. Exceptions will be made for Tiny Tots in attendance.

Timing gates and video finish will be used for all track events. If there is a system error and no times or placings are recorded, the event will be rerun.

Starting blocks will be provided for all track events.

We hope that all athletes have a great day of competition and that parents appreciate their performances regardless of the outcome and extend you an invitation to return later in 2025 for our October Carnival scheduled for October 12<sup>th</sup> 2025.

Special thanks go to all our sponsors for their support.

At the end of the day, please drive carefully and have a safe trip home.

Kevin McGarry  
President  
Lake Illawarra Athletics Centre Inc.

Myimbarr is a smoke-free area. Parents and spectators who wish to smoke must go outside the complex.



## FEATURE EVENTS

1<sup>st</sup> Place in the FEATURE events will receive a special award that replaces the Gold Medal

6's – Long Jump  
7's – Discus  
8's – Shot Put  
9's – Discus  
10's – 1100m/w  
11's – Long Jump  
12's – High Jump  
13's – Javelin  
14's – Discus  
15's – 300m/h  
16's – High Jump  
17's – 1500m/w  
20's – Javelin  
Open's/Masters – 60m

Feature Event Awards are Proudly Sponsored by



The following events are where athletes from the age group below may have nominated to compete in the age group above, please make sure that you are aware if you have entered these and listen for the event to be called.

8's – 200m  
10's – 800m  
11's – 100m and 400m  
12's – 800m and High Jump  
13's – 400m and Long Jump  
14's – 800m, High Jump and Triple Jump  
15's – 400m, 1500m/w and Long Jump  
16's – 800m, High Jump and Triple Jump  
17's - 400m, 1500m/w and Long Jump  
20's - 800m, High Jump and Triple Jump  
Opens/Masters – 60m (all Ages), 400m and Long Jump

**Lake Illawarra Athletics Centre**  
**2025 Summer Carnival**  
**Order of Events - Track**

- #1 Women 20 Year Olds 400 Metre Hurdles 76cm
- #2 Men 20 Year Olds 400 Metre Hurdles 76cm
- #3 Girls 17 Year Olds 400 Metre Hurdles 76cm
- #4 Boys 17 Year Olds 400 Metre Hurdles 76cm
- #5 Girls 16 Year Olds 400 Metre Hurdles 76cm
- #6 Boys 16 Year Olds 400 Metre Hurdles 76cm
- #7 Girls 9 Year Olds 700 Metre Walk
- #8 Boys 9 Year Olds 700 Metre Walk
- #9 Girls 15 Year Olds 300 Metre Hurdles 76cm - Feature Event
- #10 Boys 15 Year Olds 300 Metre Hurdles 76cm Feature Event
- #11 Girls 14 Year Olds 300 Metre Hurdles 76cm
- #12 Boys 14 Year Olds 300 Metre Hurdles 76cm
- #13 Girls 10 Year Olds 1100 Metre Walk Feature Event
- #14 Boys 10 Year Olds 1100 Metre Walk Feature Event
- #15 Girls 11 Year Olds 1100 Metre Walk
- #16 Boys 11 Year Olds 1100 Metre Walk
- #17 Girls 13 Year Olds 200 Metre Hurdles 76cm
- #18 Boys 13 Year Olds 200 Metre Hurdles 76cm
- #19 Girls 12 Year Olds 1500 Metre Walk
- #20 Boys 12 Year Olds 1500 Metre Walk
- #21 Women 60 Metre Feature Even
- #22 Men 60 Metre Feature Even
- #23 Girls 13 Year Olds 1500 Metre Walk
- #24 Boys 13 Year Olds 1500 Metre Walk
- #25 Girls 15 Year Olds 1500 Metre Walk
- #26 Boys 15 Year Olds 1500 Metre Walk
- #27 Girls 17 Year Olds 1500 Metre Walk Feature Event
- #28 Boys 17 Year Olds 1500 Metre Walk Feature Event
- #29 Girls 6 Year Olds 300 Metre
- #30 Boys 6 Year Olds 300 Metre
- #31 Girls 7 Year Olds 500 Metre
- #32 Boys 7 Year Olds 500 Metre
- #33 Girls 8 Year Olds 700 Metre
- #34 Boys 8 Year Olds 700 Metre
- #35 Men 20 Year Olds 110 Metre Hurdles 76cm
- #36 Boys 17 Year Olds 110 Metre Hurdles 76cm
- #37 Boys 16 Year Olds 110 Metre Hurdles 76cm
- #38 Women 20 Year Olds 100 Metre Hurdles 76cm
- #39 Girls 17 Year Olds 100 Metre Hurdles 76cm
- #40 Girls 16 Year Olds 100 Metre Hurdles 76cm
- #41 Boys 15 Year Olds 100 Metre Hurdles 76cm
- #42 Boys 14 Year Olds 100 Metre Hurdles 76cm
- #43 Girls 15 Year Olds 90 Metre Hurdles 76cm
- #44 Girls 14 Year Olds 90 Metre Hurdles 76cm
- #45 Boys 13 Year Olds 90 Metre Hurdles 76cm
- #46 Girls 13 Year Olds 80 Metre Hurdles 76cm

#47 Girls 12 Year Olds 80 Metre Hurdles 68cm  
#48 Boys 12 Year Olds 80 Metre Hurdles 68cm  
#49 Girls 11 Year Olds 80 Metre Hurdles 60cm  
#50 Boys 11 Year Olds 80 Metre Hurdles 60cm  
#51 Girls 10 Year Olds 60 Metre Hurdles 60cm  
#52 Boys 10 Year Olds 60 Metre Hurdles 60cm  
#53 Girls 9 Year Olds 60 Metre Hurdles 45cm  
#54 Boys 9 Year Olds 60 Metre Hurdles 45cm  
#55 Girls 8 Year Olds 60 Metre Hurdles 45cm  
#56 Boys 8 Year Olds 60 Metre Hurdles 45cm  
#57 Girls 5 Year Olds 50 Metre  
#58 Boys 5 Year Olds 50 Metre  
#59 Girls 6 Year Olds 50 Metre  
#60 Boys 6 Year Olds 50 Metre  
#61 Girls 7 Year Olds 50 Metre  
#62 Boys 7 Year Olds 50 Metre  
#63 Girls 8 Year Olds 400 Metre Pack Start  
#64 Boys 8 Year Olds 400 Metre Pack Start  
#65 Girls 9 Year Olds 400 Metre  
#66 Boys 9 Year Olds 400 Metre  
#67 Girls 11 Year Olds 400 Metre  
#68 Boys 11 Year Olds 400 Metre  
#69 Girls 13 Year Olds 400 Metre  
#70 Boys 13 Year Olds 400 Metre  
#71 Girls 15 Year Olds 400 Metre  
#72 Boys 15 Year Olds 400 Metre  
#73 Girls 17 Year Olds 400 Metre  
#74 Boys 17 Year Olds 400 Metre  
#75 Women 21+ 400 Metre  
#76 Men 21+ 400 Metre  
#77 Girls 5 Year Olds 70 Metre  
#78 Boys 5 Year Olds 70 Metre  
#79 Girls 6 Year Olds 70 Metre  
#80 Boys 6 Year Olds 70 Metre  
#81 Girls 7 Year Olds 70 Metre  
#82 Boys 7 Year Olds 70 Metre  
#83 Girls 8 Year Olds 70 Metre  
#84 Boys 8 Year Olds 70 Metre  
#85 Girls 9 Year Olds 70 Metre  
#86 Boys 9 Year Olds 70 Metre  
#87 Girls 10 Year Olds 70 Metre  
#88 Boys 10 Year Olds 70 Metre  
#89 Girls 11 Year Olds 100 Metre  
#90 Boys 11 Year Olds 100 Metre  
#91 Girls 12 Year Olds 100 Metre  
#92 Boys 12 Year Olds 100 Metre  
#93 Girls 13 Year Olds 100 Metre  
#94 Boys 13 Year Olds 100 Metre  
#95 Girls 14 Year Olds 100 Metre  
#96 Boys 14 Year Olds 100 Metre

#97 Girls 15 Year Olds 100 Metre  
#98 Boys 15 Year Olds 100 Metre  
#99 Girls 16 Year Olds 100 Metre  
#100 Boys 16 Year Olds 100 Metre  
#101 Girls 17 Year Olds 100 Metre  
#102 Boys 17 Year Olds 100 Metre  
#103 Women 20 Year Olds 100 Metre  
#104 Men 20 Year Olds 100 Metre  
#105 Women 21+ 100 Metre  
#106 Men 21+ 100 Metre  
#107 Girls 5 Year Olds 100 Metre  
#108 Boys 5 Year Olds 100 Metre  
#109 Girls 6 Year Olds 100 Metre  
#110 Boys 6 Year Olds 100 Metre  
#111 Girls 7 Year Olds 100 Metre  
#112 Boys 7 Year Olds 100 Metre  
#113 Girls 10 Year Olds 800 Metre  
#114 Boys 10 Year Olds 800 Metre  
#115 Girls 12 Year Olds 800 Metre  
#116 Boys 12 Year Olds 800 Metre  
#117 Girls 14 Year Olds 800 Metre  
#118 Boys 14 Year Olds 800 Metre  
#119 Girls 16 Year Olds 800 Metre  
#120 Boys 16 Year Olds 800 Metre  
#121 Women 20 Year Olds 800 Metre  
#122 Men 20 Year Olds 800 Metre  
#123 Girls 8 Year Olds 200 Metre  
#124 Boys 8 Year Olds 200 Metre  
#125 Girls 9 Year Olds 200 Metre  
#126 Boys 9 Year Olds 200 Metre  
#127 Girls 10 Year Olds 200 Metre  
#128 Boys 10 Year Olds 200 Metre  
#129 Girls 11 Year Olds 200 Metre  
#130 Boys 11 Year Olds 200 Metre  
#131 Girls 12 Year Olds 200 Metre  
#132 Boys 12 Year Olds 200 Metre  
#133 Girls 13 Year Olds 200 Metre  
#134 Boys 13 Year Olds 200 Metre  
#135 Girls 14 Year Olds 200 Metre  
#136 Boys 14 Year Olds 200 Metre  
#137 Girls 15 Year Olds 200 Metre  
#138 Boys 15 Year Olds 200 Metre  
#139 Girls 16 Year Olds 200 Metre  
#140 Boys 16 Year Olds 200 Metre  
#141 Girls 17 Year Olds 200 Metre  
#142 Boys 17 Year Olds 200 Metre  
#143 Women 20 Year Olds 200 Metre  
#144 Men 20 Year Olds 200 Metre  
#145 Women 21+ 200 Metre  
#146 Men 21+ 200 Metre

**Lake Illawarra Athletics Centre**  
**2025 Summer Carnival**  
**Order of Events – Field**

- #1 Girls 5 Year Olds Long Jump
- #2 Boys 5 Year Olds Long Jump
- #3 Girls 6 Year Olds Shot Put 500g
- #4 Boys 6 Year Olds Shot Put 500g
- #5 Girls 7 Year Olds Discus Throw 350g - Feature Event
- #6 Boys 7 Year Olds Discus Throw 350g - Feature Event
- #7 Girls 8 Year Olds Long Jump
- #8 Boys 8 Year Olds Long Jump
- #9 Girls 9 Year Olds High Jump S/H - 0.80m
- #10 Boys 9 Year Olds High Jump S/H - 0.85m
- #11 Girls 10 Year Olds Long Jump
- #12 Boys 10 Year Olds Long Jump
- #13 Girls 11 Year Olds Javelin Throw 400g
- #14 Boys 11 Year Olds Javelin Throw 400g
- #15 Girls 14 Year Olds Triple Jump
- #16 Boys 14 Year Olds Triple Jump
- #17 Girls 16 Year Olds Discus Throw 1kg
- #18 Boys 16 Year Olds Discus Throw 1.5kg
- #19 Girls 17 Year Olds Discus Throw 1kg
- #20 Boys 17 Year Olds Discus Throw 1.5kg
- #21 Women 20 Year Olds Discus Throw 1kg
- #22 Men 20 Year Olds Discus Throw 1.75kg
- #23 Women 21+ Discus Throw Age Weight
- #24 Men 21+ Discus Throw Age Weight
- #25 Girls 13 Year Olds Shot Put 3kg
- #26 Boys 13 Year Olds Shot Put 3kg
- #27 Girls 12 Year Olds High Jump S/H 1.00m
- #28 Boys 12 Year Olds High Jump S/H - 1.05m
- #29 Girls 15 Year Olds Long Jump
- #30 Boys 15 Year Olds Long Jump
- #31 Girls 5 Year Olds Shot Put
- #32 Boys 5 Year Olds Shot Put
- #33 Girls 6 Year Olds Discus Throw 350g
- #34 Boys 6 Year Olds Discus Throw 350g
- #35 Girls 11 Year Olds Triple Jump
- #36 Boys 11 Year Olds Triple Jump
- #37 Girls 9 Year Olds Long Jump
- #38 Boys 9 Year Olds Long Jump
- #39 Girls 13 Year Olds Javelin Throw 400g - Feature Event
- #40 Boys 13 Year Olds Javelin Throw 600g - Feature Event
- #41 Girls 14 Year Olds Discus Throw 1kg - Feature Event
- #42 Boys 14 Year Olds Discus Throw 1kg - Feature Event
- #43 Girls 7 Year Olds Long Jump
- #44 Boys 7 Year Olds Long Jump
- #45 Girls 10 Year Olds High Jump S/H - 0.85m
- #46 Boys 10 Year Olds High Jump S/H - 0.90m

- #47 Girls 12 Year Olds Shot Put 2kg
- #48 Boys 12 Year Olds Shot Put 2kg
- #49 Girls 16 Year Olds High Jump S/H - 1.15m
- #50 Boys 16 Year Olds High Jump S/H - 1.20m
- #51 Women 20 Year Olds High Jump 1.20m
- #52 Men 20 Year Olds High Jump 1.25m
- #53 Girls 15 Year Olds Discus Throw 1kg
- #54 Boys 15 Year Olds Discus Throw 1kg
- #55 Girls 14 Year Olds Shot Put 3kg
- #56 Boys 14 Year Olds Shot Put 4kg
- #57 Girls 16 Year Olds Javelin Throw 500g
- #58 Boys 16 Year Olds Javelin Throw 700g
- #59 Girls 17 Year Olds Javelin Throw 500g
- #60 Boys 17 Year Olds Javelin Throw 700g
- #61 Women 20 Year Olds Javelin Throw 600g - Feature Event
- #62 Men 20 Year Olds Javelin Throw 800g - Feature Event
- #63 Women 21+ Javelin Throw Age Weight
- #64 Men 21+ Javelin Throw Age Weight
- #65 Girls 5 Year Olds Discus Throw
- #66 Boys 5 Year Olds Discus Throw
- #67 Girls 6 Year Olds Long Jump Feature Event
- #68 Boys 6 Year Olds Long Jump Feature Event
- #69 Girls 8 Year Olds Shot Put 1.5kg - Feature Event
- #70 Boys 8 Year Olds Shot Put 1.5kg - Feature Event
- #71 Girls 9 Year Olds Discus Throw 500g - Feature Event
- #72 Boys 9 Year Olds Discus Throw 500g - Feature Event
- #73 Girls 12 Year Olds Javelin Throw 400g
- #74 Boys 12 Year Olds Javelin Throw 400g
- #75 Girls 14 Year Olds High Jump S/H - 1.10m
- #76 Boys 14 Year Olds High Jump S/H - 1.15m
- #77 Girls 15 Year Olds Shot Put 3kg
- #78 Boys 15 Year Olds Shot Put 4kg
- #79 Girls 17 Year Olds Long Jump
- #80 Boys 17 Year Olds Long Jump
- #81 Women 21+ Long Jump
- #82 Men 21+ Long Jump
- #83 Girls 11 Year Olds Shot Put 2kg
- #84 Boys 11 Year Olds Shot Put 2kg
- #85 Girls 10 Year Olds Discus Throw 500g
- #86 Boys 10 Year Olds Discus Throw 500g
- #87 Girls 7 Year Olds Shot Put 1kg
- #88 Boys 7 Year Olds Shot Put 1kg
- #89 Girls 12 Year Olds Triple Jump
- #90 Boys 12 Year Olds Triple Jump
- #91 Girls 8 Year Olds Discus Throw 500g
- #92 Boys 8 Year Olds Discus Throw 500g
- #93 Girls 9 Year Olds Shot Put 2kg
- #94 Boys 9 Year Olds Shot Put 2kg
- #95 Girls 14 Year Olds Javelin Throw 500g
- #96 Boys 14 Year Olds Javelin Throw 700g



- #97 Girls 13 Year Olds Long Jump
- #98 Boys 13 Year Olds Long Jump
- #99 Girls 10 Year Olds Shot Put 2kg
- #100 Boys 10 Year Olds Shot Put 2kg
- #101 Girls 12 Year Olds Discus Throw 750g
- #102 Boys 12 Year Olds Discus Throw 750g
- #103 Girls 11 Year Olds Long Jump Feature Event
- #104 Boys 11 Year Olds Long Jump Feature Event
- #105 Girls 16 Year Olds Triple Jump
- #106 Boys 16 Year Olds Triple Jump
- #107 Women 20 Year Olds Triple Jump
- #108 Men 20 Year Olds Triple Jump
- #109 Girls 11 Year Olds Discus Throw 500g
- #110 Boys 11 Year Olds Discus Throw 500g
- #111 Girls 15 Year Olds Javelin Throw 500g
- #112 Boys 15 Year Olds Javelin Throw 700g
- #113 Girls 16 Year Olds Shot Put 3kg
- #114 Boys 16 Year Olds Shot Put 5kg
- #115 Girls 17 Year Olds Shot Put 3kg
- #116 Boys 17 Year Olds Shot Put 5kg
- #117 Women 20 Year Olds Shot Put 4kg
- #118 Men 20 Year Olds Shot Put 6kg
- #119 Women 21+ Shot Put Age Weight
- #120 Men 21+ Shot Put Age Weight
- #121 Girls 13 Year Olds Discus Throw 750g
- #122 Boys 13 Year Olds Discus Throw 750g



# Lake Illawarra Athletics Centre Carnival Records

## Girls

Age Group	Event	Record	Record Holder	Centre/Club	Date
6's	50m	9.6	I Bostock	Lake Illawarra	13/01/2013
	70m	12.8	J Curtis	Illawong	11/01/2009
	100m	19.4	J Curtis	Illawong	11/01/2009
			I Bostock	Lake Illawarra	13/01/2013
	200m	39.16	Ayla York	Lake Illawarra	07/10/2018
	300m	1-06.3	S Latanis	St George	17/01/2016
	Long Jump	2.61	K White	Albion Park	15/01/2006
	Discus	10.28	M Toohey	Sutherland	15/01/2012
Shot Put	4.37	Mackenzie Allen	St Georges Basin	07/01/2024	
7's	50m	8.1	H Clark	Cranebrook	11/01/2015
	70m	12.11	Harlow Pate	Douglas Park	10/01/2021
	100m	17.04	Harlow Pate	Douglas Park	10/01/2021
	200m	38.6	Chloe Wheeler	Sutherland	13/10/2024
	500m	1-50.9	K Lamas	Holroyd	15/01/2006
	Long Jump	3.17	Harlow Pate	Douglas Park	10/01/2021
	Discus	18.41	C Wayne	Wollongong City	11/01/2015
	Shot Put	6.91	C Wayne	Wollongong City	11/01/2015
8's	60m	11.3	C-L Bedford	Lake Illawarra Campbelltown	08/10/2007
	70m	11.26	Ella Walker	Collegians	07/01/2024
	100m	16.1	S Austwick	Albion Park	13/01/2008
	200m	33.2	S Austwick	Albion Park	13/01/2008
	400m Pack Start	1-26.61	Ella Plasto	Woden Campbelltown	13/10/2024
	60m/h	11.6	C Barnard	Collegians Campbelltown	13/01/2013
	700m	2-36.7	Ella Walker	Collegians	07/01/2024
	Long Jump	3.96	Harlow Pate	Wollongong City	09/01/2022
	Discus	19.63	K Dingwall	Smithfield	13/01/2002
	Shot Put	8.43	K Dingwall	Smithfield	13/01/2002
9's	60m	10.4	K Halliday-Johnston	Blacktown	08/10/2006
	70m	10.5	A Martin	Doonside	19/01/2014
	100m	14.5	J Hynes	Ginninderra ACT	12/10/2014
	200m	31.9	P Fenech	Albion Park	13/01/2002
	800m	2-54-30	Keira Toohey	Sutherland	14/01/2018
	60m/h	10.55	Mercedes Baxter	Doonside	10/01/2021
	700m/w	3-32.01	Stella Wade	Northern Suburbs	08/01/2023
	High Jump	1.11	Olivia Scott-Rogers	Hills District	07/10/2018
	Long Jump	4.15	R Mounsey	Lake Illawarra	13/01/2002
	Discus	24.95	L Mullane	Port Stephens	11/10/2015
Shot Put	8.41	K Dingwall	Smithfield	12/01/2003	

10's	60m	10.18	Ayla York	Wollongong City	09/10/2022
	70m	10.4	C Ezeoke	Albion Park	17/01/2016
	100m	14.3	J Hynes	Ginninderra ACT	11/10/2015
	200m	30.0	C Docker	Wollongong City	13/01/2008
	400m	1-09.9	P Fenech	Albion Park	06/10/2002
	800m	2-52.07	Ava Johnston	Kiama	20/10/2019
	60m/h	10.1	D Amidzovski	Albion Park	17/01/2016
	1100m/w	5-53.05	Stella Wade	Nothern Suburbs	07/01/2024
	Long Jump	4.24	D Amidzovski	Albion Park	11/10/2015
	High Jump	1.30	L Cowgill	Kiama	07/01/2007
	Discus	28.96	K Dingwall	Smithfield	11/01/2004
	Shot Put	9.39	J Lloyd	Bankstown	08/10/2006
	11's	60m	9.9	K Nash	Kiama
100m		13.6	C-R Dunne	Eastern Suburbs	11/01/2009
200m		28.1	J Heath	Lithgow	14/01/2008
800m		2-42.7	T Porter	Port Hacking	13/01/2013
80m/h		13.91	Jade Strahl	Port Hacking	10/01/2021
1100m/w		6-16.00	Hannah Hewitt	Bankstown Sports	08/01/2023
High Jump		1.34	E Malakovski	Preston Robins	11/10/2015
Triple Jump		9.30	C Tavai-Williams	Bankstown Sports	10/10/2010
Long Jump		4.67	A Taddeo	Kiama	09/01/2005
Discus 500g		33.85	Annisha Reader	Girraween	11/10/2020
Shot Put		11.66	C Ezeoke	Albion Park	08/01/2017
Javelin		22.17	E Matthias	Emu plains	14/01/2018
12's		60m	9.6	D Heron	Shoalhaven
	100m	13.39	C Ezeoke	Wollongong City	08/10/2017
	200m	27.47	C Ezeoke	Wollongong City	08/10/2017
	400m	1-01.1	K Chambers	Wollongong City	09/10/2005
	1500m	5-23.8	T Porter	Port Hacking	13/10/2013
	80m/h	13.9	Savannah Cox	Hills Districts	07/01/2024
	1500m/w	8-14.56	Ashleigh Mansell	Cherrybrook	09/01/2024
	High Jump	1.42	J O'Neill	Illawong	06/01/2019
	Long Jump	4.59	A Bowrey	Cherrybrook	13/10/2013
	Triple Jump	9.25	Drew Cooney	Bowral	08/01/2023
	Discus	33.02	K Caplikas	Holroyd	12/10/2014
	Shot Put	14.28	T Sengual	Winston Hills	14/01/2009
	Javelin 400gms	32.79	Ocean Kennedy	Riverstone	08/10/2023
13's	60m	9.3	K-L Nolan	Lake Illawarra	08/10/2006
	100m	13.0	A Cornish	Shoalhaven	06/10/2002
	200m	27.4	G McEwan	Lake Illawarra	13/01/2013
	400m	1-05.5	J Fry	Greystanes	09/01/2005
	800m	2-32.05	Olivia Galang	Woden	08/01/2023
	80m/h	13.0	G Adams	Albion Park	11/10/2015
	200m/h	30.42	C Ezeoke	Albion Park	06/01/2019
	Long Jump	5.00	J Zivkovic	Lake Illawarra	10/10/2004
	Triple Jump	10.64	Delta Amidzovski	Wollongong City	06/01/2019
	High Jump	1.55	Delta Amidzovski	Wollongong City	07/10/2018
	Discus 750g	40.87	S Peace	Shoalhaven	15/01/2012
	Shot Put 3Kg	11.92	C Ezeoke	Albion Park	06/01/2019
	Javelin 400gms	30.42	S-L Frier	Lake Illawarra	13/01/2013

14's	60m	8.94	Taleena Boseki	Campbelltown	09/10/2022	
	100m	12.8	C-L Bedford	Albion Park	13/01/2013	
	200m	26.53	Chelsea Ezeoke	Albion Park	20/10/2019	
	400m	1-01.85	Chelsea Ezeoke	Albion Park	20/10/2019	
	1500m	5-13.42	Sienna Wade	Ryde	13/10/2024	
	90m/h	20.69	Amelia May	Sutherland	13/10/2024	
	300m/h					
	1500m/w	6-47.48	Emma Grocott	Woden	08/01/2023	
	Long Jump	5.36	Delta Amidzovski	Wollongong City	06/01/2019	
	High Jump	1.56	Delta Amidzovski	Wollongong City	06/01/2019	
	Discus 1kg	40.83	S Peace	Shoalhaven	13/01/2013	
	Shot Put 3kg	12.25	R Grozde	Albion Park	11/01/2009	
	Javelin 400gms	36.16	A Bowrey	Cherrybrook	17/01/2016	
	15's	60m	8.92	Charlotte Kerr	Albion Park	09/10/2022
		100m	13.0	A McPherson	Shoalhaven	11/01/2009
				T Barklay	Wollongong City	13/10/2013
		200m	27.1	C-L Bedford	Albion Park	19/01/2014
400m		1-03.9	L Rossen	Sutherland	11/10/1998	
800m		2-30.4	B Elvin	Woden ACT	10/10/2004	
90m/h		13.73	G Adams	Wollongong City	08/10/2017	
300m/h		49.57	Chynna Hardy	Sutherland	10/01/2021	
Long Jump		5.28	C Takacs	Lake Illawarra	15/01/2006	
Triple Jump		11.01	L Bruce	Shoalhaven	09/01/2011	
High Jump		1.60	C Sulerzyski	Albion Park	13/10/2013	
Discus 1kg		39.95	S Peace	Shoalhaven	13/10/2013	
Shot Put 3kg		13.30	Molly Goetz	Werrington	12/01/2020	
Javelin 500gms		34.12	A Bowrey	Cherrybrook	08/01/2017	
16's		100m				
	200m					
	400m	1-18.83	Chloe Emslie	Glenbrook	13/10/2024	
	800m					
	1500m	6-21.87	Lexie Beacroft	Quakers Hill	13/10/2024	
	90m/h					
	400m/h					
	Long Jump	5.14	Anthea Hypatidis	Campbelltown	13/10/2024	
	Triple Jump					
	High Jump					
	Discus 1Kg	25.35	Kadance Naylor	St Georges Basin	13/10/2024	
Shot Put 3kg	9.40	Kadance Naylor	St Georges Basin	13/10/2024		
Javelin 500gms	33.55	Kadance Naylor	St Georges Basin	13/10/2024		

17's	60m	9.24	Keira Rejske	Wollongong City	09/10/2022	
	100m	12.12	Imogen Harrison	Albion Park	10/01/2021	
	200m	24.1	N Kanitz	Albion Park	13/10/2013	
	400m	1-01.7	E Dalley	Albion Park	17/01/2016	
	800m	2-59.84	Matilda Olsen	Quakers Hill	13/10/2024	
	1500m	5-12.0	B Delaney	St George	06/10/2002	
	1500m/w	7-55.8	Chelsea Roberts	Riverstone and Districts	09/01/2022	
	100m/h	15.8	O-R McEwan	Lake Illawarra	19/01/2014	
	300m/h	51.4	J Antonios	Holroyd	08/01/2017	
	L/Jump	5.30	Kailee Moore	Wollongong City	12/01/2020	
	H/Jump	1.60	C Sulerzyski	Albion Park	19/01/2014	
	Triple Jump	10.86	Kailee Moore	Wollongong City	12/01/2020	
	Shot Put 3Kg	14.26	Chelsey Wayne	Wollongong City	07/01/2024	
	Discus	47.84	Chelsey Wayne	Wollongong City	08/10/2023	
	Javelin 500gms	36.82	Hayley Blanch	Port Hacking	09/01/2022	
	20's	60m				
		100m				
200m						
400m		1-19.33	Matilda Olsen	Quakers Hill	13/10/2024	
800m						
3000m						
L/Jump						
H/Jump						
Triple Jump						
Shot Put 4Kg						
Discus 1Kg						
Javelin 600gms (20-49)						
Open/Masters		60m	7.9	J Babic	Lake Illawarra	11/10/2015
		100m	12.7	K Willmott	Campbelltown	12/10/2014
	200m	26.7	T Scott	Kiama	11/01/2009	
	400m	1-09.0	E Stevill	Mounties	17/01/2016	
	800m	2-34.71	K Cooper	Campbelltown	06/01/2019	
	3000m	13-20.1	S Smith	Douglas Park	13/01/2013	
	L/Jump	5.27	T Scott	Kiama	11/01/2009	
	H/Jump	1.61	Emily Malakovski	Preston Robbins	09/01/2022	
	Triple Jump	10.62	R Brett	Liverpool	11/10/2015	
	Shot Put 4Kg	10.85	S Murphy	Albion Park	09/10/2009	
	Shot Put 3kg	8.81	M Callaway	Lake Illawarra	11/10/2020	
	Discus 1Kg	49.6	Chelsey Wayne	Wollongong City	07/01/2024	
	Javelin 600gms (21-49)	35.02	E Debrot	Albion Park	11/01/2009	
	Javelin 500gms	25.01	Lauren Naylor	St Georges Basin	07/01/2024	



# Lake Illawarra Athletics Centre Carnival Records

## Boys

Age Group	Event	Record	Record Holder	Centre/Club	Date
6's	50m	8.8	P Sager	Kiama	17/01/2016
	70m	12.2	P Sager	Kiama	11/10/2015
	100m	17.5	P Sager	Kiama	11/10/2015
	200m	40.6	P Sager	Kiama	11/10/2015
	300m	1-02.5	M Potts	Albion Park	07/01/2007
	Long Jump	2.97	D Reynolds	Liverpool	15/01/2006
	Discus	15.05	D Hyam	Shoalhaven	13/01/2008
	Shot Put	6.98	Kobe Adeleke	Woy Woy	08/01/2023
7's	50m	7.1	J Parmaxidis	Campbelltown Collegians	09/01/2011
	70m	11.7	M Potts	Albion Park	13/01/2008
	100m	16.4	M Potts	Albion Park	13/01/2008
	200m	36.7	J Baker	St Georges Basin	13/10/2013
	500m	1-45.0	G Lombardi	Kiama	17/01/2016
	Long Jump	3.72	B Toohey	Sutherland	10/01/2010
	Discus	25.02	Arthur Forth	Nepean	08/01/2023
	Shot Put	9.6	B Toohey	Sutherland	10/01/2010
8's	60m	10.9	T Taataa	Lake Illawarra	08/10/2006
	70m	11.0	J Wright	Albion Park	09/01/2011
			C Cleaven- Vanderlack	Nth Illawarra	13/01/2013
	100m	15.2	H Isbitzki	Preston Robins	11/10/2015
	200m	32.9	A Pettigrew	Hornsby	08/10/2000
	400m Pack Start	1-24.62	Liam Grillett	Hills District	13/10/2024
	700m Pack Start	2-28.0	A Pettigrew	Hornsby	08/10/2000
	60m/h	11.0	M Potts	Albion Park	11/01/2009
	Long Jump	3.74	J Evans	Sutherland	12/10/1997
	Discus	26.33	B Latanis	St George	17/01/2016
	Shot Put	9.82	J Cluff	Smithfield	17/01/2016
9's	60m	10.38	Lenny Haywood	Camden	09/10/2022
	70m	10.5	N Methven	Nth Illawarra	09/01/2011
			J Murphy	Albion Park	13/01/2013
	100m	14.6	A Pettigrew	Hornsby	13/01/2002
			A Cox	Kiama	11/01/2009
	200m	30.3	A Pettigrew	Hornsby	13/01/2002
	800m	2-35.4	A Pettigrew	Hornsby	13/01/2002
	60m/h	10.5	T Mandavy	St Georges Basin	13/10/2013
	700m/w	4-18.85	Jacob Hearnden	Cardiff and Districts	08/01/2023
	Long Jump	4.57	A Pettigrew	Hornsby	13/01/2002
	High Jump	1.20	G Wright	Albion Park	08/10/2017
	Discus	30.3	Arthur Forth	Nepean	13/10/2024
	Shot Put	9.12	B Toohey	Sutherland	15/01/2012

10's	60m	9.7	L Watts	Albion Park	08/10/2006
	70m	9.9	B Wilkins	Sunbury (VICLA)	09/01/2010
			J Wright	Albion Park	13/01/2013
	100m	13.7	D Cattana	Sutherland	12/10/2014
	200m	28.5	D Cattana	Sutherland	12/10/2014
	400m	1-07.9	A Pettigrew	Hornsby	13/01/2002
	800m	2-56.38	Lachlan Wheeler	Sutherland	20/10/2019
	60m/h	10.1	Lachlan Wheeler	Sutherland	20/10/2019
	1100m/w	6-33.96	Lucas Siemionow	Preston Robins	10/01/2021
	Long Jump	4.33	J Link	Wollongong City	13/10/2013
	High Jump	1.34	J Wright	Albion Park	13/01/2013
	Discus	38.70	E Martinez	Liverpool	08/01/2017
	Shot Put	11.48	Lachlan Chappell	Randwick Bottany	08/01/2023
	11's	60m	9.96	Rudy Keane	Kiama
100m		13.5	B Barclay	Wollongong City	13/01/2013
200m		28.6	J Hammond	Engadine	06/10/2002
			B Barclay	Wollongong City	13/01/2013
800m		2-30.69	Lachlan Wheeler	Sutherland	10/01/2021
80m/h		13.79	Chase Mattiazzo	Rouse Hill	08/10/2023
1100m/w		6-47.91	Jayden Calder	Riverstone and Districts	09/01/2022
Long Jump		4.91	K Orgaz	St Georges Basin	12/01/2003
			K Grubnic	Albion Park	09/01/2005
High Jump		1.38	M Murphy	Albion Park	11/10/2015
Triple Jump		9.54	Jonathon Veldanski	Bankstown Sports	07/10/2018
Discus 500g		35.45	Liam Forth	Nepean	13/10/2024
Shot Put		12.45	Ashton Taeiloa	Campbelltown	10/01/2021
Javelin		31.31	Harrison Forth	Nepean	13/10/2024
12's		60m	9.08	Aaron Finnerty	Preston Robins
	100m	13.2	B Plumb	Wollongong City	13/10/2013
			M Simpson	Wollondilly	12/10/2014
	200m	27.7	D Depasquale	Douglas Park	12/10/2014
	400m	1-03.70	Harry Keats	Bowral	09/01/2022
	1500m	5-10.2	J Greathead	Lake Illawarra	12/10/1997
	80m/h	14.00	Lucas Guercio	Bankstown	13/10/2024
	1500m/w	8-40.7	J Jackson	Lake Illawarra	17/01/2016
	Long Jump	4.68	J Link	Wollongong City	11/10/2015
	Triple Jump	9.62	Reuben Bennett	Camden	07/01/2024
	High Jump	1.54	M McDougall	Parramatta	06/10/2002
	Discus	40.49	B Sharne	Smithfield	09/01/2005
	Shot Put 2kg	12.06	Oliver Cook	Illawong	07/01/2024
	Javelin	36.80	Archer Todd	Gosford	08/01/2023

13's	60m	9.66	Noah Pita	Campbelltown	09/10/2022
	100m	12.3	J Tapuaiga	Doonside	09/10/2005
	200m	27.08	Harry Keats	Bowral	08/01/2023
	400m	59.3	C Trindall	St Georges Basin	07/01/2007
	800m	2-21.53	Xavier Zahra	Hills District	08/10/2023
	90m/h	17.62	Rueben Bennett	Camden	13/10/2024
	200m/h	29.78	Billy Blair	Balmain	12/01/2020
	Long Jump	5.47	K Linnett	Lake Illawarra	13/01/2002
	Triple Jump	10.95	K Orgaz	St Georges Basin	09/01/2005
	High Jump	1.53	N Horton	Dapto	14/10/2012
	Discus 750g	41.15	William Willis	Wollongong City	20/10/2019
	Shot Put	13.43	M Taylor	Western Blues	11/01/2009
	Javelin	34.75	J Twigg	Wollongong City	09/10/2011
	14's	60m	8.3	B Sharne	Smithfield
100m		11.9	B Leeson	Albion Park	11/01/2009
			Z Hadavjai	Shoalhaven	13/01/2013
200m		24.5	B Leeson	Albion Park	11/01/2009
400m		56.59	Harry Keats	Bowral	08/01/2023
1500m		4-42.22	Xavier Zahra	Hills District	08/10/2023
1500m/w		7-49.8	Alexander Sinnett	Katoomba	09/01/2022
100m/h		21.13	Morgan Vagg	Lake Illawarra	13/10/2024
300m/h					
Long Jump		5.02	Darnell TeAhuru	Albion Park	07/10/2018
High Jump		1.72	B Martin	Doonside	15/01/2006
Discus		50.81	M Taylor	Western Blues	10/01/2010
Shot Put 4Kg		14.15	M Taylor	Western Blues	10/01/2010
Javelin 700g		23.83	Eli Govou	Sutherland	13/10/2024
15's	60m	8.6	A Nikesitch	Warratah	08/10/2006
	100m	11.4	J Prem	Albion Park	11/01/2009
	200m	24.6	L Smith	Lake Illawarra	10/10/2010
	400m	56.5	G Ryan	Albion Park	13/01/2008
	800m	2-15.19	I Shaw	Albion Park	06/01/2019
	100m/h	13.2	J Twigg	Wollongong City	13/10/2013
	300m/h	45.86	Bailey Latanis	St George	09/01/2022
	Long Jump	6.34	P O'Donaghue	Dubbo	13/01/2002
	Triple Jump	12.90	P O'Donaghue	Dubbo	13/01/2002
	High Jump	1.7	J Wright	Albion Park	08/10/2017
	Discus	59.05	B Sharne	Smithfield	13/01/2008
	Shot Put	16.40	M Taylor	Bankstown Sports	09/01/2011
	Javelin 700gms	38.8	Nathanael Ramsay	Hornsby	09/01/2022



16's	100m				
	200m				
	400m	1-11.42	Thomas Cole	Goulburn	13/10/2024
	800m				
	1500m				
	3000m				
	110m/h				
	300m/h				
	1500m/w				
	L/Jump	4.50	Thomas Cole	Goulburn	13/10/2024
	H/Jump				
	Triple Jump				
	Shot Put				
	Discus				
Javelin					
17's	60m	7.97	Jesse Ike	Liverpool	09/10/2022
	100m	11.29	Tsar Mandavy	St Georges Basin	10/01/2021
	200m	23.3	J Prem	Albion Park	11/01/2009
	400m	52.1	M Bingham	Kembla Joggers	05/10/2008
	800m				
	1500m	4-35.35	I Shaw	Albion Park	20/10/2019
	3000m	13-11.2	H Miller	Shoalhaven	13/01/2008
	110m/h	15.57	Bailey-Dean Latanis	St George	07/01/2024
	300m/h	43.72	Tsar Mandavy	St Georges Basin	10/01/2021
	1500m/w	7-24.14	Alexander Sinnett	Kurrajong Bilpin	08/01/2023
	L/Jump	6.05	Tsar Mandavy	St Georges Basin	09/01/2022
	H/Jump	1.75	B Nichols	St Georges Basin	11/01/2015
	Triple Jump	12.33	M Bingham	Kembla Joggers	07/10/2007
	Shot Put	14.37	M Taylor	Bankstown Sports	15/01/2012
	Discus	34.98	R Harrington	Dapto	09/10/2016
	Javelin	50.19	Byron Watts	Eschol Park	10/01/2021
	20's	100m	11.8	Caleb Saunders	St Georges Basin
200m		24.32	Caleb Saunders	St Georges Basin	13/10/2024
400m		1-18.52	Nicholas Harper	Bowral	13/10/2024
800m					
1500m		4-39.30	Hamish McLaren	Shoalhaven	13/10/2024
110m/h					
300m/h					
1500m/w					
L/Jump		5.8	Caleb Saunders	St Georges Basin	13/10/2024
H/Jump					
Triple Jump					
Shot Put 6kg		3.79	Nicholas Harper	Bowral	13/10/2024
Discus 1.75kg		31.34	Hamish McLaren	Shoalhaven	13/10/2024
Javelin 800g		40.27	Hamish McLaren	Shoalhaven	13/10/2024

Open					
Men/Masters	60m	7.4	J Twigg	Wollongong City	13/10/2013
	100m	11.9	J Bell	Illawarra Blue Stars	11/01/2015
	200m	23.3	J Prem	Albion Park	11/01/2009
			J Clarkson	Bowral	09/01/2011
	400m	52.1	M Bingham	Kembla Joggers	05/10/2008
	800m	2-14.09	Macleay Kesby	Albion Park	08/01/2023
	3000m	11-25.2	J Heywood	Athletics Wollongong	14/10/2012
	L/Jump	5.8	D Wright	Illawarra Blue Stars	19/01/2014
	H/Jump	1.85	J Campbell	Doonside	14/10/2012
	Triple Jump	12.38	M Bingham	Kembla Joggers	07/10/2007
	Shot Put 5kg	12.33	J Belcher	Northern Illawarra	11/01/2009
	Shot Put 6kg	11.70	Solomon Tuqiri	Illawong	09/10/2022
	Shot Put 7.26kg	7.55	K McGarry	Lake Illawarra	07/10/2018
	Discus 1.5kg	44.18	M Taylor	Bankstown Sports	15/01/2012
	Discus 1.75kg	40.00	Solomon Tuqiri	Illawong	09/10/2022
	Discus 2kg	23.10	Kevin McGarry	Lake Illawarra	07/10/2018
	Javelin 600g	20.67	H McGarry	Athletics Wollongong	11/10/2015
	Javelin 700g	44.86	Bryon Watts	Camden	08/01/2023
	Javelin 800g	28.02	K McGarry	Lake Illawarra	06/01/2019

**Warilla Bowls**  
AND RECREATION CLUB