

coles



26th Annual Gala day

23rd November 2025

PROGRAM

The Families and Committee of Shoalhaven Little Athletics Centre Welcome you to our Gala Day.

Fun Relays will be conducted for athletes and adults at the completion of all other events. Clubs can combine to make up teams.

Canteen Facilities: Sausage Sandwich, Chicken Burgers, Egg & Bacon Roll, Cheeseburgers, Hotdogs, Ceaser Salad, Party Pies and Rolls, Cold Drinks, Ice Blocks and Lollies.

EFTPOS

Feature Event *BLUE*

NO Protests will be taken at this carnival.

Our Fun Relays will be at the end of the day.

TRACK EVENTS

- 1 11 -20's 1500m 16-20's Feature event
- 2 6's 70m
- 3 7's 70m
- 4 8's 200m
- 5 12's 200m
- 6 13's 200m
- 7 14's 200m
- 8 15's 200m
- 9 16,17,20's Opens 200m
- 10 10's 200m
- 11 9's 200m
- 12 11's 200m
- 13 13's 800m
- 14 15's 800m
- 15 16,17, 20's Opens 800m
- 16 6's 200m
- 17 7's 200m
- 18 12's 800m
- 19 11's 800m
- 20 10's 800m
- 21 14's 800m
- 22 7's 500m
- 23 8's 700m
- 24 6's 300m
- 25 9's 800m
- 26 13's 400m
- 27 14's 400m
- 28 15's 400m
- 29 16, 17,20's Opens 400m
- 30 10's 400m
- 31 11's 400m
- 32 12's 400m
- 33 8's 400m
- 34 9's 400m
- 35 6's 100m
- 36 7's 100m
- 37 13's 100m
- 38 14's 100m
- 39 15's 100m
- 40 16,17, 20's 100m
- 41 8's 100m
- 42 9's 100m
- 43 10's 100m
- 44 11's 100m
- 45 12's 100m

FIELD EVENTS

- 1 9's High Jump
- 2 11's Long Jump
- 3 10's Shot Put
- 47's Long Jump
- 4 15's Discus
- 5 12's High Jump
- 6 8's Long Jump
- 7 16,17,20's High Jump
- 8 14's Shot Put
- 9 7's Discus
- 10 9 Long Jump
- 11 13 Discus
- 12 11 Shot Put
- 13 13 Long Jump
- 14 14 High Jump
- 15 8 Discus
- 16 9 Shot Put
- 17 6 Long Jump
- 18 10 High Jump
- 19 12 Shot Put
- 20 13 Javelin
- 21 11 Discus
- 22 14 Javelin
- 23 15 Javelin
- 24 16,17,20's Opens Javelin
- 25 6 Shot Put
- 26 15 Long Jump
- 27 10 Discus
- 28 8 Shot Put
- 29 14 Triple Jump
- 30 16,17,20's, Opens Triple Jump
- 31 16, 17, 20's Discus
- 32 12 Discus

Tiny Tots – Runs, Jumps and Throws.

GALA DAY RECORDS

DATE	CENTRE	GIRLS	TIME/DIST	EVENT	TIME/DIST	BOYS	CENTRE	DATE
				U6				
25/11/2018	Lake Illawarra	A.York	11.69	70m	12.22	P.Sager	Kiama	29/11/2015
02/02/2014	W'Gong	C.Wayne	19.09	100m	17.24	G.Wright	Albion Park	08/02/2015
05/02/2006	Lake Illawarra	K.Attard	38.81	200m	37.81	G.Wright	Albion Park	08/02/2015
08/02/2015	St Georges Basin	J Wheeler	1.04.61	300m	1.02.27	G.Wright	Albion Park	08/02/2015
24/11/2024	SLAC	E.De Ruyter	2.65	Long Jump	2.97	E.Pallister	W/Suburbs	02/02/2014
24/11/2024	SLAC	E. De Ruyter	4.54	Shot Put	6.04	H.Withyman	SLAC	13/02/2022
				U7				
08/02/2015	W'Gong	C.Wayne	12.28	70m	11.14	G.Wright	Albion Park	29/11/2015
08/02/2015	W'Gong	C.Wayne	17.1	100m	15.77	G.Wright	Albion Park	29/11/2015
24/03/2002	Lake Illawarra	C.Foord	36.80	200m	33.31	G.Wright	Albion Park	29/11/2015
24/03/2002	Lake Illawarra	C.Foord	1.51.7	500m	1.40.36	G.Lombardi	Kiama	29/11/2015
08/02/2015	W'Gong	C.Wayne	3.11	Long Jump	3.70	G.Wright	Albion Park	29/11/2015
08/02/2015	W'Gong	C.Wayne	14.62	Discus	21.07	L.Debrot	Albion Park	05/02.2006
				U8				
13/02/2022	W'Gong	H.Pate	15.30	100m	14.89	G.Wright	Albion Park	27/11/2016

13/02/2022	W’Gong	H.Pate	32.83	200m	31.25	G.Wrights	Albion Park	27/11/2016
24/11/2024	Albion Park	Z.Hennen	1:22.11	400m	1.14.66	G.Lombardi	Kiama	27/11/2016
03/02/2008	Albion Park	S.Austwick	2.41.78	700m	2.30.18	G.Wright	Albion Park	27/11/2016
13/02/2022	W’Gong	H.Pate	3.70	Long Jump	3.75	G.Wright	Albion Park	27/11/2026
06/02/2011	West Blues	B.Samperi	6.08	Shot Put	8.32	N.Jackson	Lake Illawarra	29/22/2015
24/11/2024	SLAC	E.Vickery	16.33	Discus	21.08	J.Byron	Winston Hills	06/02/2005

GALA DAY RECORDS

DATE	CENTRE	GIRLS	TIME/DIST	EVENT	TIME/DIST	BOYS	CENTRE	DATE
				U9				
24/03/2002	Albion Park	P.Fenech	14.86	100m	14.47	J.Vellanovski	Bankstown	27/11/2016
08/02/2015	Albion Park	C.Ezeoke	32.61	200m	30.48	K.Vella	Albion Park	08/02/2015
24/03/2002	Albion Park	P.Fenech	1.11.78	400m	1.11.27	K.Vella	Albion Park	08/02/2015
13/02/2022	Albion Park	A.Yorke	2.53.43	800m	2.43.28	J.McClatchie	W’Gong	08/02/2015
24/03/2002	Kiama	T.Scott	3.84	Long Jump	4.19	J.Link	W’Gong	10/02.2013
08/02/2015 10/02/2013	Inner West W’Gong	A.Marshall I.McKeown	1.10	High Jump	1.18	K.Vella	Albion Park	08/02/2015
04/03/2002	Albion Park	M.Burke	22.23	Discus	29.74	J.Fitness	Albion Park	24/03/2015
08/02/2015	Albion Park	C.Ezeoke	6.91	Shot Put	9.03	B.Shephard	Milton	02/02/2014
				U10				
04/03/2002	Lake	G.Radburn	14.03	100m	14.45	J.Wright	Albion	10/02/2

	Illawarra						Park	013
06/02/2005	W'Gong	T.Davis	30.65	200m	30.18	M.Murphy	Albion Park	08/02/2015
06/02/2005	W'Gong	T.Davis	1.11.21	400m	1.09.9	R.caswell	SLAC	27/11/2016
03/02/2008	Wallsend	M.Welham	2.40.76	800m	2.43.93	J.Baker	St Georges Basin	27/11/2026
06/02/2005	Ambarvale	A.Kennedy	1.28	High Jump	1.28	C.Johnson	SLAC	08/02/2015
06/02/2005	C'Town	M.Wanstall	7.94	Shot Put	9.01	M.Stone	Albion Park	24/03/2002
06/02/2005	C'Town	M.Wanstall	31.05	Discus	32.19	L.Debrot	Albion Park	08/02/2009

GALA DAY RECORDS

DATE	CENTRE	GIRLS	TIME/DIST	EVENT	TIME/DIST	BOYS	CENTRE	DATE
				U11				
06/02/2005	Kiama	A.Taddeo	13.76	100m	13.59	J.Wright	Albion Park	02/02/2014
08/02/2009	Albion Park	C.Docker	29.39	200m	28.37	J.Wright	Albion Park	02/02/2014
06/02/2005	W'Gong	K.Chambers	1.10.41	400m	1.09.17	D.Plumridge	Albion Park	10/02/2014
10/02/2013	Port Hacking	T.Porter	2.44.05	800m	2.33.24	I.Shaw	Albion Park	08/02/2015
13/02/2022	SLAC	L.Crawford	5.45.35	1500m	6.28.67	T.Gowan	Lake Illawarra	13/02/2022
08/02/2009	Albion Park	C.Docker	4.44	Long Jump	4.72	J.Bingham	Lakw Illawarra	05/02/2006
08/02/2015	Preston Robbins	B.Griffiths	10.27	Shot Put	9.85	D.Langdon	Lake Illawarra	27/11/2016
08/02/2015	Preston Robbins	B.Griffiths	31.06	Discus	28.15	T.Barlow	Albion park	02/02/2014
				U12				

06/02/2005	Kiama	T.Scott	13.24	100m	13.45	R. Sandstrom	SLAC	24/11/2024
06/02/2005	Albion Park	R.Mounsey	28.31	200m	28.47	C.Harvey	SLAC	05/02/2006
06/02/2005	Albion Park	P.Fenech	1.04.56	400m	1.07.02	J.Wright	Albion Park	08/02/2015
13/02/2002	Albion Park	C.Nicol	2.36.96	800m	2.34.64	I.Shaw	Albion Park	29/11/2015
02/02/2014	Port Hacking	T.Porter	5.25.90	1500m	5.21.9	R.Smith	SLAC	27/11/2016
06/02/2011	SLAC	S.Peace	10.69	Shot Put	10.66	M.Neill	Nepean	06/02/2011
06/02/2011	SLAC	S.peace	31.19	Discus	38.07	T.Barlow	Albion Park	08/02/2015
08/02/2015	Albion Park	G.Shaw	1.41	High Jump	1.40	B.Shephard	Milton	29/11/2015

GALA DAY RECORDS

DATE	CENTRE	GIRLS	TIME/DIST	EVENT	TIME/DIST	BOYS	CENTRE	DATE
				U13				
25/11/2018	Albion Park	C.Ezeoke	13.02	100m	12.66	Z.Havagjia	SLAC	05/02/2012
25/11/2018	Albion park	C.Ezeoke	26.6	200m	25.89	Z.Havadjia	SLAC	05/02/2012
27/11/2016	Kiama	G.Richards	1.06.49	400m	1.00.26	Z.havadjia	SLAC	05/02/2012
08/02/2015	Albion Park	T.Moham	2.36.05	800m	2.28.60	J.Smith	St Georg es Basin	03/02/2008
13/02/2022	Milton	J.Kann	5.08.35	1500m	5:05.06	M.Ellerington	Victory Runners	24/11/2024
29/11/2015	SLAC	E.Matthews	4.86	Long Jump	5.22	J.Holland	SLAC	27/11/2016
05/02/2012	SLAC	S.Peace	37.52	Discus	29.29	C.Joines	St Georg es Basin	06/02/2005
05/02/2012	SLAC	S.Peace	28.95	Javelin	31.56	C.Joines	St Georg es Basin	06/02/2005

25/11/2018	Albion Park	C.Ezeoke	11.66	Shot Put				
				U14				
27/11/2016	SLAC	Z.Chater	12.55	100m	12.09	B.Leeson	Albion Park	08/02/2009
27/11/2016	SLAC	Z.Chater	25.80	200m	25.41	Z.Havadjia	SLAC	10/02/2013
13/02/2022	Albion Park	C.Kerr	1.07.62	400m	59.35	Z.Havadjia	SLAC	10/02/2013
27/11/2016	SLAC	B.Holland	2.36.0	800m	2.27.42	C.Harvey	SLAC	03/02/2008
13/02/2002	SLAC	E.McLaren	5.54.71	1500m				
05/02/2012 10/02/2013	SLAC Albion P	L.Marron C.Sulierzyski	1.50	High Jump	1.65	J.Skeales	Lake Illawarra	06/02/2005
				Triple Jump				
05/02/2012	SLAC	S.Peace	10.77	Shot Put	12.60	J.Falconer	Albion Park	08/02/2015
02/02/2014	Lake Illawarra	S.Lee Frier	32.20	Javelin	40.15	M.Baillie	SLAC	06/02/2005
24/11/2024	SLAC	L.Beck	30.22	Javelin 500gm				
03/02/2004	SLAC	A.Cooke	29.80	Discus	31.42	D.McNiven	St Georges Basin	24/03/2002

GALA DAY RECORDS

DATE	CENTRE	GIRLS	TIME/DIST	EVENT	TIME/DIST	BOYS	CENTRE	DATE
				U15				
29/11/2015	SLAC	M.Check	12.91	100m	11.48	J.Prem	Albion Park	08/02/2009
08/02/2009	SLAC	A.McPherson	24.01	200m	24.01	J.Prem	Albion Park	08/02/2009
08/02/2009	Albion Park	E.Debrot	1.05.9	400m	55.26	C.Musgrove	SLAC	02/02/2014

08/02/2015	Lake Illawarra	S.Fryer	2.38.62	800m	2.17.17	C.Musgrove	SLAC	02/02.2014
				1500m	4.43.1	I.Shaw	Albion Park	25/11/2018
06/02/2011	SLAC	L.Bruce	5.17	Long Jump	5.83	K.Orgaz	St Gorges Basin	10/02.2013
24/11/2024	Bowral	A. Harper	6.48	Triple Jump				
02/02/2014	SLAC	S.Peace	40.66	Discus	44.55	B.Nicholas	St Georges Basin	10/02/2013
08/02/2015	Lake Illawarra	S.Fryer	29.57	Javelin	36.83	J.Belcher	Nepean	08/02/2009
				U16				
24/11/2024	SG Basin	K. Naylor	1.25	High Jump				
24/11/2024	SG Basin	K.Naylor	38.86	Javelin				
				U17				
08/02/2009	Kiama	T.Scott	12.49	100m	10.98	B.Wallington	SLAC	05/02/2012
13/02/2002	SLAC	L.Connelly	27.31	200m	23.14	D.Thompson	St Georges Basin	29/11/2015
29/11/2015	Albion Park	E.Dalley	1.05.29	400m	55.41	C.Musgrove	SLAC	29/11/2015
29/11/2015	Albion Park	E.Dalley	2.50.98	800m	2.04.37	C.Musgrove	SLAC	29/11/2015
08/02/2015	Port Hacking	T.Porter	5.19.56	1500m	4.55.90	G.Ryan	Albion Park	03/02/2008
13/02/2022	SLAC	O.Davis	1.45	Highh Jump	1.75	B.Nichols	St Georges Basin	08/02/2015

10.02/2013	SLAC	L Bruce	30.62	Javelin	41.87	C.Joines	St Georg es Basin	08/02/2015
08/02/2009	Kiama	T.Scott	11.56	Triple Jump	11.50	B.Nichols	St Georg es Basin	08/02/2015
				U20				
				1500m	4:53.37	H.McLaren	SLAC	24/11/2024
				Javelin	45.79	H.McLaren	SLAC	24/11/2024
				High Jump	1.65	C.Saunders	SG Basin	24/11/2024

Shoalhaven Gala Day Sponsors



The Athlete's Foot

NOWRA
FARMERS
MARKET 

rebel



We appreciate our sponsors support. Thank you!!