



Handbook

2025-26 SEASON



Welcome

Welcome to Cardiff and District Little Athletics for the 2025-26 season. If you are new to Athletics, or our Centre, we would like to take this opportunity to thank you for joining us. We wish you an enjoyable and successful year.

Little Athletics is a family sport and everyone should be involved. Our aim is to encourage children to participate in sport and improve their skills within their own abilities, whilst creating friendships. Children love to run, jump and throw and have a good time with their friends. At Little Athletics, the emphasis is on being your best. Please do not ever lose sight of this!

We are a centre of volunteers. We only exist because of the hard work that many people put in. Throughout the year, many of you, both parents and athletes will have the opportunity to assist in various ways. **I ask you to please come forward and offer your help as it is the only way we can continue to build and run our successful Little Athletics Centre.**

As in previous years, it will therefore remain a requirement that all junior athletes have a parent or nominated guardian at the ground at all times.

We have a centre website **cardiffathletics.club** and that will keep you up to date with things 'around the track'. Our website will be the main source of information for our members. It contains all the information you need to know about our centre. We also have Facebook and Instagram - make sure you check it regularly. Remember, these are YOUR social media outlets and anyone can contribute with photos and stories.

Don't forget our canteen and BBQ each week. Without sponsors, it's our only fundraiser each season and those funds provide for the presentation day. We don't have a nominated canteen supervisor for this season, so we'll rely on rostering parents to keep it open.

If at any stage during the season you have any questions or queries please don't hesitate to come and see me or anyone from the committee. We will be more than happy to assist you.

Lisa Hearnden / **President**

Committee Members

Cardiff Little Athletics committee is made up of parents who volunteer their time to ensure that our centre functions correctly.

The Committee members whose names are below, generally meet on the third Monday of each month throughout the year at Cardiff RSL Club. All members are welcome to contribute items for our committee meetings.

Our website will keep you up to date with information regarding these meetings:
www.cardiffathletics.club

Position	Name	Email	Mobile
President	Lisa Hearnden	president@cardiffathletics.club	0412 848 262
Secretary	Lisa Robertson	admin@cardiffathletics.club	0407 537 007
Treasurer	Lyndal Day	finance@cardiffathletics.club	0437 877 397
Registrar	Patricia Charlton	registrar@cardiffathletics.club	0424 491 444
Vice President	Allison Lord	vpres@cardiffathletics.club	0406 341 031
General Committee	Craig Hearnden		
	Peter Gallard		
	Kristina Cousins		
	Greg Jones		
	Rachel Blackburn		
	Nikki Hammer		
	Carissa Watson		
	Peter Charlton		
	Emma Hearnden		

What happens on a Friday night?

Who: Girls and Boys from ages 3 years born before 1 October through to Adults 80 years+ of any ability.

Where: Neegulbah Park, 125 Lawson Road, Macquarie Hills

Season Starts: Friday, 12 September 2025

Season Ends: Friday, 6 March 2026

Christmas Holidays: Last competition night for 2025 is Friday, 19 December 2025
First competition night for 2026 is Friday, 23 January 2026

When: Tiny Tots	5:30pm - 6:30pm
6's - 17's	5:30pm - 7:30pm approx
18's +	5:30pm - 8:00pm

Tiny Tots: Each Friday evening Tiny Tots will meet at the playground end of the park. Tiny Tots then complete various activities such as running, jumping, throwing in a modified form, taking into consideration the developmental stage and requirements of such young children. The program encompasses games and activities that have been designed to prepare Tiny Tots for their introduction to athletics in the 6 age group.

6-20's: Each Friday evening begins with any important announcements. During the announcements, the athletes warm-up on the far side of the field, then lineup behind the age baskets, on the front straight. The athletes must wait for their age manager in their appropriate age groups then they will be taken to their various events throughout the evening.

Uniform: All athletes must wear a centre uniform with registration numbers and age numbers. (See page 8 of the handbook).

Wet Weather : If it has been raining during the week or on Friday afternoon and you are not sure if our weekly competition will be on, we will attempt to have the information on our Facebook page close to 4pm.

Results and Records: Our centre results are added to ResultsHQ after each competition night and can be viewed at <https://resultshq.com.au/Login/>

Parent Help

There are many roles and duties to be performed each week to assist with the smooth and efficient running of our competition nights.

Equipment Out: Track Officers will be at the clubhouse by 4:45pm each week to distribute equipment at the designated event stations. Any assistance from parents will be appreciated.

Canteen and BBQ: Requires the assistance of 3 parents. It could be broken into half hour slots by the parent groups.

Timekeeping and Recording: Requires the assistance of at least 3 place card officers at the 100m finish line. Remain on duty until completion of short track events. The long track requires a timekeeper and at least one place card officer.

Equipment In: Assistance is required once events are complete to move equipment onto the trailer and into the shed.

Remember: All volunteers are required to sign the Volunteer Register at the Canteen to ensure they are covered by Little Athletics Insurance.

Committee: We are always looking for additional parents to join our committee and participate in the business of our centre. Please speak with our President today.

Working Bees: At least once a season we get stuck into cleaning up the clubhouse and re-organising the storage areas. Any and all assistance from parents is welcome. Keep an eye out on our socials for notice of when the next one will take place.

Safety and other Rules

Like all organisations, Little Athletics has rules. These rules are there to ensure the safety of all athletes, parents and visitors. We ask children and parents to cooperate and to keep to the rules so that we can all enjoy our Friday nights in safety. All athletes must be registered with LANSW before they participate.

Working with Children

Of utmost importance is the safety and well being of all children and adults. Persons holding certain positions will be required to sign a member protection declaration form. Additionally, we ask all parents to be vigilant and report to the committee anything they feel is of concern in regards to the safety of children. Secretary Lisa Robertson is the centre Member Protection Officer and all reports to her are kept in strict confidence.

No Smoking & Alcohol

There is a Lake Macquarie City Council no smoking and no alcohol policy at Neegulbah Park.

Insurance

All registered athletes and parent volunteers who sign on at the clubhouse are covered by insurance taken out by Little Athletics Australia. If a parent fails to sign the attendance register, they are not covered by insurance and enter the field at their own risk.

Lost Property

Our lost property collection can be found at the office. Please check regularly for any missing hats, jumpers, shoes etc. The collection of lost property operates under an honour system. Committee members will endeavour to return items that are clearly marked to their owners, but the lost property container will periodically be cleaned out and any unmarked or unclaimed items will be donated to charity.

Centre Records

The Centre Record for each age group is printed at the top of the event result page. If an athlete appears to have broken a Centre Record, the measurement must be verified by a member of the Executive. Do not move on to the next event until the sheet is signed by the Executive member.

Championships and Carnivals

All Little Athletics centres in NSW are divided into zones and regions. Cardiff & District LAC is in the Lake Macquarie Zone. The other centres in the Lake Mac Zone are Kotara South, Macquarie Hunter, Eastlakes, Edgeworth and Westlakes. The Lake Macquarie Zone is part of Region 2. There is an 8 region structure, 4 metropolitan and 4 country.

Zone Championships are the qualifying stage process to regional and state championships. Any athletes from 7-20 age groups from all centres within our Zone are eligible to compete at the Lake Macquarie Zone. The venue is Hunter Sports Centre, Glendale.

Regional Championships are the next qualifying stage to the State Championships. Regional Championships are held over one full weekend in late January or February. Our Region Championships are made up of qualifiers from 4 Zones. This is much like the Zone Championships, excluding the 7 age group and athletes must have qualified through Zone (with the exception of 16's and up who can direct enter, though encouraged to attend). The location of the Regional Championships varies each season within our Region. Each season a different Zone is asked to host these championships.

The State Championships are usually held mid March, at Sydney Olympic Park Athletic Centre. This runs over two weekends (first weekend is Juniors for 13's to 20's, second weekend is for Opens and Little Athletes 9-12's). This is usually a 2 day carnival. You must have progressed from the Regional Championships to be able to participate at this championship (with the exception of 16's and up who can direct enter).

NSW Athletics hold other championships throughout the season.

State Relay Championships, held in November of each year. This is a team event where centres can enter both track and field relays. 8-11 teams compete on the 'Junior Day', Saturday, and 12-17 teams compete on the 'Senior Day', Sunday. (This year this will be held in Blacktown over two weekends however)

State Combined Carnival is open to all registered athletes in the 7-17 age groups, and is held the first full weekend in March in various locations throughout NSW. Athletes take part in several events over 2 days. No finals are run and points are awarded to the athlete based on their performance on the day.

Cross Country Championships & Road Walk Championships are held in June and July each year. These championships are open to all registered athletes in the 7- 17 age groups who compete over appropriate distances depending on their age group.

Gala Days Throughout the season other centres often host Gala Days and other special events, to which registered athletes from other centres are invited.

Our Track and Field

125 Lawson Rd, Macquarie Hills NSW 2285



Centre Uniform



Front

Back

Please note: Athletes who are not in full uniform are unable to receive competition points. An athlete who is not in full uniform is also unable to be awarded a centre record. For these reasons, it is important to always have your correct uniform on at competitions.

Track and Field Events for 6-20

	CENTRE ONLY	CENTRE & ZONE ONLY	CENTRE, ZONE & REGION	CENTRE, ZONE, REGION & STATE									
TRACK	6s	7s	8s	9s	10s	11s	12s	13s	14s	15s	16s	17s	U20
50 metres	✓	✓											
70 metres	✓	✓	✓	✓	✓								
100 metres	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
200 metres	✓ Pack Start	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400 metres			✓ Pack Start	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pack Start	300m	500m	700m										
800 metres				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1500m						✓	✓	✓	✓	✓	✓	✓	✓
3000m								✓	✓	✓	✓	✓	✓
Walk (zone, region, state)				700m	1100m	1100m	1500m	1500m	1500m	1500m	1500m	1500m	
Walk (state only)								3000m	3000m	3000m	5000m	5000m	5000m
Sprint Hurdles			60m	60m	60m	80m	80m	80m (F) 90m (M)	90m (F) 100m (M)	90m (F) 100m (M)	100m (F) 110m (M)	100m (F) 110m (M)	100m (F) 110m (M)
Long Hurdles								200m	300m	300m	400m	400m	400m
Relay Jnr													
4 x 100m				✓	✓	✓	✓						
Relay Snr													
4 x 100m								✓	✓	✓	✓	✓	✓
FIELD	6s	7s	8s	9s	10s	11s	12s	13s	14s	15s	16s	17s	U20
Scissor High Jump				✓	✓								
High Jump						✓	✓	✓	✓	✓	✓	✓	✓
Long Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple Jump						✓	✓	✓	✓	✓	✓	✓	✓
Discus	350gm	350gm	500gm	500gm	500gm	500gm	750gm	750gm	1kg	1kg	1kg (F) 1.5kg (M)	1kg (F) 1.5kg (M)	1kg (F) 1.75kg (M)
Shot Put	500gm Pink	1kg Blue	1.5kg Yellow	2kg Orange	2kg Orange	2kg Orange	2kg Orange	3kg White	3kg (F) White	3kg (F) White	3kg (F) White	3kg (F) White	4kg (F) Red
									4kg (M) Red	4kg (M) Red	5kg (M) Green	5kg (M) Green	6kg (M) Green
Javelin						400gm	400gm	400gm (F) 600gm (M)	500gm (F) 700gm (M)	500gm (F) 700gm (M)	500gm (F) 700gm (M)	500gm (F) 700gm (M)	600g (F) 800g (M)
Total # Events	8 events	8 events	9 events	11 events	11 events	13 events	13 events	15 events	15 events	15 events	15 events	15 events	15 events

Frequently Asked Questions

Do we need special shoes?

Spikes can be worn from 11 upwards, in laned events (100m, 200m, 400m) long jump, high jump and triple jump. Spikes must be removed immediately after each event and carried with the athlete. Spike shoes are not however necessary and generally, only 20% of athletes at our centre use them. Waffle shoes can be purchased, which can be worn by any age group.

What level of ability does my child need to be to join?

Our emphasis is on fun and fitness. Children can join with any level of skill or fitness. Children are given plenty of encouragement to improve.

When is training?

We have training some Monday and Wednesdays for all ages at Neegulbah Park from 5.30pm. Please check our Facebook feed for details on the day.

What happens if it rains?

Please refer to page 5 of our handbook. Ground closures will be added to our Facebook page.

Will my child be taught the correct technique or have access to coaching?

NSW Athletics conducts coaching clinics and camps at various venues and times throughout the season. Cardiff & District Little Athletics also have qualified coaches or parents who offer training session/s during the week. Limited skill development instruction is given on Friday evenings. Our Head Coach is Greg Jones 0431 066725.

I want to volunteer. Whom should I contact?

You can contact any of the committee members at any time. Contact details are on pg 4 of the handbook

If at any stage you would like more information about policies, plans, rules or information on education and training, please contact the committee at Cardiff & District LAC or contact NSW Athletics via their website www.nswathletics.org.au

Awards

Eligibility Criteria

To be eligible for an age place award and/or a major award at our club, athletes aged 6 - 13 must compete in a minimum of 66% of all available events and all other athletes (including aged 14 – 20, opens, masters and community) must compete in 50% of all available events for the season. If a prospective award recipient fails to meet the mandatory attendance criteria and is subsequently disqualified, individuals who ranked lower will each move up one position in the rankings.

AGE AWARDS

Athletes are eligible to win only one Age Group Award. In the case of an athlete achieving an Age Champion Place Award and Encouragement Award, the Encouragement Award will go to the next best athlete.

Classified Multiclass athletes are included in their own multiclass age groups.

Athletes not eligible for an age award will receive a medal.

Age Champions Place Award - Point Score

At the end of season presentation day trophies are presented in each of the age groups.

1st, 2nd and 3rd place trophies are awarded to the athletes with the highest accumulated competition points. Because the committee believes the emphasis should not only be on winning, a point score system was devised to recognise those children who continually improve their own performance. Each week every athlete's attendance is recorded and one point is awarded for each event attempted. Further points are awarded depending upon where an athlete finishes in each event. These points are tallied throughout the season, and the Age Champions are determined based on the total. Final calculations are completed by Results HQ.

The point scoring system for all events at club night is as follows:

First place	5 points
Second place	4 points
Third place	3 points
Fourth place	2 points
Fifth place	1 points
Personal Best	2 points
Setting a new Club Centre Record	4 points

Awards

Participation Points for External Competition Representation

Athletes who are unable to attend a regular club competition because they are competing at a NSW Athletics sanctioned event may be eligible to receive participation points for the missed club meet.

To receive these points, notification must be provided to the Committee via email at info@cardiffathletics.club prior to the event, or within 7 days after the event.

When appropriate notification is received, the athlete will be credited with the participation points they could have earned at the club on that day.

Eligible external events include (but are not limited to):

- NSW Athletics sanctioned events such as NSW Country Championships, NSW State Relays, NSW State Combined Events, Treloar Shield and other approved meets on application.

Age Group - Encouragement Awards

Personal Best (PB) points are awarded with 2 points for a new PB. When an athlete completes an event for the first time in the season, that result is recorded as their baseline. Any improvement on this result throughout the season registers as a new PB and adds to their PB points total.

PB points are also calculated separately from competition points and are used for determining the Age Encouragement Awards. These totals are calculated by Results HQ at the end of the season.

One male and one female athlete in each age group will receive an Encouragement Award based on their PB points.

TINY TOTS

All Tiny Tot Athletes will receive a participation trophy, regardless of attendance.

In addition, athletes may receive a certificate for high attendance, as calculated by Results HQ.

- 50-69% attendance – Bronze award
- 70-89% attendance – Silver award
- 90-100% attendance – Gold award

Awards

MAJOR AWARDS

Junior Athlete of the Year – name on honour board

Age groups 6 – 8. Highest overall point earning athlete in the age groups, whether or not he or she is the recipient of an age award. Based on event points and PB's.

Little Athlete of the Year – name on honour board

Age groups 9 -12. Best performing athlete at the highest level including NSW Athletics events.

Youth Athlete of the Year – name on honour board

Age groups 13 – 20. Best performing athlete at the highest level including NSW Athletics and Athletics Australia events.

Multiclass Athlete of the Year – name on honour board

All age groups. Best performing athlete at the highest level including NSW Athletics and Athletics Australia events.

Club Encouragement Award – name on honour board

All age groups. The athlete achieving the highest PB point earnings in the club, whether or not he or she is the recipient of any other Award.

Senior Athlete of the Year (U23/Opens)

Best performing athlete at the highest level including NSW Athletics and Athletics Australia events.

Community Athlete of the Year

Based on participation and PB results on club nights.

Major awards are assessed on the following criteria.

- Minimum qualifying participation on Competition Nights, as per eligibility criteria.
- Displays a good attitude towards fellow athletes, competition, participation and other aspects of athletics.
- Good overall performance at all levels of competition.
- Participation in training and/or carnivals.
- Number of personal bests (PB) attained throughout the season (pro rata % of events available).
- In the case of a tie, the highest attendance % will be used.

Awards

5 Year Award

For those athletes who have been a member of the Club for 5 years. This award will be presented on the completion of the 5th year of membership.

10 Year Award

For those athletes who have been a member of the Club for 10 years. This award will be presented on the completion of 10th year of membership.

Club Records

Club records can only be achieved at Cardiff club nights or the Cardiff Challenge Cup by Cardiff Athletes. Points are not awarded to the yearly point score for the Cardiff Challenge and do not contribute to end of year awards.

Award Recipients 2024-25

Junior Athlete of the Year U6-U9

Leo Luff/Zane Powis

Senior Athlete of the Year U10-U13

Jacob Hearnden

Youth Athlete of the Year U14-U17

Tyler Cousins

Junior Encouragement Award U6-U9

Madison Hammer

Senior Encouragement Award U10-U13

Jacob Hearnden

Youth Encouragement Award U14-U17

Peter Charlton

5 Year Award

Finley Boller-Sanderson, Sam Lavelle, Alexis Rhodes, Frederick Walker

10 Year Award

Mikayla Day, Nikki Hearnden



Presentation Day

Our Presentation Day will be held in the first weeks of May 2026, date to be confirmed. Last years was held at Hunter Sports Centre at Glendale and was well received from families, so likely will stay the same.

Please join us as we celebrate the season and award our athletes.

Age Point Score 2024-25

Girls

U6

1st Mia Parkinson, 2nd Penelope Lord,
3rd Mahlia Fealy

U7

1st Amber Hannon, 2nd Milly
Herweynen, 3rd No trophy

U8

1st Madison Hammer, 2nd Sophie
Taylor, 3rd Teegan Cousins

U9

1st Georgia Hardaker, 2nd No trophy,
3rd No trophy

U10

1st Hallie Blackburn, 2nd Annabelle Lord,
3rd Evelyn Upton

U11

1st Zahra Bruce, 2nd Skye Robbins, 3rd
No trophy

U12

1st Alexis Rhodes, 2nd Heidi Robbins,
3rd Ava Boller-Sanderson

U13

1st , 2nd and 3rd No trophies

U14

1st Nikki Hearnden, 2nd Mikayla Day, 3rd
No trophy

U15

1st, 2nd and 3rd No trophies

U16

1st Emma Hearnden

U17

No registrations

U20

1st, 2nd and 3rd No trophies

Boys

U6

1st Hamish Mcleod, 2nd Tony Hannon,
3rd Alby Dowsett

U7

1st Willian Egan, 2nd Bailey Poynter, 3rd
Theodore Carter

U8

1st Leo Luff, 2nd Finley Seivl, 3rd Nash
Woolley

U9

1st Zane Poiwis, 2nd Darcy Mcleod, 3rd
Adam Taylor

U10

1st George Chilvers, 2nd No trophy, 3rd
No trophy

U11

1st Riley Pascoe, 2nd Jacob Hearnden,
3rd Archer Mcleod

U12

1st Tobias Hosken, 2nd Kurt Gallard, 3rd
No trophy

U13

No registrations

U14

1st Tyler Cousins, 2nd and 3rd No trophy

U15

1st Eamon Gallard,

U16

No registrations

U17

1st Zane Gallard, 2nd Jackson Day

U20

1st Peter Charlton, 2nd and 3rd No
trophies



CODES OF CONDUCT

(adapted from the Australian Sports Commissions' Junior Sport Codes of Behaviour)

Australians are justifiably proud of the place sport has in their daily lives. But what is equally important to us all is the way the "game" is played and the manner in which our sportsmen and sportswomen conduct themselves.

Unfortunately, some people (both participants and spectators) fail to live up to the traditional values of sport. Young people involved in sport have a right to participate in a safe and supportive environment. Over-zealous parents and adults, and ill-tempered, disrespectful athletes, sometimes need to be reminded of appropriate standards of behaviour for Little Athletics.

Little Athletics is a community activity, which utilises athletics to help foster the development of Australia's children, and as such, endorses and applies the following Codes of Conduct.

The privilege of membership with the Little Athletics NSW (LANSW) may be withdrawn where it is determined that a person's conduct is inconsistent with the mission of the LANSW and in clear breach of the Codes of Conduct.



Athletes

1. Show respect to coaches and officials. Any approach to an official should be in a courteous manner. Never argue with an official.
2. Control your temper - no "mouthing off", throwing equipment etc.
3. Never verbally abuse or sledge other athletes, deliberately distract or provoke another athlete.
4. Do not bully or harm another athlete.
5. Do not use bad language or obscene gestures at any time.
6. Respect the rights, dignity and worth of all athletes and officials, regardless of their gender, ability, cultural background or religion.
7. Do not bring the sport of Little Athletics into disrepute.

Adults

1. Never ridicule or yell at an athlete for making a mistake during a competition.
2. Respect the officials' decisions. If there is a disagreement, always follow the appropriate procedure/s in order to question the decision.
3. Never use violence, threats or abuse in any form.
4. Keep to designated spectator areas and do not encroach on the arena or other competition sites if you are not officiating.
5. Demonstrate appropriate social behaviour, by not harassing athletes, coaches, officials or spectators, smoking outside designated areas, being intoxicated or using bad language.
6. Ensure that any physical contact with a young person is appropriate to the situation and/or necessary for the athlete's skill development.
7. Respect the rights, dignity and worth of all athletes and officials, regardless of their gender, ability, cultural background or religion.
8. Do not bring the sport of Little Athletics into disrepute.

PENALTIES FOR BREACHES OF CODES OF BEHAVIOUR

The principles of natural justice will be observed when making decisions on breaches of the Codes of Conduct and in deciding any penalties for such breaches.

Any penalties that are imposed are to be appropriate to the seriousness of the breach.

Penalties for breaches of the Codes of Conduct that occur at events conducted by the LANSW that are confined to the day of competition shall be determined by the Carnival Manager. Penalties that go beyond the day of competition shall be determined by the Board of Management and could include banning families from future participation in the sport.

Calendar of Events

Please note: dates and conditions could change. Up to date information will always be available on our website.

2025

Fri 1 Aug	RevSport Registration Portal opens
Fri 12 Sep	First Competition Night
Fri 19 Sep	Sports Magic on Site for uniform pick ups
27-30 Sep	NSW All Schools - SOPAC
Sat 11 Oct	Zone Multi Carnival - Glendale
Sun 19 Oct	Westlakes Carnival
Sun 26 Oct	Wallsend Gala Day
Sun 2 Nov	Edgeworth Challenge
Fri 7 Nov	Coles Community Round
8-9 Nov	State Relays 8-12's - Blacktown
14-16 Nov	State Relays 13's to Masters - Blacktown
Sat 22 Nov	Hunter High Velocity Meet at Maitland - ANSW permit meet
Wed 26 Nov	Cardiff night before Zone
Sat 29-Sun 30 Nov	LakeMac Zone Championships - Glendale
4-7 Dec	All Schools Nationals, Melbourne
Fri 19 Dec	Cardiff last night before Christmas break

2026

Fri 16-Sun 18 Jan	NSW Country Championships - Maitland
Fri 23 Jan	Cardiff first night after Christmas break
Sat 24 Jan	Lake Macquarie High Velocity Meet - Glendale - ANSW permit meet
Sat 7 Feb	Cardiff Challenge
Wed 11 Feb	Cardiff night before Regionals
Fri 13-Sun 15 Feb	Hunter Region Championships - Maitland
TBA Feb	Norm Johnson Carnival, Glendale
Sat 28 Feb-Sun 1 Mar	State Combined Carnival - Maitland
Fri 6 Mar	Cardiff last night of season
Thu 12-Sun 15 Mar	NSW Junior (13-20) State Championships - SOPAC
Thu 19-Sun 22 Mar	Little Athletics State Championships (9-12) and NSW Opens State Championships - SOPAC
TBA April	Australian Championships (Nationals) - Brisbane
TBA May	Cardiff Presentation Day



Instagram
cardiff.lansw



Website
cardiffathletics.club



Facebook
cardiff.lansw