



THE NORTH QUEENSLAND CHAMPIONSHIPS 2026

TOWNSVILLE - QLD | SEPTEMBER 25-27th



PRESIDENTS WELCOME



Welcome to the 2026 NQ Championships



Welcome back to Townsville for another fun-filled weekend of athletics at the 2026 NQ Championships.

Friday morning kicks off an exciting weekend of competition, with a full program of events and the popular Kids Kaos activities for children aged 4–9 years on Saturday afternoon.

We are also excited to showcase our feature events, including the Hector Hogan and Campbell Miles, followed by the Buchanan Open Men's and Women's Sprints, the Benita Willis 10,000m, and our exciting relay events.

The NQ Championships provide a fantastic opportunity for participants of all ages, particularly our school-aged athletes involved in athletics programs, to compete in their favourite events, develop their skills, challenge themselves and make new friendships along the way.

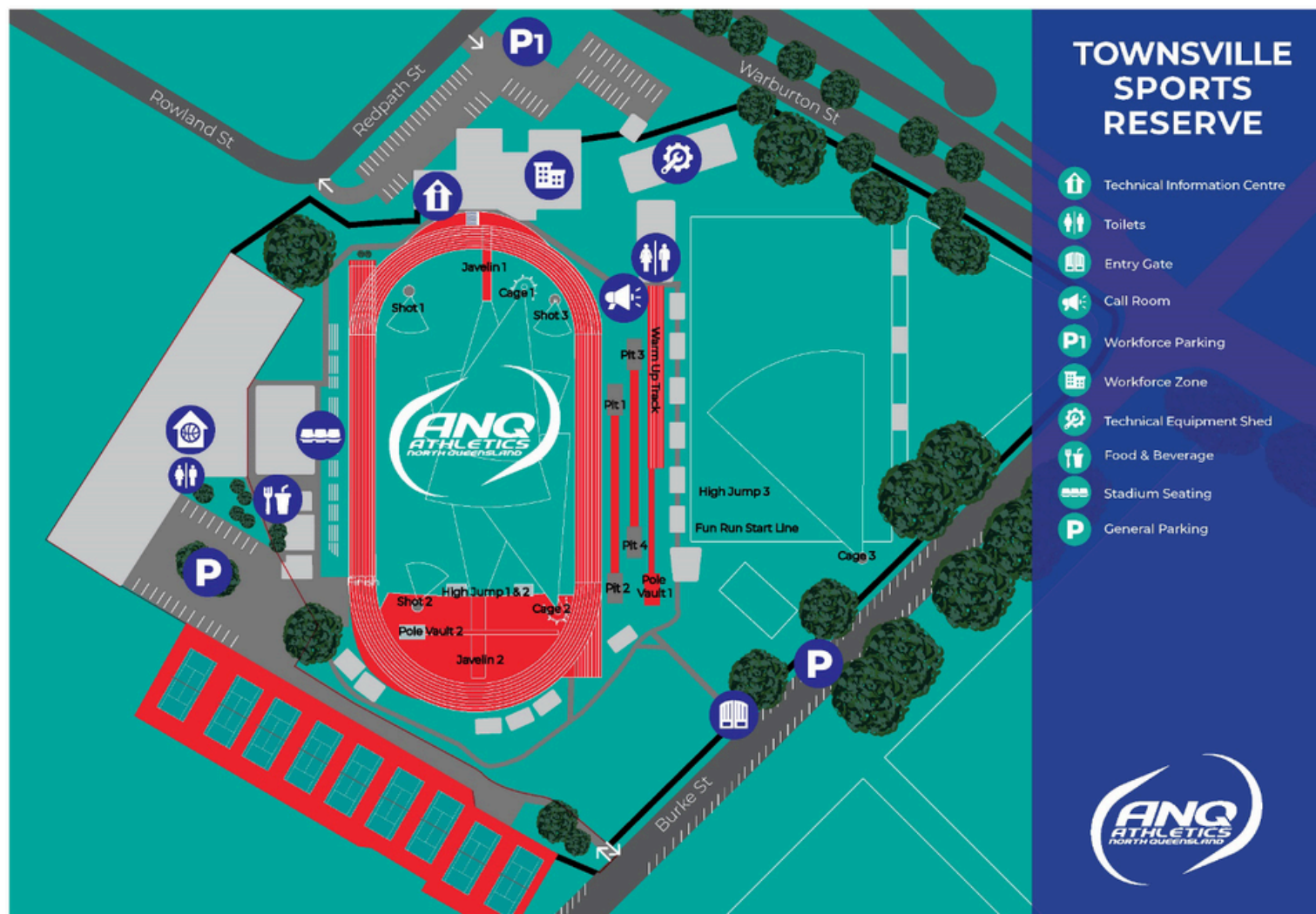
For our school-aged athletes, there is also the opportunity to earn selection in the North Queensland All Schools Team heading to Perth in December.

This event would not be possible without the incredible army of volunteers who work tirelessly behind the scenes. We extend our sincere gratitude to each and every one of them for their dedication, time and support. Your contribution is what helps make this championship possible.

We wish all athletes the very best of luck and hope you enjoy your time competing, supporting and celebrating athletics at the Red Track.

Kym Galea
ANQ President

VENUE MAP



CHAMPIONSHIP RULES



Events will commence at 10:00am Friday 25th September and will finish at approximately 3.00pm Sunday 27th September 2026. Changes may be required to the timetable pending athlete entries. It is recommended athletes arrive at the venue at least 45 minutes prior to their event, to collect bibs, familiarise themselves with the event area, and warm-up.

The North Queensland Championships will be conducted according to the rules of World Athletics, World Para Athletics, Athletics Australia, and Athletics North Queensland.

Age is actual age in years as of 31st December 2026. Master's Athletes (athletes over the age of 30) will compete in their age based on the 1st day of competition.

TECHNICAL INFORMATION CENTER

The Technical Information Centre (TIC) will be open from 3:00pm Thursday the 24th of September. The TIC is the building located behind the start line at the back of the ANQ office.

TIMETABLE

A final timetable will be available on the ANQ website, 1.5 weeks before the competition. Any changes to the timetable will be at the discretion of the Competition Director.

SCRATCHINGS & CLASHES

If an athlete fails to scratch (remove themselves) from an event after confirmation or does not compete in all rounds of an event for which they have been nominated, they may not be permitted to compete further as outlined in World Athletics Rule TR4.4. This ruling will be applied to all athletes above the age of 10. Additionally, if athletes experience a clash of events, they must inform the Field event officials that they are present and wish to compete. These forms can be collected at the TIC.

CHAMPIONSHIP RULES

COMPETITION BIBS

Athletes will receive one bib only displaying the athlete's name. In track events the bib must be worn on the front of the uniform, for field events athletes may choose to wear the bib on either the front or the back of their competition uniform firmly attached with no less than four (4) pins. The entire bib including sponsorship information must be always visible and no part of the bib shall be folded under the uniform.



CHAMPIONSHIP RULES



UNIFORMS

All club athletes must wear the approved Club uniform of the club that they are competing under. School Base Members who have been on the regional sports team (Northern, Peninsula, Capricornia, North West) are able to wear their regional uniform. Anyone who does not have any of these uniforms must wear plain black or plain white clothing. Athletes that are from outside of the ANQ region are permitted to wear a uniform that is approved/used at their equivalent State Championships or plain black or white as well.

No unauthorised advertising may be worn. No non-permitted advertising (ie. other than clothing manufacturer's logo or approved club sponsor logos). Please refer to World Athletics Ad regulations for further information. You can find more information [here](#).

RELAYS

- U16 – 4 x 100m Relays Men, Women, Mixed Relay: 2 males & 2 females (will accept 1 male & 3 females)
- Opens- 4 x 100m Relays Men, Women, Mixed Relay: 2 males & 2 females (will accept 1 male & 3 females)
- Opens- 4 x 400m Relays Men, Women, Mixed Relay: 2 males & 2 females (will accept 1 male & 3 females)

The relays will be held from approx 5:45pm on Saturday 26th September. Nominations for Relays close at 7pm on Friday, 25th of September.

Team Attire: This year, you are free to wear anything for the relays but you must all look the same.

CHAMPIONSHIP RULES



MULTICLASS EVENTS

MSD Charts will be used at these championships to determine the placings.

CALL ROOM PROCEDURES

Athletes must report to the Call Room no less than 20 minutes before the scheduled starting time of their TRACK event to advise their intention to compete. The Call Room will be located on the back straight by the 200m start line. Athletes can access the Call Room from the end of the track/back straight. Athletes must report to their field event not less than 20 minutes before the scheduled starting time for their FIELD event to advise their intention to compete. Athletes should be at the event site 30-60 minutes before the event start time for warm up. Failure to comply with this Rule may result in the athlete being scratched from that event

START RULE

World Athletics Rule TR16 will apply in full for all competitions conducted under the jurisdictions of ANQ, with the following dispensation: In the case of any competition (or part thereof) conducted exclusively for athletes competing in the under 14 age group and younger, Rules TR16, 16.6-7.2 and TR16, 16.8 shall be applied.

Athletes 14 to Open will compete under the No False Start rule.

CHAMPIONSHIP RULES



PROGRESSIONS

AGE	INDIVIDUAL FIELD EVENTS	HIGH JUMP	TRACK
4 – 7 Years	3 trials each	N/A	Timed Finals
8 - 9 Years	3 trials each	Scissor mats	Timed Finals
10 - 11 Years	3 trials each with top 8 going into 1 extra round (4 in total)	Scissor mats/flop mats	Timed Finals
12–17 Years, Masters	3 trials each with top 8 going into 1 extra round (4 in total)	Normal	Heats will be run where there are more than 8 athletes entered in each age group/gender for the 100m and 200m. 400m will be timed finals.
18 – 19 Years, Open	3 trials each with top 8 going into 3 extra round (6 in total)	Normal	Heats will be run where there are more than 8 athletes entered in each age group/gender for the 100m and 200m. 400m will be timed finals.

Athletes are permitted to compete in the age group above ie.(U16 & U18, U18 & U 20, U20 & Open). This is only applicable to 14yrs and over. You **must** compete in your own age group and then you can also compete up. If you wish to do this please email the office on events@athleticsnorthqld.org.au.

PRIVATE IMPLEMENTS

Athletes who wish to include their own throwing implements in the Championships equipment pool (private implements may be used by any athlete in the competition) must lodge them with the Technical Manager at the Technical Equipment Room, no later than three hours before the scheduled starting time of the particular event on the day of competition or on a previous day. The implements will be impounded until after the competition when athletes may collect them from the Technical Equipment Room.

CHAMPIONSHIP RULES



CROUCH STARTS AND BLOCKS

Athletes aged 14 to opens must crouch start in all events up to and including 400m.

Starting blocks are optional and athletes use blocks provided by the competition.

Athletes in the masters age categories have the choice of doing crouch starts, three-point starts and standing starts.

RECREATIONAL RUNNING ATHLETES

Members of **Recreational Running** and **QRun members** are limited to track events of 800m or greater and are not eligible to enter any field events unless they have a base or track & field club membership unless you have registered another way to be able to compete in other events.

MEDAL PRESENTATION

Athletes 4-9 Years will receive a participation medal. These medals and a certificate will be awarded during a special ceremony at approx 2.00pm Saturday afternoon, straight after the Kids Kaos.

Athletes 10 years and above medals will be presented at this event. Medal presentation will be set up in the infield along the 100m straight. All medals will be given out here after the race and field events will be given a medal sheet to bring to medal presentation tent to collect the medals.

EXIT FROM THE FIELD OF PLAY

Track athletes are required to exit the Field of Play through designated areas, as directed by officials. Field athletes should leave their event area through the specified exits. While athletes are encouraged to stay until the event is officially complete, they may be permitted to leave earlier if their participation in the event is finished, or if they have other events scheduled. Please check with officials before departing.

CHAMPIONSHIP RULES



PROTESTS AND APPEALS TO THE JURY

Appeals to the Referee Review Panel can be made after a Protest to the Referee is dismissed, are to be made in writing on the appropriate form and lodged with the \$50 fee. Appeals may be lodged by either the athlete or athlete's representative (usually the Team Manager) and are to be lodged in the TIC.

SPIKES AND SHOES

EVENTS	MAXIMUM SPIKE SIZE	TYPE
Track Events	7mm	Christmas tree, Short/long Pyramid
Long & Triple Jumps	7mm	Christmas tree, Short/long Pyramid, Jump
High Jump & Javelin	9mm for heel	Christmas tree, Short/long Pyramid, jump

Athletes aged 10 to 11 can only wear spikes in **laned events**. Athletes aged 12 and above can wear spikes in any event except discus, hammer, shot put, and race walks. Please refer to the chart and image above for more information.

All athletes must wear closed-in shoes for all throwing events.

As this event is a World permit meet, all U20 and Open athletes must follow the World Athletics Shoe Regulations. Failure to meet these regulations may result in disqualification or removal from the event. It is the responsibility of the athletes to ensure they comply with the latest regulations, which can be found [here](#).

CHAMPIONSHIP RULES



AGE LIMITATIONS AND IMPLEMENT SPECIFICATIONS

This Championships will follow the ANQ's Age limitations and Implement Specifications. A copy of this can be found [here](#)

WARM UP – TRACK ACCESS

Athletes are permitted to warm up on the back straight or on the designated warm up track behind the tent at the 200m start (near call room) before their track event. Athletes can only access this area by the Field Entry and Warm Up Gate, and at times are required to follow the directions of officials, especially when circular track events and Hammer are on. Coaches and spectators are not permitted access to this area.

QUALIFICATIONS- NATIONAL ALL SCHOOLS

The top two performances from North Queensland School based athletes, who compete in their age group as of the 31/12/2026 will qualify them for the 2026 Australian All Schools Championships - Perth, competing in their age group as of the 31 December 2026. This applies to ANQ registered athletes who compete between the ages of U14 years – U18 i.e. 12 to 17. Athletes who compete in the U14 and U18 will receive a qualification based on their age NOT their event division. E.g. four athletes will receive a qualification in the U18 age division (2 x 16 years of age, 2 x 17 years of age). More details about the team will be released as soon as possible after the championships. You must have registered an Expression of Interest in the portal to be considered for this team. Please see the picture below:



CHAMPIONSHIP RULES



QUALIFICATIONS- 2027 NATIONAL CHAMPIONSHIPS

The top 2 performances from ANQ registered athletes (Excluding ANQ Base Members and School based athletes), who compete in their age group as of the 31/12/2026 will automatically qualify them for the 2027 Australian Championships, competing in their age group as of the 31 December 2027.

This applies to ANQ registered athletes who compete between the ages of 11 years – Open. This does not include Combined Events. Athletes', vertical jumps starting heights and triple jump take-off boards that Athletics Australia advise should be taken into account when athletes are considering using this method of entry qualification.

Athletes who compete in the U20, U18 and U16 will receive automatic qualification based on their age NOT their event division. E.g. Four athletes will receive an automatic qualification in the U18 age division (2 x 16 years of age, 2 x 17 years of age). Non-ANQ registered athletes should contact their State Athletic Association for their qualification standards for the 2027 Australian Championships. Athletes who meet the entry standards for the 2027 National Championships at this event can also qualify.

HISTORY OF MEMORIAL TROPHIES

HECTOR HOGAN - Men's Memorial 100-yard race

When balding Queenslander Hec Hogan almost won the 100 metres track sprint gold medal at the 1956 Olympic Games it seemed that his days of glory were about to commence. Hogan, the first Australian since John Treloar (Helsinki 1952) to reach the 100 metres final and the first Australian to win a medal in the short sprint, had proven his string of Australians titles and records were not flukes. Tragically, only 4 years later, he was dead from leukaemia, the effects of which had actually begun to show at the 1956 Melbourne Olympics.

Hogan who had earned the nickname of "hustling Hec" because of his blistering starts and powerful style, first won the Australian 100 yards in 1952, the first of seven Championships wins over this distance. That success earned him selection in the team for the 1954 Vancouver Empire Games. Before the games he won the 100 yards and 220 yards championships, added the national Long Jump title and ran the last leg in Queensland 4 x 110-yard relay team, which won the Australian Titles. Unfortunately, Hogan pulled a leg muscle while training in the United States before the games and at Vancouver struggled to 3rd in the 100 yards and 5th in the 220 yards, and helped Australia to bronze in the 4 x 110 yard relay.



In 1954 Hogan equalled both the World 100 yards record of 9.3 sec and the World 100 metres record of 10.2 giving him confidence going into the 1956 Melbourne Olympics. He almost stole the show in the 100 metres final, bursting from the blocks to lead Americans Bob Morrow and Thane Baker through 50 metres, only to surrender the lead to Morrow with 15 metres to run, and then be pipped by Baker for 2nd place as they lunged for the tape. Hogan also competed in the 200 metres, not his best distance, and was eliminated in the second round. He also ran in the 4 x 100 metres relay team which won its heat in a fast time but was run out in the semi final. Hogan never competed in another Olympic Games but represented Australia in the 1958 Commonwealth Games at Cardiff. It was evident Hogan was under strain though he never admitted to illness. Well below form, he failed to qualify for the final of the 100 yards but helped Australia win a bronze medal in the 4 x 110 yard relay. The following year Hogan visibly deteriorated but carried on as though he was suffering from a common cold, never disclosing what he already suspected. When he failed to qualify for the final in the 1959 Australian 100 yard championship, an event he had won for the past 7 years, he announced his retirement.

Hogan moved to Bowen in North Queensland where he became a publican. It was while living in Bowen that he was enticed out of retirement to run in a competition in Townsville. Hogan ran third over the 100 yards being beaten by local athletes Gerald Edgley and Ray Whyte. It was to be his last competition.

In early 1960 he was admitted to hospital suffering from leukaemia and died in September as the Olympic Games were being held in Rome. Athletics North Queensland recognises and honours Hector Hogan's achievements each year by conducting the Men's Hector Hogan Memorial 100-yard race.

HISTORY OF MEMORIAL TROPHIES

JOHN CAMPBELL MILES - Women's Memorial 100-yard race

In 1923, a lone, quiet and unassuming prospector John Campbell Miles, while traveling with his horse "Hard Times" on a gold prospecting trip to the Northern Territory camped by the banks of the Leichhardt River.

Sampling a nearby rock outcrop, he realised that it was heavily mineralised. Campbell Miles had stumbled on to one of the world's richest copper, silver, lead and zinc ore bodies. He decided to call his discovery "Mount Isa" after the stories he had heard of the Mount Ida goldfield in Western Australia. Eighty-one years later, the Mount Isa Mine now owned by Xstrata is still one of Australia's largest producers of copper ore. Athletics North Queensland acknowledges John Campbell Miles and his place in North Queensland history with the Women's 100 Yard John Campbell Miles race.



JOHN GAVIGLIO - Most Outstanding Achievement in a Throws Event

The athletics' community and indeed all of North Queensland lost a respected community worker and dear friend with the passing of Ayr solicitor, John Gaviglio, aged 53 in May 2000. John Gaviglio was born in Mackay in 1946, the son of Tekowai canefarmers Jim and Angela Gaviglio. After being articled to Mackay firm Barron and Allen, he joined Groves and Clark at Ayr, becoming a partner with the late Frank Clark and Ian Macdonald in 1972. In 1979 he received the award of Jaycee of the local chapter, Jaycee of Queensland and Jaycee of Australia.

In 1980 on behalf of the local chapter he received the international award for the Most Innovative Invention – a glass-crushing machine for recycling. He maintained a commitment to the Catholic faith contributing to Catholic education in the Lower Burdekin. Following the interest of his son Christopher in athletics, John became involved in the administration of the sport and officiated in hundreds of competitions. John officiated at numerous regional, State, Grand Prix, national and international events (Arafura, World Masters, World Juniors) - his particular interest area was in the throwing events. When John wasn't officiating, and often when he was, he always had time to assist an athlete with their technique and was a great motivator to many of our young northern athletes. John made an enormous contribution to the administration of athletics in North Queensland and was a Director on the Board until just one month prior to his death. Throughout John's commitment to the sport he had a strong connection with the Ross River Athletic Club where he was rewarded with Life Membership.

John was looking forward to attending the Sydney Olympics and the Paralympics as a Throws' Judge. John wasn't able to attend the Olympics, but each of us who were planning to attend the Games with John knew that he was our special light for those weeks in 2000. John's presence both on and off the field was sadly missed - he was a tireless worker for athletics and a special friend. Athletics North Queensland is proud to present in memory of John Gaviglio the Trophy to the Most Outstanding Achievement in Throws Events conducted at the Athletics North Queensland Championships.

HISTORY OF MEMORIAL TROPHIES

DONALD MCDOWELL - The Junior Boys and Girls Champion Athlete

Don McDowell was a man who loved sport and was dedicated to sharing this love with young people. He was an outstanding athlete during his school years, representing his school in athletics and rugby league. Whilst he had a raw talent the level of coaching now available to young sportspeople was not commonplace in the Burdekin in his early years. In 1973 whilst on holidays in Tasmania Don discovered the world of professional running, and the value of athletics coaching. A few years later, after his marriage to Brenda, Don and Brenda packed up and moved to live near Davenport in north-west Tasmania, the heartland of the professional running circuit. Here he joined the 'stable' of Coach Ted Eagling. In the New Year Carnival in Burnie in 1979 he won the Maiden Handicap over a distance of 90 metres and was also a finalist in the Burnie Gift running off a handicap of 8 $\frac{3}{4}$ metres, placing 6th. Later in the year Don ran in the Tasmanian State

Championships and placed 3rd. He competed in competitions in St Helens, Ulverstone and Railton during the season. These races were over either 70 or 120 metres. In February of 1979 he won the prestigious Devonport Thousands (\$1,000 prize money not 1000 metres). He was off a handicap of 9 metres and won in 12.4 seconds.

Don went on to compete at Stawell, Victoria where he won his heat in the 70-metre event off 4 $\frac{3}{4}$ metres in a time of 7.7 seconds and was run out in the semi-final. The next season Don improved more and was making most finals including a win in the 200 metres at Burnie off 13 metres in 20.5 seconds. At the State Titles in January 1980 he improved on his earlier performance and placed second. Two weeks later Don made history by winning his second Tasmanian Thousand, the first time anyone has won from a 'second run off' - Don won in a time of 12.1 seconds.

In 1982, Don, Brenda and their two sons returned to North Queensland where Don set about sharing his experience with young athletes in the district. Don became involved in rugby league at junior, senior and international school level. Don's absolute passion was athletics and he set up camp at the Home Hill High School oval. Anyone from Ayr and Home Hill who wanted to train with him was welcome to join his after-school sessions. A number of his athletes went on to achieve recognition in various fields and represented Queensland and Australia in their chosen sports. He would regularly transport promising athletes to competitions and training in Townsville and in 1994 Don was recognised by the Burdekin Shire and awarded an Australia Day Award for his efforts in coaching and administration.

In 1990 Don started running as a veteran athlete at Ross River Athletic Club where some of his records still stand. Fondly nicknamed 'The Burdekin Duck Hunter' because if his starting gun he would officiate at club and interclub athletic meets. He had attained his Level One STFCA Certificate and had applied to commence his Level 2. Don was an asset not just to the Ross River Athletic Club but to athletics in North Queensland.

Sadly, whilst working on the family farm at Home Hill, Don was bitten by an Eastern Brown Snake. Due to complications Don passed away at the Townsville General Hospital the following day, 27th August 1995. Don will always be remembered for his services to sport, but in particular for the difference he made in so many young North Queensland lives. Athletics North Queensland acknowledges the enormous contribution that Don gave to athletes in this region and honours him with the Junior Boys and Girls Champion Athlete trophies.

HISTORY OF MEMORIAL TROPHIES

JEFFERY BUCHANAN - Men's and Women's 100 Metre Sprint

Jeff Buchanan grew up in various country regions in Queensland and was involved with running in Charleville where he won his first races. He went to boarding school in Toowoomba where he participated in all sports. He joined the PMG (Australia Post) in Longreach before joining the Navy at 18 and being sent to Vietnam. After the Navy, Jeff began his career as a sales representative in Victoria before moving to Townsville in 1980. Jeff loved his golf, but when his children took an interest in Athletics, that was the end of Golf, he was in for the long haul with his children.

Jeff Buchanan got started, as many of us did, as a parent with the local club. Jeff first joined Wulguru in 1985 and did the usual helping with events. He started his 'officials' exams when he was involved with Ross River Athletic Amateurs around 1989. After a couple of years of dabbling in officiating, Jeff decided he wanted to join the boys in Red and took up starting. He learnt a lot from Denis Frilingos and Jim Minehane and had a great deal of admiration for Don McDowell, these were the people who inspired him to get involved with the Start Crew – he figured that with blokes like this it wouldn't be a bad idea to be involved!

He was proud to have officiated at the World Veteran Championships in Brisbane in 2001, Paralympics training, Oceania, National Primary Schools, National Secondary Schools and the Arafura Games. But above all, he was proud to have made so many friends through his involvement with athletics. He was awarded Life Membership to Wulguru in 1996.

In 2003 Jeff discovered he had cancer, he didn't tell a lot of people and continued to officiate at local events. In December 2003 Jeff was selected to officiate at the Australian All Schools in Brisbane. It was evident at that time that Jeff was not well, but he chose not to burden others with his pain. Jeff continued on as if he would beat this terrible disease and when selections were made for the officials for the North Queensland Games at Easter in Cairns, Jeff, as usual was available. Jeff made the trip to Cairns, with his new gun in hand determined to go on the start crew. He did get to fire the gun, but that was the last time we would see Jeff on the track. Jeff was overcome by cancer, and on the 14th of May Jeff succumbed to the disease that was to cut his life short. Jeff, alongside his wife Bev, were and are, great supporters of Athletics in North Queensland and their presence on the track was always welcome. Jeff had a strong personality, and those of us who knew him well, knew that he didn't make comment unless it was necessary. Jeff was a great mentor to those around him and he has left many friends in the sport. His great disappointment would be that he wasn't on the Start Line at the 2004 Oceania Championships, but he would have been proud that his good friend, Denis Brazil was there to carry on the spirit.

Jeff leaves behind his loving family, Bev, Alison, Kate and Charles and together they have, with blessing of Athletics North Queensland, decided to sponsor the Men's and Women's 100 Metre Sprint events to be held at our North Queensland Championships. Jeff loved the track, but he especially loved the sprints – nothing better than the Men's 100 metres!

HISTORY OF MEMORIAL TROPHIES

JARROD BANNISTER - Best Javelin

The late Jarrod Bannister was a local Townsville boy, a member of North Star Athletic club, and was an outstanding talent in a number of sports in his youth. Ultimately, he was to dedicate his efforts to the Javelin where he competed at a World Class level for over ten years.

Jarrold's mark of 89.02m is the current Oceania record in javelin, set in Brisbane in 2008.

In 2010 he won gold for his performance at the Delhi Commonwealth Games. It was the highlight of the many occasions that Bannister represented Australia which also included the Melbourne Commonwealth Games in 2006 and Beijing Olympic Games in 2008, and the 2011 IAAF World Championships in Daegu, South Korea.

Like many of the javelin greats, Jarrod was very much his own man, he enjoyed life to the full, yet was ultimately focused on perfecting the skill of channelling his immense natural power into throwing the spear an unfathomable distance.

CHARLIE DOYLE OAM - Middle Distance Male and Female

The CHARLIE DOYLE OAM Middle Distance Male and Female Award is presented to the top-performing middle-distance athletes (male and female) at the North Queensland Championships. This award recognizes excellence in middle-distance events, celebrating those who have displayed endurance, speed, and tactical brilliance over distances such as the 800m and 1500m.

Named in honor of Charlie Doyle OAM, a long-time advocate for middle-distance running and a respected figure in North Queensland athletics, this award highlights the importance of perseverance and discipline in middle-distance running.

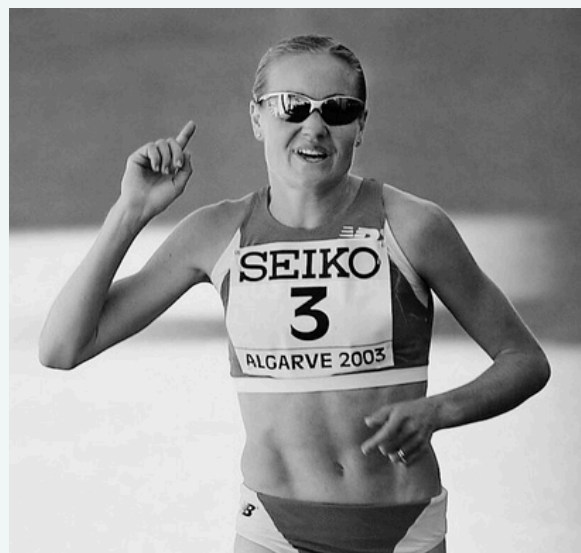
The winners of this award will be chosen based on their performances in the middle-distance categories, cementing their place among the finest runners in the region.

AWARD TROPHIES

BENITA WILLIS 10.000m CLASSIC

The Benita Willis Shield, named in honour of the esteemed Australian long-distance runner, from Mackay – North Queensland, Benita Willis, is a significant recognition of her remarkable achievements in the world of athletics. Renowned for her exceptional skills in the women's 5,000 meters and her three-time national championship titles in that event, Willis stands as a testament to unwavering dedication and excellence.

Notably, Willis secured a momentous gold medal in the long race at the 2004 IAAF World Cross Country Championships, underscoring her exceptional endurance and determination. Her contributions extended to team medals at the same prestigious event on two separate occasions, further solidifying her legacy on the international stage.



This newly introduced shield for the North Queensland Championships, while paying tribute to Benita Willis, serves an even broader purpose. It represents an esteemed award for both men and women competing in the 10,000 meters, reflecting Willis's dedication to long-distance running and her impact on the sport. By encompassing both genders, the trophy promotes equality and inclusivity in athletics, fostering a spirit of competition and camaraderie among athletes.

The Benita Willis Shield for the 10,000 meters stands as a testament to her enduring influence and the enduring legacy she has left on the world of sports. This shield is not only to honor her outstanding achievements but also serves as a source of inspiration for athletes, urging them to strive for greatness, surpass their limits, and add their own names in athletics history.

MULTICOM - Senior Male and Female

The MULTICOM Senior Male and Female Trophy is an annual award presented to the most outstanding senior male and female athletes at the North Queensland Championships. This prestigious trophy honors athletes who have demonstrated exceptional skill, sportsmanship, and dedication throughout the competition.

The winners are selected based on their overall performance in their respective events, showcasing not only their athletic ability but also their consistency and determination.

This award is proudly sponsored by MULTICOM, a strong supporter of North Queensland athletics and the growth of regional talent. The recipients of the trophy will have their names etched in the history of the Championships, joining a legacy of excellence in the sport.