



WINSTON HILLS LITTLE ATHLETICS CENTRE

SEASON 2007/2008

YEARBOOK



**PRESENTATION DAY
18 MAY 2008**

Presentation Day 2007/2008 — Program of Events

President's Welcome
Club Captains & Vice Captains Speeches
Under 15 Presentation
Life Membership
Cross Country Trophy
Trans Tasman Team Recognition
10 Year Trophies
Club Record Certificates
Club State Representative Jackets & Trophies
LAANSW 9 Year Service Certificates
LAANSW State Record Certificates
Frank Atkins Track Team Trophy
Frank Atkins Field Team Trophy
Nicholas Fortuna Trophy
Kerry Atkins Walks Trophy
Ray Clarke Middle Distance Trophy
Wayne Clark Hurdles Trophy
Kathy Bails Sprints Trophy
Don McDougall Trophy
WHLAC State Multi-Event Handicap Medals
Austral Mortgage Jumps Trophy
Winston Hills LAC High Jump Trophy
Dave Bruce Throws Trophy
Javelin Trophy
Queen Elizabeth II Trophy
Spirit Of Little A's Trophies
Excellence in Athletics Trophy
Sponsorship Plaques
President's Closing
Age Group Presentations

Committee Reports

President – Paul Byron

As I look back on the 2007-08 Athletics season, I suspect it is one we will remember for some time.

The extreme weather resulted in us losing a record number of running days: 10 in all. We had members recovering from serious illness, while others fell seriously ill during the season. We wish them well on the road to recovery. We had the sad loss of one of our Life Members, Mr George Ciferson. We also lost Lucy Welch, the wife of our past President Ian & mum to Monique who finished her career with us in the U/15's 2 seasons ago.

While we had these terribly difficult circumstances to come to terms with, athletics went on as best we could manage & we ended up having a remarkable season anyway. Although hampered & frustrated by constant ground closures, our Coaches displayed their resilience & dedication in preparing the athletes to a point where their level of success at all representative carnivals was indistinguishable from other uninterrupted seasons. I thank the Coaching staff for their continued commitment to the success of the Centre & encourage anyone who may be interested to join the ranks; it is a truly rewarding experience.

I must recognise the patience, good humour & dedication of all the parents this season too. With so many last minute adjustments to negotiate on an almost weekly basis, you all performed admirably! On behalf of your children, I thank you for allowing them to be a part of our Centre even when conditions are somewhat trying.

No community sporting organisation could function without the tireless efforts of its volunteers. I am not only speaking about the Committee, who once again performed brilliantly this year, but also our Age Managers & their assistants, the timing gate crew, hurdles track chief, the Canteen & BBQ helpers, setup & pack up gangs, the information desk girls & our comedic circular track team. To you all & everyone who has helped out this season whether you have been on a roster or just mucked in when help was needed, a big thank you. Without everyone's assistance, our running days just would not happen.

Of course some foolhardy souls are inclined to buckle under the pressure of the Zone Co & "volunteer" for duties at Zone, Region & State Championships. These carnivals are especially difficult to run as was evidenced only too plainly this season. The overwhelming response to "the call" this year was inspiring to say the least.

I would particularly like to thank those helpers who turn up to officiate, coach or just help out on Saturdays & at Carnivals who do not actually have children participating at the Centre. They are: Dave Bruce, Wayne Clark, Mark Drennan, Charles Tees, Dave Brewster, Jessica Brewster, Marion Carpenter, Tere George, Hank & Chris Huston, Robert Creswick, Jorge Zapatero, Lance Kerr & Steve Perriott. It is amazing to have the support of these dedicated people for, in some cases well over 20 years. The Centre is in good hands when we can be guided by people of this calibre.

We are extremely fortunate to have some very generous benefactors at Winston Hills. The Winston Hills Sports Club, our parent body, has continued to support us both financially & in providing considerable support with Council. Our Major sponsor again this season was Austral Mortgage Corporation. Austral provided financial support not only for our Centre, but for our Zone & Regional carnivals as well; proof that a community spirit is far from dead in the corporate world. Gelita APA provided much needed funds for 2 new equipment trailers this season. These will assist enormously with the setting up of the equipment each week in future seasons. Jonathan Chin from Aus-Web continues to provide us with our website facilities to keep the information flowing. Winston Hills Mall provided significant support for our Gala Day this year. Winston Hills Veterinary Clinic & PRD Nationwide have

both continued their long associations with us & continue to be reliable & faithful supporters. Annette, Joe, Anthony & the entire team at Wholesale Trophies have once again provided us with an impressive array of medals & trophies this year. OzSports came on board this year with their innovation of a club training shirt & Vince was ever present with a nerve-soothing coffee whenever I needed one. Thank you all for your marvellous assistance. Without corporate support, all local sporting clubs would perish. We appreciate what a difference your investment makes to our kids & their futures. Thank you again.

In spite of a slightly downward trend across the state, we were fortunate to have an increased number of registrations this season. We were blessed with one of the few Saturdays bathed in glorious sunshine to enable the Tiny Tots presentation to go ahead on our last running day before we broke up for Christmas. The overwhelming sense each running day that the kids were having a great time was extremely gratifying. It is also nice to know that no matter what level of achievement our athletes aspire to, they are enjoying their experience at all levels here.

Our usual high participation rate at Association carnivals continued in spite of the interrupted season. I would like to congratulate all the athletes who participated so gallantly at State Cross Country and Road Walks, State Relays, Trans Tasman, Zone, Region, State Multi's & State Championships this season. Every one of you should be extremely proud of your achievements. I sincerely hope you all achieved your goals, but even if you didn't, that you will strive to reach them next season.

Thank you to our Club Captains this year; Kim, Maeva, Bec & AJ. You have led the team admirably & provided a fine example to those who aspire to step into your shoes. Our U/15's group this season had an incredibly high rate of representation at Championship events with some spectacular results. I know they have set a great example for our younger athletes & should they choose to return to the newly integrated U/17 age group next year, will continue to inspire others to follow in their considerably talented footsteps. With the opportunity to pave the way with new Centre, Zone, Region & State records next season, I encourage you all to return & why not bring your friends along too? To those athletes from the group not returning, we wish you well in whatever endeavours your future holds. I hope your experience with Little Athletics has been a positive one & provided you with memories you will look back on fondly in years to come. Congratulations & thank you all!

To every athlete at Winston Hills I encourage you to follow the advice of Little Athletics Australia & BE YOUR BEST! I hope you all had a positive experience this season. In whatever sport you pursue in the winter; play hard, play fair & have a great time. Remember we have Cross Country in the off season too. I wish everyone a safe winter sporting season & look forward to seeing you all in September, ready to do what we do best.

Vice-President – Peter Mylonas

This year was unlike any I have ever experienced at LA's. The frequent rain and the subsequent closure of Gooden Reserve resulted in fewer competition days and disrupted training and preparation schedules. This all combined to cause a general dislocation in communication and normal interaction between the athletes and within the age groups and throughout the Centre as a whole. This impinged on the normally smooth continuity of operation of our Centre which caused some misunderstandings and upsets during the year. I hope everyone accepts the inherent difficulties that this season has presented and will return next year with renewed vigour and optimism.

Despite the obstacles WHLAC still managed to perform at the highest level in all areas of endeavour. Our athletes had loads of fun and achieved mightily at State Relays, Trans-Tasman, Zone, Region, State and State Multi's. Our parents/carers and officials performed magnificently at all competitions by carrying the major load of duties. This year that meant extra commitment at the Region Championships at BOP. I thank everyone for their dedication and sacrifice and congratulations on a job well done.

Of course nothing happens without the athletes and I thank them for all their great efforts and hope they have had lots of fun, developed new and enduring friendships, learnt new skills and improved old ones and achieved their personal goals. I wish to thank all those who are integral to the success of our centre; the parents and volunteers, the coaches and our sponsors and we hope to see you all back again next year.

I especially wish to thank my Comrades on the Committee for all their hard work and their patience and understanding. I particularly wish to highlight the enormous amount of time and effort committed by our President, Paul Byron, to keep the Centre functioning.

Lastly, I commend everyone to get involved whenever possible to maximise your time and pleasure with your kids or grandkids in Athletics.

For Adam and Rose.

Secretary – Penny Morgan

This season was greatly impacted with a large number of cancellations. Several long-term committee members commented that they could not recall so many cancellations at any time during their involvement.

Once again our athletes have done us proud at every event they attended with pleasing results at Zone, Region and State.

Multi's was again well attended and loads of adventure stories are still being told.

Once again, the Winston Hills Sports Club has been supportive of our initiatives & we will continue to look to them to assist us wherever possible.

The Secretary's job would be an impossible one without the ongoing support of such a knowledgeable and committed committee. This being my first year I at many times felt overwhelmed and out of depth but help was always just a phone call away. I learnt quickly that everyone makes mistakes!

Thank you to fellow Committee members your patience & co-operation is appreciated. It is a pleasure to work with such enthusiastic & dedicated people. For anyone considering stepping up to help on the Committee; I highly recommend it. The reward for your efforts is evident in the smiling faces of each of our 500+ children running around Gooden Reserve each Saturday and the time required is not as encroaching as you may think.

Thank you also to the Age Managers & Coaches for their excellent work.

Good luck to all those U15s moving on & we look forward to welcoming back those who choose to continue next season in our 16s and 17s age groups. In the meantime best of luck to everyone in their winter sports and I look forward to seeing you all next season.

Registrar – Rob Lowe

There were a total of 547 registrations for the 2007-2008 season (refer to following table).

AGE GROUP	GIRLS	BOYS	TOTAL
Tiny Tots	30	30	60
Under 6	25	39	64
Under 7	37	29	66
Under 8	27	19	46
Under 9	32	37	69
Under 10	24	28	52

Under 11	25	25	50
Under 12	22	18	40
Under 13	17	19	36
Under 14	21	11	32
Under 15	15	10	25
Under 17	3	4	7
GRAND TOTAL	278	269	547

At the start of the season there was some concern that the formation of the Rouse Hill Rams Little Athletics Centre would reduce the number of our registered athletes, however these concerns were unfounded as our numbers actually increased by 13 over last season.

Unfortunately we did experience some problems with the Online Registration System adopted by the Little Athletics Association of NSW and this meant that the majority of these registrations needed to be lodged manually. Some changes have been made since then, so hopefully we will be able to take full advantage of the System next season, thereby saving time and effort for all athletes, parents and committee members.

As this was my first season as Registrar I would like to thank all relevant WHLAC Committee Members for their patience and support, particularly the former Registrar, Thea Parle. Special thanks also to Trish Bright of LAANSW.

Records & Rankings Officer – Thea Parle

Although the season will be remembered for the wet weather and lost running days, the record books will show there is no corresponding dearth of outstanding performances. The talent on display at Gooden Reserve was again tremendous with the girls leading the way yet again. Special mention must be made of the terrific camaraderie in the G12 throwing events between Paletina (Tina) and Taylah. The competition between these young ladies is inspiring every time they step into the circle. All the athletes with record breaking performances this season have been rewarded for their hard grind at training each and every week. Congratulations to the following athletes:

G11	1500m	5-26.36	Sarah Marvin
G12	Shot put	13.57	Paletina Lemi
		13.60	Taylah Sengul
		14.77	Taylah Sengul
		15.62	Paletina Lemi
		15.95	Taylah Sengul
	Discus	41.31	Taylah Sengul
		44.73	Taylah Sengul
		45.67	Taylah Sengul
B6	100m	19.67	Connor Rose
B13	400m	1-01.1	Julian Dimitriou

Treasurer – Grace Baker

Assistant Treasurer – Jack Edwards

The Income & Expenses report this year, has been extended to a 13 month report to coincide with the Winston Hills Sports Club end of financial year. Some differences in income are due to the low number of actual running days this season.

WINSTON HILLS LITTLE ATHLETICS CLUB

Income and Expenditure Statement

Period: 1 March 2007 to 31 March 2008

Income

Canteen Sales	2251.00
Dinner Dance	-839.00
Gala Day	3220.00
Investment Income	297.56
Merchandise Sales	24.00
Other Income	1845.00
Sponsorship	19166.05
State Multi's Income	127.00
Uniform Income	15419.00
WHLAC Registrations	38797.50
WHSC Rebates	1399.00
WHSC Registrations (Income)	2001.00
Income - Unassigned	448.50

Total Income 84156.61

Expenses

Athletes Levy Region	354.00
Athletes Foot	179.90
Athletic Consumables	2455.40
Bank Charges	34.00
Canteen Expense	2884.91
Coaching	768.00
Equipment Purchased	20445.82
Flowers	160.00
Food & Refreshments	63.43
Gala Day Expense	2838.50
Grounds	2920.70
LAANSW Expenses	18696.00
Miscellaneous	331.86
Postage	465.00
Presentation Day	9908.22
Refund Rego	140.00
Rego Day Expense	1778.34

State Multi's	384.00
Stationery	1 176.51
Telephone	835.23
Trans Tasman	3750.00
Travel	474.00
Uniform Expense	14452.96
WHSC Registrations (Expense)	3445.00
Zone Expense	-398.50
Zone Programs	750.00
Total Expenses	89293.28
Income less Expenses	-5136.67

Officer for Age Managers – David Manz

On behalf of the athletes, their parents and carers and the Committee I thank the Age Managers and their Assistants for their significant contribution to the running of our club. What made things especially difficult this season was the constant interruptions we had with the rain throughout the season. This made it especially difficult contacting parents for zone selections and state relay selections as we were unable to provide age managers with a complete list of contact details for their age group.

The job of being an Age Manager is an onerous and demanding position, balancing the needs and desires of the athletes and the expectations of parents and carers. It becomes a less difficult job if parents and carers can assist with the weekly organisation of the age groups.

The Age Managers are the glue that binds the club together, they are at the interface between athletes, carers and Committee and it is they that facilitate the successful running of each competition day and act as the conduit of communication throughout the club. Again, thanks to their hard work and dedication, we have achieved another outstanding season with minimal fuss. Well done Age Managers and we hope you will graciously return for next season.

For those that don't know, the position of Age Manager is open to anyone to nominate for each season and the successful applicant is chosen by the Executive plus the Officer for Age Managers. It is recommended to have two or three designated assistants within your group.

The levels of regulation and club duties do not make being an age manager easy and it is a wonder that anyone would volunteer. It must be the lure of wearing the white shirt that makes all the difference.

Please give your support to Age Managers and get behind them and allow them to make each Little A's day an enjoyable day for the kids.

Marketing Officer – Hank Huston

I would like to take this opportunity to thank all of our sponsors for their generous support and contribution this season. For a Centre of our size to function properly and provide facilities and equipment in a safe environment not only requires the assistance of many parents who volunteer their services as committee members, age managers, coaches and volunteer helpers on running days, it also requires financial assistance.

Our sponsors play a very large part in this by contributing additional funds to assist us in purchasing new equipment and maintenance of existing equipment.

On behalf of Winston Hills Little Athletics Centre I wish to acknowledge and thank **Austral Mortgage Corporation** for their generous sponsorship of our Centre and their genuine interest and participation in the running of our Centre. The publication of their newsletter "The Finish Line" and Athlete of the Month awards are some of the many initiatives that they have introduced. To Paul and Suzzana thank you for your help and encouragement for us to maintain a first class athletics Centre.

Also a big thank you to Brett Worne from **Winston Hills Mall** for their ongoing support, **Winston Hills Sports Club** for financing our Trans Tasman Athletes and ensuring our Centre has the best coaching panel bar none. Gordon Heslop from **Winston Hills Veterinary Hospital** – "Caring for your pets health ... supporting your kids in sport!". Vince from **V&A Cruising Coffee**, Jonathan Chin **Aus-Web.com** Internet solutions provider, Annette and Joe from **Wholesale Trophies** and Angus McLeod **PRD Nationwide Winston Hills**.

To all the above sponsors we thank you once again and look forward to continue our partnership in the 2008/2009 season.

Championships Officer – Ray Marvin

The season drew to a close on the weekend of 15th and 16th March with the State Championships held at SOPAC and as with the other Championships held during the season, there were many fantastic efforts by our athletes. With the season now at an end, it is time to review the results from the season of 2007/2008.

State Relays

This was the first of the Championships and was held back in November at SOPAC. The teams acquitted themselves well again this year bringing away 10 medals (5 Gold, 2 Silver and 3 Bronze). There were 28 Top 8 performances, which was a great result.

U9 Boys 4 x Long Jump - 1st

U12 Girls Shot/Discus - 1st (State Relays Record)

U12 Girls 4 x 100m - 1st

U14 Girls Shot/Discus - 1st

U15 Mixed 4 x 400m - 1st

U9 Boys 4 x 100m - 2nd

U12 Mixed 4 x 400m - 2nd

U10 Boys Shot/Discus - 3rd

U15 Girls 4 x 100m - 3rd

U15 Girls Shot/Discus - 3rd

U10 Boys Long /High - 4th

U11 Girls Shot/Discus - 4th

U8 Boys Shot/Discus - 5th

U15 Girls Long/High - 5th

U13 Boys Long/High - 5th

U8 Girls Long Jump - 6th

U12 Boys Shot/Discus - 6th

Junior Girls Middle Distance - 7th

U9 Girls Shot/Discus - 7th

U12 Girls Long/High - 7th

U14 Girls Long/High - 7th
Junior Boys Middle Distance - 8th
U8 Boys Long Jump - 8th
U8 Girls Shot/Discus - 8th
U11 Girls Long/High - 8th
U9 Mixed 4 x 200m - 8th
U12 Boys 4 x 100m - 8th
U12 Boys Long/High - 8th

Zone

This year's Zone Championships saw the introduction of events for the new U/16-17 age group for the first time and this is something that will continue in the future as this age group will be able to progress to State level next season and this should encourage more athletes to keep competing. Winston Hills was able to field 232 athletes at Zone this year. This is an increase over the previous season, however, there are some Age Groups that fielded small numbers and this is something for us to work on next year, as we need to encourage as many athletes to compete as possible.

The Under 7 athletes have their first taste of Championship competition at Zone and of the 28 athletes competing, 8 athletes managed to win 15 medals in total.

The next step for the Under 8 to Under 15 athletes is the Region Championships and there were 118 athletes who qualified to compete at the next level. The amazing statistic here is that there were 177 athletes in these age groups and so 66.6% qualified for Region.

Region

This year we travelled to the Blacktown Olympic Centre for the Region 1 carnival and once again we were blessed with fine weather for the weekend. Of the 118 athletes competing over the weekend, 64 achieved individual Top 8 finishes. The next level for the Under 9 to Under 15 athletes is the State Track & Field Championships to be held at SOPAC in March and Winston Hills was fortunate to have 39 individual athletes qualify for State plus another 2 athletes from the successful Senior Girls 4x100m Relay.

State

This is the culmination of the Little A's season and every athlete who qualifies for the State Championships should be very proud of themselves. Unlike last year, the weather was fantastic and the performances were top-class with many PB's set over the weekend. The athletes managed to achieve 21 medals with 5 Gold, 10 Silver and 6 Bronze making up the tally. The medallists were as follows:

Under 9 Girls

Sara De Silva - 200m (2nd), 400m (2nd)

Under 11 Girls

Sarah Marvin - 1500m (3rd)

Under 12 Girls

Sonya Taumaialo - Long Jump (1st), 100m (3rd)

Taylah Sengul - Shot Put (2nd), Discus (2nd)

Paletina Lemi - Shot Put (3rd)

Under 14 Girls

Tepa Lemi - Shot Put (2nd), Discus (2nd)

Under 15 Girls

Rebecca Watts - 100m (1st), 200m (1st)

Senior Girls - 4x100m Relay (3rd)

Natalie Rimac, Rebecca Watts, Emily Gough, Sonya Taumaialo

Under 9 Boys

Jordan Idiare - 60m Hurdles (1st), 100m (2nd), Long Jump (3rd)

Under 11 Boys

Joshua Byron - 60m Hurdles (2nd)

Under 13 Boys

Julian Dimitriou - 400m (2nd)

Under 15 Boys

Maeva Nui Teina - Shot Put (1st), Discus (3rd)

Anthony Baddock - 400m (2nd)

There were a further 23 Top 8 performances, which is an outstanding effort at State level.

Under 9 Girls

Jane Hill - 70m (7th)

Under 11 Girls

Sarah Marvin - 800m (4th)

Allanah Cochrane - Triple Jump (4th)

Tienna Parello - Shot Put (6th)

Under 12 Girls

Sonya Taumaialo - 200m (5th)

Paletina Lemi - Discus (5th)

Paige Wilson-Mosey - 200m (8th)

Under 13 Girls

Jean Harvey - Shot Put (4th)

Under 14 Girls

Brianna Murray - Javelin (4th)

Under 15 Girls

Rebecca Houston - 1500m Walk (5th)

Chelsea Killey - 400m (8th)

Under 9 Boys

Aaron Creagh - 100m (6th), 200m (6th), 70m (7th)

Joshua Baker - Shot Put (4th), 70m (6th), Discus (7th)

Kai Parello - High Jump (7th)

Under 10 Boys

Airfun Javam - Shot Put (8th)

Under 11 Boys

Adam Mylonas - 1100m Walk (6th)

Under 15 Boys

Maeve Nui Teina - Javelin (8th)

Anthony Baddock - 200m (4th)

Brandon Webster - 100m Hurdles (6th)

All the athletes from Winston Hills have performed at a high level throughout the season and they are all to be congratulated for their efforts. The support of their parents and coaches is paramount to the success that our athletes achieved throughout the season. Thank you to everyone for their assistance throughout the season.

Coaching Co-ordinator – Paul Cochrane

This season was my second year as coaching coordinator for Winston Hills Little Athletics and it has been an interesting and enjoyable one.

I would like to thank the following coaches for dedicating their time each week to coaching the athletes that attended training sessions: Charles Tees, Paul Byron, Paul Kennedy, David Manz, Michael Cahill, Peter Wilson-Mosey, Grace Baker, Ray Marvin, Wayne Clark, David Bruce, Jack Edwards, Hank Huston and Howard Searle.

I believe we are very lucky at WHLAC to have the coaching facilities that we have. We have coaching being held five days a week and each discipline being covered at least a couple times each week.

With the occasional turnover of coaches due to their children outgrowing Little Athletics, I would like to hear from any interested parents or age managers who would like to be involved in coaching at WHLAC. It is not an issue if new coaches find it difficult to commit to coaching on a particular evening throughout the season as the Club can coordinate to suit the coach's availability. Ideally we would like to have a couple of coaches for a particular event.

WHLAC provides coaching for all events held at Little A's and we wish to continue doing this. Like most events at athletics it can only continue with ongoing parental support and involvement. I look forward to hearing from any parent wishing to be a coach.

Once again, a big THANK YOU to our coaches and I look forward to seeing you all next season.

Uniforms Officer – Christine Huston & Kerry Lowe

This season we changed Uniform suppliers. We are now using Oz International. They have organised to keep stock in hand for us so there will be no unnecessary delay with our orders. They also sponsored us by supplying the Training T shirt, which we sold for \$10 each this season as a fundraiser. These are still available.....we thank them for their generosity.

With such a wet season we sold plenty of the new winter rain jackets. A new order has been placed for the winter season. These will be available at Cross Country.

We would like to thank from the u/15 girls Rebecca Houston, Kim Kennedy and Caitlin Lowe who helped us fit uniforms on those very busy selling days. Helpers are always welcome as it is quite hectic at times.

We wish everyone well in the winter season and hope to see you all again in September.

Publicity Officer – Andrew Martin

It may have been wet and we may have missed more than our share of running days this season but there continues to be much to shout about given the performance of our athletes.

We saw a number of our very talented athletes profiled in the local newspapers together with other photo appearances throughout the season. The local papers have also provided us with the opportunity to include athlete results and we have taken up this opportunity to publicise results from State Relays, Zone, Region, State Multi's and State Championships. We also had reports appear in the Toongabbie Sports & Bowling Club journal.

Once again we visited and placed ads in the newsletters of local schools to alert all prospective athletes of our registration dates and times. This was in addition to the block ad which appeared in the Parramatta Advertiser and Hills Shire Times – and again thank you to Paul Rhodes for updating this ad. These efforts saw another increase in the number of athletes registering with our centre. Thank you also to the parents and committee members who assisted in getting this information to schools and papers.

Usage of our website continues to increase as our members get the latest information about our Centre. This increase may have been in part due to the wet weather and the need for our families to get information they would otherwise receive on normal running days, but it is encouraging to see families utilising this resource. Every effort is made to keep the site up to date on a weekly basis in season, with the latest in terms of athlete performances and upcoming events involving Winston Hills LAC.

Take up of our printed newsletter declined this season. A number of families chose to receive email notification of the availability of the newsletter online in advance of Saturday morning which may account for this decline. In these environmentally sensitive times we will look to add all our families (at least those with email access) to this email list. The printed newsletter will still remain for those who need their Saturday morning fix with their coffee.

Thank you to all those who provided input and assisted with this role throughout the season. The more people involved, the greater the publicity that can be given to our centre which can only mean a bigger and brighter future for Winston Hills LAC.

Track & Field Officer – Rod Houston

It's hard to believe another season has come and gone. This year has had a record number of "rained out" days – unfortunately the children have had only a few opportunities to actually use the track which was in the best condition that I can remember.

Thanks to those who spent so much time mowing and re-line marking the track only to have another running day abandoned. Also thanks to the people who came to set up and pack up on the few days we actually got to run.

As this is my last year as Track & Field manager I would like to thank all the people over the years who have helped me out.

Officer for Conflict Resolution & Constitution – Gary Byron

The new Constitution was moved and adopted at the Annual General Meeting of the Centre, in May 2007. Some minor editing is necessary and it is convenient to ask the members to formalize this at the AGM in May 2008. No substantive amendments are required.

The new By-laws made under the Constitution have been completed and adopted by the Management Committee.

The Management Committee has worked positively and enthusiastically in order to achieve this outcome and I am most grateful for their advice and assistance.

No conflicts have arisen within WHLAC that have required mediation or other action by me, to resolve them.

Trophies Officer – Rose Mylonas

As this is my first time in this role I'm still learning the ropes but with help from my comrades and Annette from Wholesale Trophies I hope to give our athletes a memorable Presentation Day.

Due to the interrupted season and the impact on the points scoring programme we have decided to make adjustments that maximise the awards available to the athletes.

Also, after much consultation and debate, we have refined the criteria for the Perpetual Trophies. This included retiring The Mark Warwick Memorial trophy and The Gus de Brito helper's trophy and introducing The Winston Hills High Jump Trophy and The WHLAC Excellence in Athletics Trophy.

I hope the trophies and awards will be well received and enjoyed by all the recipients and their supporters.

I wish to thank all of the Committee for their support and guidance throughout the season.

Groundsperson – Dave Chamney

The 2007/2008 athletics season has been an outstanding one for the WHLAC groundsman. Rain has fallen – often – the grass has grown – a lot – and the Gooden “Reservoir” track and field areas are looking the best they have for some years. Even weeds look great when they are green and have been mown.

Despite the loss of so many running days due to the weather, the oval still must be mowed, marked and prepared, just in case! Consequently (and here comes the outstanding part) the Groundsman has done more laps of Gooden Reserve than many of the athletes this season, and as a result is very good at mowing and line-marking and much fitter as well!

I would like to add a very special note of gratitude to Paul Byron, Andrew Martin and Hank Huston for their help with the grounds preparation. Numerous times, the amount of work required to mow, re-survey and line mark the grounds each week after heavy rains could not be done by one person. These guys have always happily turned up to help whenever things got a bit big! Thank you.

The short straight track and the hurdles track will be spelled during winter as they are not needed for the school carnivals.

Captain's Reports

Boys Captain – Maeva-Nui Teina

Kia Orana, Talofa and welcome to the boys club captain message for 2007/08 for Winston Hills Little Athletics Club. My name is Maeva-nui Teina I'm from Rarotonga, Cook Islands. I am privileged to be selected as the boys Club Captain for this season.

My journey at Winston Hills began in 2001. After responding to a advertisement in the local paper. I started when I was 8 yrs old in the age group U9's boys. Going back I remember not knowing anything about throwing so thanks to Mr Bruce & Mr Clark for rescuing me during those early days.

Since 2001 I have attended lots of Gala Days, every Zone, Region, State and National competition.

Throughout my journey I have been lucky enough to have broken a few records along the way. I've also competed in the Trans Tasman in New Zealand 2004, and in Sydney 2005.

Year 2006 April U13's National competition in Canberra and June in Vancouver, Canada competition for U13's. While the good was going I manage to compete in U14's & U15's Discus, Javelin & Shot Put with a result of 7 Gold metals & 1 Silver and 2 record broken. Back to Sydney, November School National in Adelaide and Sydney 2007. August, President Hank Huston and committee believed in me, recommended me for the great sportsmanship awards for Baulkham Hills Shire district and Toongabbie Sport & Bowling Club and fortunately I won that too. What a busy year I had, love it and enjoyed every moment of it.

Little A's have given me the pleasure of meeting great people to be my friends boys, girls and parents, official even parents from other clubs. Through Multi Events I've travelled NSW what a beautiful state we have.

Now the most important part the many many thanks. I would like to thank God for the talents and strength that he has giving me and guiding me through my journey in Little A's. Thanks you to my dad & mum to my aunt Tere and niece Alesha for believing in me and always encouraging and supporting me. Thank you very much to Mr Bruce for making me who and what I am today and also to your wife for your late dinners. Thank you Mr Clark, Mr Kennedy, Mr Charles and other coaches that has been involved with me. Thank you Mr Paul Clarke for been a great age manager and putting up with us boys throughout the years. To the boys for the great friendship. Thank you ex President Ian Welch, ex President Hank Huston and President Paul Byron and all your committee (current and former) for the great support throughout my 8 years in Little A's and a great friendly club. Thank you to all the parents for encouraging us by dragging us out of bed for early morning start at Gooden Reserve.

To our new generation coming to start next season come along and welcome meet new friends enjoy and have a great time.

Lastly to all the boys and girls, good luck and take care. I hope that I've been a good ambassador to you all specially to Winston Hills Little Athletics Club.

Kia Manuia and wishing you all the best for the year to come. God bless us all.

Girls Captain – Kim Kennedy

Hey, I'm Kim the girl captain for the 2007/2008 season. I've been at the club for 11 years, coming every Saturday morning since Tiny Tots.

As everyone knows, it is tradition to humiliate the captains by making them stumble nervously over a speech in front of the club. I was asked to report on how I have seen the club this season. Here are a few things I have seen.

At zone I saw that Winston Hills dominated every event in every age group.

We have so many talented athletes that represent the club. But even if they weren't the fastest, jumped the highest or threw the furthest everybody put their best effort in. It is great to see how many keen athletes we have at the club.

I saw committee members, parents and most importantly, my age managers struggle through the early hours of the morning when the sun was barely out. They set up, pack up and put up with us every Saturday. I thank them a lot for what they have done over the years.

I saw some of our athletes fly over to New Zealand and compete against those barefoot Kiwis. We definitely gave them a run for their money and achieved some exceptional results. Even though in the end they managed to scrape those extra points.

But I think the most memorable thing this season was watching how my age group grew so close together. We made sure we enjoyed every part of athletics, whether it was grunting in shot put, making up our relays, lining up to have a photo with Santa or tripping down that step in the grass at Orange. I will never forget my age group and the memories I have of these girls.

So I'll move onto my thank you's.

I want to thank all of my coaches over the years. Steve Perriott who turned me into a little bull terrier of a middle distance and cross country runner. Hank Huston who taught me how to do the walk. Yes, I was a walker at one stage. Hard to believe, I know. Mr David Bruce and Wayne Clarke who taught me how to throw things real far and real good. And my dad, Paul Kennedy who was my sprints and hurdles coach throughout.

I want to thank the committee for all their support they have given me over the years and for giving me the opportunity to be club captain.

Last but not least my age managers Steve and Dad. You have put up with our whinging and the times where our minds may have slipped away. You taught me that you've always gotta put your best effort in. And if you believe that, athletics is a piece of cake.

My last thank you is to my Mum and Dad for driving me here, there and everywhere to Gala Days and Championships. To be honest, having keen athletes is only half of it. The parents have to be willing as well. I encourage all parents to help their kids out. It ends up being a lot of fun.

Thank you.

Boys Vice-Captain – Anthony Baddock

This year has been a great year for the centre with 40 athletes making it through to the State carnival in 65 different events with 21 medals 4 gold, 10 silver and 6 bronze and 24 top 8 finishes. Congratulations to all the athletes from the club that competed.

Well done to all the 56 athletes (more than 10% of all the competitors) that competed at State Multi's at Orange. The club came away with 2 gold and a bronze medal and 6 other top 8 finishes.

Congratulations to all the athletes who competed at the State Relays carnival, Winsto bagged 10 medals, 5 gold, 2 silver and 3 bronze and an additional 18 top 8 finishes.

Earlier in the year the club had its 1st annual Austral Mortgage Charity Pentathlon and Winston Hill Mall Gift was held on Saturday, 27th of October. The club raised \$3000 for the Starlight Foundation.

There have been 12 records broken in the 2007/2008 session, most of them being done by the 12G. Well done to all the athletes that have broken records this season.

The season has been a short one due to the rain, washing out many running days.

A huge thanks to all the age managers, coaches and all volunteers. You make the centre what it is, without you we wouldn't have a centre.

All up this season has been a great one for the centre, lets hope next year will be just as good!!

Girls Vice-Captain – Rebecca Houston

I'm Bec Houston your vice-captain for 2007-08. I have been doing athletics since under 8's and have enjoyed my time here. Many thanks to my age managers Paul and Steve for putting up with us girls, and to the parents over the years who have helped out our age group.

The under 15 girls, what can I say? I'll miss the Saturday mornings with you, all the State Multi's and competitions. You have made it memorable and fun. Many of these girls have been there since I remember and athletics wouldn't be the same without you.

Thank you to the coaches who have helped me throughout the years, especially Robert Creswick and Wayne Clark for teaching me how to throw a discus. Steve Perriott who got me into middle distance (and made training fun). Hank Huston for teaching me how to walk and coaching me since under 9's – I couldn't have made state or even region without your help. Thank you to all my other coaches to. Also to Chris Huston and Lynne Clews who sold me my first uniform which was really big and sold me my last uniform.

I encourage all athletes to compete in State Multi's and State Cross-Country and Road Walks. They are fun and you get to meet new people. A big congratulations to all athletes who have competed at zone, region and state.

Finally thank you to the committee for all their work over the past years, and hope all athletes have a great time in the future.

Age Group Reports

Under 15 Girls

Traditionally the under 15 age group has been a farewell to the athletes in that year. However with changes to include up to the 17s next year, I would like to take time and applaud what the girls have achieved so far.

It was eleven years ago when we started with a very small number of tiny tot girls. Each one an individual that had certain talents that would one day give them the ability to perform at state level, the thrower, sprinter, hurdler, walker, jumper, middle distance runner. Yes we achieved state reps in all forms of athletics, not just the superstars but most of the girls. Once again we had the highest number of state reps with pooch finally achieving her goal of 100m and 200m state champion. Girls such as Mahsa, doing well with all three throws events and Caitlin finally getting a state jacket.

Yes I am proud of them, but not because of the achievements, but how they have enjoyed themselves and made Saturday mornings a pleasure to be a part of. We do things a little different that allow for all girls to compete at a totally different level. The relays, the games and team events have molded us into a very close group. Leading us around for all these years have been the age managers Steve and Paul, ably assisted by the Pete's (temporary athletes when required).

State Relays we had bronze medals in throws and 4x100m, fifth in jumps and teamed up with the boys to win the 4x400m.

State Multi's had 10 competitors, one top eight finish and a hopeless girls volleyball team.

State championships had 6 competitors, congratulations Mahsa, Caitlin, Beck W, Beck H, Chelsea and Fog horn.

I look back at what has happened over the last eleven years, from the girls that are still here, the girls that have left but still come say G'day, to girls that will hopefully go on and carry the baton forward for Winston Hills. Yes we are part of like a small family and it has been a pleasure to be a part of.

Best of wishes,

Paul Kennedy



Under 15 Boys (& Under 14 Boys combined)

Today I bid farewell to the Graduating class of 2008, the 15's Boys. From Tiny Tots to 15's, the years seem to have flown by so fast. Very few of today's graduates were here in those early days. Back then I was one of the parent helpers and moved over to Age manager with the boys in the Under 8's following on from Lyn Barrow. Some of the boys in my Saturday class included Maeva and Tim who stuck it out for the duration to clock up 10yrs with the club, a great achievement. Back in those early years there were many highlights and I would like to recall a few today.

- Our throwers have always been above average due to the excellent coaching provided by the club and the commitment of the athletes. Our boys dominated the State Relay Throws for 5 years taking Gold with a mixture of athletes but usually based around Maeva.
- The State Multi's held at Coffs Harbour on a weekend when the town was hit with a tropical cyclone.
- The Regional Championships at Mingara were great bonding experiences for parents and athletes alike.
- The first Zone Championship ever held at Aquilina Reserve in 35 degree plus temperatures all weekend with Winston Hills setting records in High Jump that still exist. Well done Tim. A day I will never forget.
- State relays at Homebush where our young athletes competed on the Olympic track in front of a massive crowd. The biggest LA event I was told.
- Catching the team bus from Gooden to travel to that event was a real buzz at the time.
- The Winston Hills Gala Days for the Kidney Foundation were always very competitive and great social days.
- The Parramatta Foundation Day carnivals were also excellent competition and well supported by our club.
- The Zone Carnivals held at Roxborough Park provided a pleasant environment where Winston Hills would again dominate.
- The Regional carnival at Narrabeen when "Alexander the Great" Pettigrew missed his marshalling for his event and Aiden Evans then went on to win the final of the 800m .
- Steve Perriott's middle distance training sessions were as popular as ice-cream and great results followed for many athletes within the club who took up the open invitation to attend.
- The Dalrymple family provided hours of coaching and motivation as well as doing a great job with publicity for the clubs athletes.
- Mark Drennan was another who would still provide coaching years after his kids had left the club.
- The work done by Ian Welch in his years as President of the club.
- The Dinner Dances and Trivia Nights organised largely by the Clews and Huston families.
- The Trans Tasman Series was a great experience for those who competed.
- The see the extension to the club house would also go down as a highlight of mine over my time at Winston Hills.

So now to the graduates' individual report cards. Firstly our club captain this year **Maeva –Nui Teina**. What hasn't he done would be easier to record. Maeva has broken records at all levels of competition and has more gold medals than one could imagine. He has competed from zone level right up to the Trans Tasman series and everything in between yet has never got carried away by his success. All the boys have loved having Maeva in their presence on a Saturday morning at Gooden over the years.

Our next graduate worth writing about is our Vice Captain in 2008 **Anthony Baddock** who is a recent enrolment in the class. AJ has rapidly developed into a classy 400m metre runner finishing in the medals at State this year. Anthony comes from an AFL background and has excelled also as a high jumper. He has also been a great role model for the Winston Hills Club and could go on to greater heights in the future. **Brandon Webster** is another talent in the group who emerged from the shadow of his older brother Ryan. Brandon's basketball background provided him with the spring in the legs that led to him having great success in the High Jump and Hurdles. Brandon is already competing at seniors and I wish him well in the future. Next on the roll is "Little **Luke Murie**". Luke would be the most improved High jumper in the group. He has a great style and makes it look so easy. Luke enjoys the social aspect of LA's and over the years has attended regional carnivals to watch and support his mates even when not competing. **Sam Shepherd** is another who loves to run. Sam's specialty is the long distance events. Over the past couple of years we have been entertained by Sam's brother **Ben** who always has the boys in laughter with his jokes or antics. Both boys competed at State Multi's this year in fine style. A few of the other boys namely **Aiden Evans, Nick Mentis, Dom Claxton and Daniel Hoy** have had soccer or rugby commitments also this year and were more part timers at LA's. However when the boys were present they added plenty to the dynamics of group that were all positive. And of course I must mention my own son in the class, **Tim**. He also has loved the social side of LA's. The many weekends away and friends he has made over the years along with his achievements in the sport will stay with him forever.

Bursting out of the shadow of the 15's boys was a small likeable group of 14's boys. Regulars **Brad McNaughton, Aidan Kelly, Aidan Ferguson** were well accepted by the older boys and the composite class has worked well for the past 2 years. I would like to thank the parents of these boys who were there each week to assist with the running of the day.

To Chris Murie, many thanks for all your work with the boys over the past few years. Chris, like Luke, would also come to carnivals to watch the boys compete even when Luke wasn't competing. Thanks also to Paul Webster for assisting when available, every little bit helps.

Well done to all the committee members of Winston Hills Athletics Club over the years for helping make the club so successful.

And finally Congratulations to the Graduates of Class 2008.

Paul Clarke

Under 7 Boys

We had a total of 30 boys register with us this season. Returning from last season were Nickolai, Blake, Robert, Jeremy, Shannon, Matt, Hasindu, Keegan, Scott, Ayden, Saxon, Alexander, Sam D, Jordan P, Kyle, Jesse, Jacob, Joshua and Dean. Joining us this season were Dheeraj, Sam F, Caine, Ethan, Harold, James, Keenan, Jakob, Brenton, Jackson and Jordan H.

The boys showed great enthusiasm towards all the events including the big 500m run and it was inspiring to see your improvements over the course of the season.

It was our first opportunity to compete at Zone Championships. We had 15 boys represent us and what an exciting carnival it was. Winston Hills U7 Boys qualified in the finals of every event, which resulted in 5 silver and 3 bronze medals.

Congratulations to our medal winners:

Saxon - 100m (2nd), 500m (3rd), and also Long Jump (6th)

Kyle - 200m (2nd), 500m (2nd)

Jordan H - Discus (2nd), Long Jump (2nd), 200m (3rd)
Dean - 70m (3rd)

Congratulations also to our finalists who finished in the top 8 of their events:

Brenton - Shot Put (4th)
Nickolai - 500m (5th)
Jeremy - Discus (7th)
Harold - 50m (8th)

Special mention also to our other competitors:

Robert, Matt, Jakob, Alexander, Jesse, Jackson and Jacob for participating and doing your best.

We were extremely proud of each and every one of you.

A few weeks later Dean, Matt, Joshua and Jesse ventured to Orange for the State Multi Event Championships where we had an enjoyable weekend of competition and fun. Well done boys on your efforts.

We had a great season with a great bunch of boys and parents. Thank you to all the parents who assisted us and supported us each week making the transition to age manager an easier one.

Hope to see you all back next season.

Jonathon & Julie Dymond

Under 7 Girls

It was a delight to be the Age Manager for this particular group of young enthusiastic girls. It is always challenging with a large group of athletes but with interested parents it makes my life a lot easier.

A big thank you to Mark Boland and Denelle Gardoni, who eagerly assisted me with this group.

Also, thank you to all the children's parents who got in there and helped rack the sand, time races, measure throws, etc. Your help was appreciated and without your help we couldn't have run Saturday mornings so smoothly.

I have enjoyed being involved with such a wonderful group of young girls. You all tried hard and received some PBs during the very wet and short season.

The girls this year had the opportunity to compete and represent WHLAC at the Zone carnival and State Multi event at Orange.

The girls that participated at Zone this season were: Melinda, Grace, Ashleigh, Alison, Ebony, Jalyssa, Maddison, Francis and Olivia. Majority of these girls received top 8 finishes in their events. Well done girls!!

Three (3) families travelled to Orange for the State Multi Event this year: Ashleigh Cochrane, Ebony Gaal and Grace Thomson. These girls did themselves proud and all achieving excellent results in an extremely tough competition. Ebony Gaal achieved 7th Place overall - Congratulations Ebony.

You should be proud of your achievements this year and I look forward to seeing you all back next season with those wonderful big smiles on your faces.

Paul Cochrane

Under 9 Boys

The past season was one of fantastic participation and excellent results for the Under 9 Boys team. Each week we consistently enjoyed the company of a large number of enthusiastic boys and a solid

team of parents who supported the team, providing both practical guidance and lots of encouragement.

Whilst the large group at times could be quite rowdy, it was always great to see the friendships and camaraderie develop across the group as the season progressed, and pleasing to see the practice of good sportsmanship. All of the boys improved over the months (even with all the weather problems), whether it be the several “first timers” learning the skills of Little Athletics, or our more seasoned competitors who honed their skills and challenged their “PBs”. Each week saw the athletes strive to do their best, cheer on their team-mates, and importantly, have fun.

Quite a few of our athletes distinguished themselves in their championship results throughout the season. We had a large team of participants enjoy the Zone carnival, with many progressing to the Region level. Five boys had great results that qualified them for the NSW State Championships, several in multiple events – Joshua Baker, Aaron Creagh, Kai Parrello, James Sullivan, and Jordan Idiare. All boys performed strongly, with particular mention to Jordan who was a triple medallist in his events – an outstanding result.

Joshua Baker’s all-round strength was demonstrated in the State Multi Carnival, where he was awarded the gold medal, and Kai Parrello performed some PBs to finish just outside the top ten. Congratulations Joshua & Kai.

At the State Relays, our four Long Jump team members achieved a gold medal, with our 4x100m receiving a silver medal. Several other boys combined to contribute to excellent results in other events. Well done to all our participants – this is quite an achievement.

Congratulations to all the boys and parents who contributed to making it an enjoyable and rewarding season – we look forward to seeing you next year. We would also like to acknowledge the fantastic support of the WHLAC Committee and support people who make each Saturday happen.

Hugh Darling / Anthony Parrello

Under 10 Boys

It was terrific to see our group grow by more than 50% this year (from 18 last season to 28 this season) as we welcomed on board a number of new boys to mix it with our experienced “old timers”. We also had some boys return to the fold after a year or two trying other summer pastimes, but nothing which held their interest like Little A’s. This mix of boys proved for many a fun Saturday morning, although the weather did prevent us from many more.

Each of the boys excelled themselves across the numerous events now on offer, showing both great aptitude and attitude in their desire to improve.

Joshua Kirwan	Always competing and often surprising himself as to what he was capable of achieving.
Airfun Javam	“More powerful than a locomotive”, Airfun continued to dazzle in the throws cages and always put in on the track.
Garrett Cooney	One of our new boys who really did take to athletics like a duck to water. Showed great first up talent in the high jump and then speed on the track. A great first season to build on.
Tyler Dowle	Tyler took a bit of time to settle back into Little A’s after a season at cricket but once he did he was again one of quickest runners and longest jumpers.
Kyle Dominici	Kyle came in full of credentials and impressed from the start with his jumping, hurdling and sprinting. He pulled a number of the boys to new PBs in their pursuit of him. Great result at Region in long jump.

Jack Floyd	Another new to Little A's, Jack showed that he had the ability to improve each week. A likely victim of the wet weather as the season progressed.
Timothy Martin	Tim continues to impress on the track. Tim did very well to qualify for Region in 100, 200, 800 and 1500 showing great all-round running ability.
Cody Ellison	Cody caught on quick with the throws impressing in both shot put and discus. Unfortunately we didn't see Cody in the second half of the season.
James Maroun	After a couple of seasons away James returned for the first half of the season and showed improvement.
Brandon Long	Brandon continues to impress with his enthusiasm and commitment to athletics. It was a very proud achievement when Brandon helped our State Relays team to a bronze medal.
Thomas Small	Another of the new boys who looked to be enjoying himself as he tried each of the events and learnt new skills.
Andrew Bulloch	Another to show great development and improvement across all events from regular attendance throughout this season.
Bailey Fairbrother	"Able to leap tall building in a single bound", Bailey burst onto the high jump scene to achieve some outstanding results at State Relays and Zone.
Evan Velonas	A real gazelle in the sprints and jumps, almost as if he floats each time his feet leave the ground. Always tries hard showing great determination to improve.
Declan Roberts	Always turned up, always competed to the best of his ability and his results speak testament to his tremendous improvement throughout his first season.
Mason McComasky	Mason showed he has great stamina and pace for the distance events, with great results in the 800m and 400m events.
Nicholas Shiel	Nick showed that he is a force to be reckoned with when he puts his mind to it in the running events from 200m up. Also showed great improvement in long jump.
Luke McGuinness	Luke had us all baffled with his unique running style. He managed to generate considerable speed regardless, whether it was over the short or longer distances.
Nicholas Welsby	Only an occasional visit from Nick this year as he experimented with the whites of cricket. Still showed great natural ability in the throws and sprints.
Brendan Rowntree	Brendan was part of our State Relays throws team that came away with the Bronze medal. Probably a little underdone but still did well at Zone.
Corey Gaal	"Faster than a speeding bullet", it didn't take Corey long to find his legs and he achieved great things throughout the season culminating in a 5 th place finish at State Multi's. Amazing what a pair of spikes can do!
Conrad Kaatzke-McDonald	Con forged ahead in hurdles and the jumps again this season, achieving a 1 st place at Zone which even shocked himself. Was also a last minute replacement for our State Relays throws team which claimed a bronze medal.
James Thomson	James thrives on the distance events and can't seem to get enough. Also continues to develop in the throws and the jumps.
Ben Kahane	A pleasure to see Ben each week participating to his utmost. Another great return this year as Ben found himself competing in hurdles at Region.
Mitchell Cester	Whenever Mitch was around he was having fun and learning from the experience. Great to see his enthusiasm, especially the PBs in high jump.
Zachary Blackburn	Zach looked to be another talent for the throws events but it seems participating in the running events may have been too much of a disincentive.
James Morgan	One of our old-timers who continues to circulate and participate to the best of his abilities. Showed improvement again in throws and long jump.

I'd like to thank the parents who took the time to actively assist with the running of events, crowd control and rostered duties at various times throughout the season. Without your help we wouldn't be able to

run as efficiently and successfully as we do. Each of the boys does enjoy seeing their parents involved and taking an active interest in their sport. I encourage all other parents to follow their lead.

I look forward to seeing you all back again next season (it is but 4 months away).

Andrew Martin

Under 10 Girls

This year the under 10 girls lost a few members and gained a few. A group of 24 girls with around 19 regulars progressed through the season, socialising and competing on the odd Saturday when it wasn't raining. We had teams compete at state relays and individuals progressing to zone and region.

Each week saw many PB's from all of the girls and luckily didn't see that many complaints about the 800m. The option of the 1500m run and 1100m walk was also open to the age group this year. Hopefully more of the girls will take it up next season!

Special mentions must go to those who competed at zone: Elisha, Melissa, Taylah, Emily, Eliza, Fiona, Rhiannon, Erin, Olivia, Monique and Caitlin. Most of the girls did PB's, all did their best and Eliza, Taylah and Fiona progressed to region. At region the three did amazingly well against tough opposition and all who came to watch were impressed. Thanks also to all who competed at State Relays, although I couldn't be there, I heard you all did the age group proud! Congratulations also to the others in the age group who competed each week and always made my job easier. These girls include: Whitney, Gemma, Jade, Siobhan, Abby, Lucy, Adele, Isabelle, Danielle, Samantha, Kayla and Christine.

Finally thank you to all the parents for helping out each week, without your help we wouldn't be able to do any events. Also a big thanks must go to Lauren Nicola who again this year was my assistant. She helped with everything from taking the girls through their warm-up to going to State Relays to help them out. And to all the girls, you made my Saturday morning easy and entertaining and thanks for not running riot!

Hope to see you all again next year!

Jess Brewster

Under 11 Boys

Well that was a season unlike any other. So many missed running days and disrupted everything that we hardly saw the boys and the aspiring new champions who joined us this year barely had a chance to shine.

It was good to see lots of the regulars return and with the addition of seven new faces we had a team of 26 fun loving and boisterous athletes ready to excel. The boys all melded together well and new friendships made and comradeship developed.

This year saw the advent of triple jump and turbo-jav added to the programme, however, although the athletes were enthusiastic and showing talent the disrupted season resulted in little opportunity to hone their skills.

For some athletes this was a season to give athletics a go and learn new skills while having a good time but for our experienced athletes it was time to extend the limits and set new goals and achieve their best. Starting at State Relays we entered teams to maximise our potential in field but also tried to get as many athletes involved in events as possible. Although a good day was had at the experience level we just never reached our potential and failed to medal.

At Zone we had a good turn out to compete although a lot of boys failed to come back after the Christmas break. Nine boys progressed to the Regional Championships at BOP and all boys competed well with Adam 1st in Walks, Josh Byron 1st in Hurdles, Neil 1st in Shot and Lachlan Parle 3rd in Discus progressing to the State Championships. At State Josh Byron hurdled brilliantly to get 2nd. All the boys performed well and we were proud of their efforts.

As usual we had a good contingent go off to State Multi's which were held at Orange this year. Shaun had his first experience at Multi's and did well as did Connor, Neil and Adam. However, Josh Byron had a great two days of competition and was back to his best as an all round athlete to take out 1st place (3rd time in 4 years).

This year Trans Tasman was held in New Zealand and although many of our boys were eligible to compete only Josh Byron made the trip and was part of a very successful team effort.

With the wet weather and closed grounds Rose and Elaina had a pretty relaxing season but the boys seemed to be busy having a good time and being their best, which is what its all about isn't it? Thanks to all the coaches, volunteers and sponsors we have the best support available anywhere. Thanks to the Committee and the boy's parents. We hope to see everyone back again next season and try to bring some friends too.

Rose and Elaina

Under 11 Girls

This year was a very disjointed year, with our running days interspersed with rainy Saturdays. We commenced the season with about 24 girls on the books, but ended up with about 8 'true stayers' by the end of season.

We had some wonderful achievements throughout the year, culminating with three girls at the state championships. Sarah ran brilliant races in the 800m and 1500m grabbing a well-deserved bronze medal in the 1500m and coming in 4th in the 800m. Alannah came a very admirable 4th to some excellent jumping in the Triple Jump, and Tienna proved herself worthy of a spot at her first state championships by throwing herself into 6th place in the shot and coming in 12th in the high jump.

Earlier in March, Tienna and Alannah enjoyed a weekend away at the State Multi's. Both girls represented our group admirably, with Tienna coming in 8th at her first ever State Multi's and Alannah reaching 12th place. Well done, girls.

At Zone and Regional level, many of the girls competed and achieved PB's. Lucy, Kirsty, Kaley, Taylor, Jess, Tienna, Alannah, Sarah, Marissa, Hayley and Tori all showed up with a smile and ready to do their best.

In November 2007, at the State Relays, six of the girls represented our ladies in the Throws and Jumps events. Tienna, Tori, Alannah, Melanie, Kiarna and Jess all competed well. Sarah and Kaley ran their hearts out, joining the U11 boys on the track. Thank you to Jess who filled in at the last minute and did such a wonderful job!!

I would also like to congratulate the two girls, Jess and Alannah who travelled to New Zealand for the Trans Tasman. By the sounds of it, you had a wonderful time, and represented us proudly. What an experience to cherish for a lifetime.

Thank you to all the other girls who just turned up each Saturday with a smile on their face, ready to have fun. It has been a pleasure to guide you through another season and watch you grow as athletes and young ladies.

Thank you to the committee of WHLA who does a wonderful job of organising on such a huge scale. You deserve a medal!!!

A big thank you goes to the small, but dedicated group of U11 Girls' parents, who were always there to assist with the measuring, timing, raking, ice blocks, recording etc. You know who you are, and I couldn't do it without you.

Finally, thank you to Sharon, my assistant age manager, who just gets in there and gets the job done.

Deb Claxton

Under 12 Boys

The Athletes:

Josh Baker	Josh Shepherd
Mitchell Taylor	Mitch McComasky
Thomas Roberts	Thomas Swiatek
Luke Creagh	Lee Kennedy
Mark Mitchell	Ryan Harper
Daniel Watts	Nathan Duval
Dallan Maurer	Shaun Woodhouse
Josh Allen	Jack Giannini
Seamus Linehan	Ashwin Balakumar

We have increased our registration this season; we have 18 boys signed-up.

A few have been with us for a number of years and we had the pleasure to meet some new faces. Half of the group is new to Little A's and it was great to see how all the boys improved remarkably well each running day.

We have represented our club in all the major championships: State Relays, Zone, Region, State Multi and State. This year the NSW Trans-Tasman Team travelled to Auckland, New Zealand to compete in the Challenge against the Kiwis. There were four boys successful in making the team: Josh Shepherd, Josh Baker, Lee and Shaun. They had a good time, meeting some new friends, and came home with wonderful experiences.

The season had a few cancellations due to the wet weather, it seemed like it was a year for Program B. We even managed to memorise that program, lucky we had to rotate different jumps each running day to make it more exciting. But the boys wished they did high jump each week, their most favourite event.

Well what a season it's been, it was a year of fun, excitement, challenge and craziness. I have to thank once again my assistant Jim Giannini for his time and effort. Many thanks to the parents that came and helped run the group or helped do our roster. I shall look forward to seeing you again next year.

Good luck to everyone!

Pat Kennedy

Under 12 Girls

It may have been a disruptive season but the girls all enjoyed themselves when we were blessed with a sunny Saturday morning. For the 7 girls who travelled to New Zealand for the Trans Tasman this was probably their best year at Little Athletics.

Jacinda Martin – Trans Tasman, State Relays, Zone and State Multi's. Always tries so hard in every event. Our goal next season is to get Jacinda to Region. Pick an event Jacinda and train really hard I know you can do it.

Paige Wilson-Mosey – Trans Tasman, State Relays, Zone, Region, State and State Multi's. Paige just keeps getting faster and faster.

Taylah Sengul – State Relays, Zone, Region, State and State Multi's. What a season she has had. I have lost count on how many records she broke this year in Discus and Shot. Well done Taylah, I bet you are looking forward to Javelin next season.

Holly Dymond – Zone and State Multi's. Holly attempts every event with a great deal of determination.

Brittany Harland - Always tries her best and has a go.

Angela Cox – Began the season well but we didn't see much of Angela after Christmas

Courtney Elliott – Trans Tasman, State Relays, Zone, Region and State Multi's. Keep going Court you have improved so much this season maybe State next season.

Matilda Souter – Trans Tasman, State Relays, Zone and Region. A true competitor and a great athlete who always gives 100%.

Eleni Velonas – State Relays. A great athlete who will improve with a bit of training.

Morgan Chamney – Zone and State Multi's. Near the end of the season Morgan really put the effort in and achieved many PBs.

Rachel Dray – State Relays, Zone and Region. Wow Rachel's Shot Put has improved so much this season. If her legs worked as fast as her mouth she would be breaking records every week.

Jordan Lewis – State Relays. Keep training at High Jump this is definitely your event.

Samantha Cahill – Trans Tasman, State Relays Zone, Region and State Multi's. Keep going Sam you are a great competitor with a good competitive nature.

Sonya Taumaialo – Trans Tasman, State Relays, Zone, Region and State. A terrific athlete at all events and always puts in 100% effort.

Briana Edwards – Zone. Briana is improving every year she is also our politest athlete. "PLEASE Colleen can I be in the 2nd heat".

Abigail Ntiamoah-Marfo – State Relays, Zone and Region. This is Abigail's first season with us. She is a terrific athlete who is only going to improve each season.

Rishelle Gribben – Zone. Rishelle's favourite event is Shot Put and she really has improved. Keep going Rishelle you are a great athlete.

Tina Lemi – Trans Tasman, State Relays, Zone, Region and State. When Tina breaks a throwing record it just makes Taylah more determined to try harder. Tina is a great competitor and will definitely give Taylah a hard time next season.

Emily Morgan – Zone. Emily has loads of potential she just has to believe she can do it.

Jessie Xiao – State Relay. We didn't see Jessie after State Relay but would not of won the medal without her.

Dilini Wijesena, Sarah Cunningham, Eryn Dimitriou and Shannon Ellis started the season but maybe the rain was too much for them.

As you can see the U12 girls had a great season. Hope to see you all back again next year. I would like to thank all the parents that have helped out at each of our events and also a big thank you to Jacquie and Nicole whose fabulous fundraising for Trans Tasman raised a great deal of money for our athletes travelling to New Zealand.

See you in September.

Colleen Elliott

Under 14 Girls

It's not as if it was much of a season with all of the washed out days, but based on the results these girls achieved at Zone, Region & State, maybe it was good after all or was it all that secret training!

We had great numbers return again this season, with 21 registrations. At this stage in their athletics careers, it was really pleasing to see. Let's see how many we can get to come back for the Under 15's.

The girls/ladies have really developed their own skill levels & whilst not everyone can excel at everything, they all took the challenge of trying to better themselves where they could.

Injuries are not uncommon at this age & we had our fair share of them throughout the season. But it was great to see the support our injured athletes gave to the other girls on Saturdays...or did you just come down for the lollies & boys & not necessarily in that order! Athletics is supposed to be fun & a lot of you had fun in one form or another.

Zone arrived quite quickly this season. I'm sure it usually was around 18 running days into the season, but this year it felt like 4 or 5. We had 11 girls qualify for region who were Samantha Rowntree, Amber Van Zealand, Courtney Bridge, Alysha Calder, Caitlyn Gallagher, Tamara Smith, Emily Gough, Kirsten Nicola, Brianna Murray, Rosie Bradshaw & Tepa Lemi. Two weeks later, these ladies competed at Region with Brianna Murray, Tepa Lemi & Amber Van Zealand all qualifying for State, along with Emily Gough in the senior girls 4 x 100 relay team. Those who didn't make State but still performed incredibly well were:

- Amber Van Zealand – 4th Shot, 8th Discus
- Courtney Bridge – 8th Triple
- Alysha Calder 10th High
- Caitlyn Gallagher – 9th High, 9th in Triple
- Tamara Smith - 11th Triple
- Emily Gough - 8th Long
- Kirsten Nicola - 6th in Javelin (& a PB)
- Brianna Murray - 10th Shot, 12th Discus, 3rd Javelin
- Rosie Bradshaw – 8th 80 Hurdles, 8th High
- Tepa Lemi – 2nd Shot, 2nd Discus

State results were:

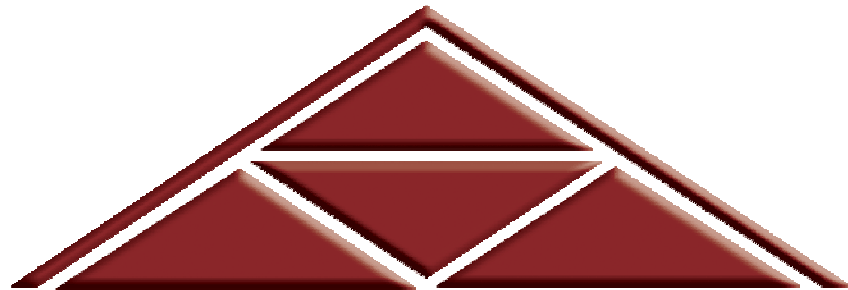
- Brianna Murray 4th Javelin
- Amber Van Zealand 11th Shot
- Tepa Lemi 2nd Shot, 2nd Discus
- Emily Gough 3rd in Senior Girls 4 x 100 Relay

Congratulations to you all. We hope you enjoy your off season & look forward to seeing you all soon

Simon & David



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