

WINSTON HILLS LITTLE ATHLETICS CENTRE

Season 2014/2015 Annual Report



Under 17 Girls and Boys 2014-2015 Age Group

Presentation Day 19th April 2015

Presentation Day 2014/2015 — Program of Events

President's Welcome
Club Captains' Speeches
10 Year Service Awards
Life Member Presentations
Club Record Certificates
State Representatives
Tiny Tots Presentation
Best in Age Groups Awards U6-U17
Under 17's Presentation

Perpetual Trophies

Frank Atkins State Relays Track Team Trophy
Frank Atkins State Relays Field Team Trophy
Nicholas Fortuna Memorial Trophy
Kerry Arkins Walks Trophy
Winston Mall Jumps Trophy
WHLAC High Jump Trophy
David Bruce Throws Trophy
Kathy Bail Sprints Trophy
Wayne Clark Hurdles Trophy
Ray Clarke Middle Distance Trophy
Winston Hills Veterinary Clinic Cross Country Trophy
Don McDougall Trophy
Queen Elizabeth II Trophy
Spirit of Little Athletics Trophy
Jim Arkins Excellence in Athletics Trophy

President's Closing Address

MOVE TO AGE GROUP PRESENTATIONS



SAVE THE DATE!



Saturday 7th, November, 2015

for the

*40th Anniversary
of
Winston Hills
Little Athletics*

ALL ENQUIRIES TO EMILY ON 0409657121
OR EMILYJORDAN_93@HOTMAIL.COM

Committee Reports

President – Steve Monahan

This athletics season is one I think everyone would agree was a truly successful and enjoyable season. Again, the pre-season registrations were very strong and I believe we had over 470 athletes register. The Tiny Tot ranks looked very strong and this is a good indication that numbers will be good again next year.

We had the turf replaced in the off season and the new turf, despite a few hiccups, has been fantastic. The council has also relayed all the jumping runways and the javelin runway. To our surprise as it had not been requested, the council also replaced all mesh around the throwing cages. This has now meant that our centre has the best possible track and field for our athletes to compete and train on.

The canteen has also been returned to the club manned by a great crew of past parents. I won't steal their thunder as I believe they have prepared a report as well. I would like to say though on behalf of all the families who purchased your excellent BBQ, Slushies, cold drinks and lollies thank you very much.

The Age Managers again stepped up to the mark and took age groups through the programs each week. A massive thank you to you all, as well as the assistant age managers and parents that have helped with this. The age managers were coordinated by Lauren Nicola who did a fantastic job.

What a lot of us don't see is all back ground work completed on the track each week so we can run and throw. Stuart Welsby was instrumental in mowing the track, marking the lines, painting the jumps take offs and taking care of track equipment. I know Stuart was able to canvas a couple of volunteers so to you Stuart and your helpers thank you.

As the season started it was not long before our first competition came around which was the State Relays. Congratulations to all athletes who competed and represented WHLAC at this event. The next competition was the Zone Championships and the club should be very proud of all our sons and daughters. Everyone competed with true sportsmanship and our results were fantastic. We then we looked forward to a break but not before the fittest looking Santa paid us a visit to deliver some lollies for everyone. A massive thank you to Santa and the canteen for supplying the lollies!

After the break Regions were fast upon us again and the club delivered great results. This in turn led us to be able send a strong team to the State championships. The State Multis also delivered some fantastic results for the club, so congratulations to all who competed. At the State Championships I believe we brought home a number of gold medals, so well done to all the athletes who made the competition and competed to their best.

I would again like to thank all the coaches for their dedication to coach and nurture our children.

Sprints- Paul Byron Middle Distance- Emir Mujcinovic Hurdles-Wayne Clark Walks- Peter Mylonas Throws-Dave Bruce and Wayne Clark Long, Triple and High Jump- Geoff Dalrymple

It is also very hard for all sporting clubs to manage without financial assistance from sponsors. We would like to thank all our sponsors and I encourage all of our families to support them back. Pelikan Artline- through their Artline and Spirax brands, Winston Hills Mall, Pendle Hill Meat Market, SW Plumbing, Winston Hills Vets, King's Sports Store, Wholesale Trophies and Aus Web.com

So finally, while it has been a thankathon, I would like to thank all members of the committee who have donated their time. They work harder than you believe. It has been a great season so let's hope we can take this enthusiasm into next season! Next year mark's our special forty years as a club so I expect a few celebrations around this wonderful achievement.

Vice President – Daniel Alderson

Only taking back over this position half way through the season but it's been another fantastic season at WHLAC. This year saw the resurfacing of the hallowed Gooden Reserve that has made a remarkable difference to the running surface and drainage of the track. A huge thanks to the Winston Hills Sports club for offering us the funds to be able to do the resurfacing, without them this wouldn't have been achievable.

We mustn't forget all of our sponsor partners for their continued support of the club. To all our regular weekly helpers, without you the club wouldn't run as smoothly as it does on a Saturday morning.

Until next season enjoy your winter sports and don't forget to promote this great WHLAC to all your friends so they too can enjoy the fun and fitness on a Saturday morning during the summer season.

Secretary – Fiona Selmes

In my first year as Secretary, it has been a steep learning curve but I would like to acknowledge the assistance provided by the previous position holder (Melissa Gibson- Darling) for a comprehensive handover and availability to answer questions on an as needs basis. Thank you also to other committee members for your support during the year (particularly proof reading minutes for spelling errors).

The 2014/2015 season has been busy from an administrative perspective. In order for the Centre to continue its affiliation with Little Athletics NSW, a new Constitution and Incorporation was required and a Special General Meeting had to be organised. Andrew Martin was instrumental in championing these changes and spent several very late nights reviewing documents and providing a rational approach to ensuring the best outcome for WHLAC. As of 27 February 2015 the Centre is officially an Incorporated Association and I have the honour of being the first Public Officer. Sara Welsby also provided invaluable assistance in ensuring all Centre members were kept up to date and notified. Thank you Sara for all that you have done above and beyond your position of Committee member and Registrar. The Webmasters; Scott and Jason have worked tirelessly to ensure the website contains up to date and relevant information. The WHLAC website is the primary touch point for most of the Centre members to obtain information. The Special General Meeting required a

plethora of notices, proposals , agendas etc. to be uploaded to the website and Jason had these posted quickly with no fuss.

Until this season I was a regular 'parent' who helped out each week with my daughter's age group. It wasn't until I was on the committee that I appreciated the amount of behind the scenes work that is required for regular running days and other championship events to run smoothly. The reward for this work is to see the athletes competing each week achieving PBs and other goals and generally just having a good time. I would encourage any parent of an athlete to consider a volunteer position with the Centre be it an Age Manager, committee member, line marker, race starter, canteen helper etc.

Treasurer – Kim Ervin

I would like to thank Blake Wood who handed over the Treasurer's role to me in May, and provided me with an efficient process that was easy to take over. I would also like to extend my gratitude to Grace Baker (Blake's predecessor), who assisted me greatly during the busy registration period of August through to October which allowed me to have a smooth transition into the Treasurer's role.

Thank you once again for the continuing support from our sponsors: Artline, Pendle Hill Meat Market, Winston Hills Mall, Winston Hills Vet, and Cafe 2U.

Registrations were slightly down on last year while income from uniforms was fairly consistent with the prior year.

This year we set up an interest bearing account which allowed us to earn a small amount of investment income.

We appreciate the efforts of our newly formed Canteen Committee who through their efforts contributed an additional \$8,500 to our bottom line. With that and the ground improvements not being required this year we ended up the year with a healthy increased cash balance.

It should be noted that whilst the Income and Expenditure Statement are fully reconciled, they have not yet been audited.

Income and Expenditure Statement

*1 April 2013 - 1 April 2014 -
31 March 2014 31 March 2015*

OPENING BALANCE	51,107.99	42,592.65
<u>Income</u>		
Canteen and Coffee Sales	2,433.00	10,746.73
Fund Raising and Dinner Dance	1,210.00	150.00

Investment Income	0.00	312.53
Other Income	3,480.90	368.28
Sponsorship & Grants	6,345.00	13,750.00
Uniform Sales	9,460.00	9,485.00
WHLAC Registrations	43,531.30	40,944.45

Total Income	66,460.20	75,756.99
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Expense

Postage Printing & Stationery	1,335.39	1,129.46
Purchases of Equipment	279.00	4,330.10
Registration Fees	15,870.00	14,904.00
Uniforms	9,967.10	6,525.20
Sponsorship, Advertising & Promotions	964.00	0.00
Coaches, Conference & Training	2,006.30	3,040.80
Competitions Expenses & Athlete Sponsorship	1,979.00	3,140.00
General Expenses	3,279.88	3,304.06
Grounds Hire	1,848.77	1,736.05
Ground Improvements	21,308.38	1,608.86
Ground Maintenance	2,106.08	5,146.16
Presentation Day	5,806.86	15,200.00
Age Group Photos	3,641.40	3,736.40
Bank Charges	0.00	684.49
Dinner Dance	2,833.38	622.02
Purchase of Assets	1,750.00	0.00

Total Expense	74,975.54	65,107.60
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Income less Expenses	-8,515.34	10,649.39
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Closing Balance	42,592.65	53,242.04
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Registrar – Sara Welsby

I would like to thank Trevor McNeilly who performed the role of registrar until the end of October when work commitments forced him to resign. Trevor gave many hours learning the role and processing registrations at the busy start to the season and the committee are very grateful for his efforts.

Pleasingly, our registration numbers have been very consistent in recent seasons. In 2014-15 our athletes numbered 475. A breakdown of athletes per age group is shown below.

	Girls	Boys
Tots	12	39
6	15	22
7	20	33
8	25	20
9	30	22
10	24	22
11	19	19
12	19	14
13	20	16
14	20	18
15	11	3
17	12	20
	227	248

At Winston Hills LAC we have maintained a consistently high retention rate over the past 5 seasons, with approximately two-thirds of our 2013-14 athletes returning this year. This is a testament to our fantastic age managers, several of whom have been guiding their groups for several years. The club thanks you for your commitment and dedication.

Of our 475 registrations, 242 were completed and paid for online. The online registration system reduces the workload for the registrar significantly and results in a much simpler process for families to finalise their registrations. In 2015-16 we are aiming to introduce compulsory online registrations. Stay tuned for more information or contact registrar@whlac.org.au with any ideas or concerns.

After 5 years wearing the registrar's hat it is time for me to pass on the baton. Thank you to all who have provided assistance and support. I highly recommend becoming involved with the running of this great centre.

Championships ~ Simon Nicola

This season has gone so fast, as it only feels like 12 months ago I wrote the previous report! From a championships perspective, our season finished a few weeks ago at Homebush where 35 athletes represented the centre in 62 events at the State Track and Field Championships, but more on this later.

Thank you to all of the coaches who assist in preparing our athletes throughout the season, the parents for assisting at the many carnivals in an array of roles and the age managers for their tireless work week in week out. Enjoy your offseason and hope to see you all back in 6 months' time....

The season in review:

STATE RELAYS - 2014

State Relays is the first carnival for the season. This year we entered 56 teams (27 junior & 29 senior). Saturday was quite mild compared to Sunday, where the carnival was cut short to extreme temperatures. For those officiating on the track, you could feel the heat through the sole of your shoes. The senior results were based on their heat times ergo finals were run.

We had 4 teams claim 4th where the best placed was the U15 Girls Shot Discus team who were only 14cm behind third place. Bad luck girls.

The full results can be obtained here

https://assets.imgstg.com/assets/console/document/documents/201411261259102014_State_Relay_results.pdf

Age	Gender	Event	Result
U15	Girls	Shot/Discus	4th
U9	Girls	4 x Long Jump	4th
U15	Girls	Long/High	4th
U17	Boys	Long/High	4th
U17	Boys	4 x 100m	6th
U17	Boys	Shot/Discus	6th
U14	Girls	Long/High	7th
U14	Boys	Long/High	7th
U8	Girls	Shot/Discus	7th
U13	Boys	Shot/Discus	7th
U14	Boys	Shot/Discus	7th
U14	Girls	Shot/Discus	8th
U10	Boys	Shot/Discus	8th
U15	Girls	4 x 100m	9th
U17	Mixed	4 x 400	9th
U10	Girls	Long/High	9th
U11	Girls	Shot/Discus	9th
U14	Girls	4 x 100m	10th
U9	Boys	4 x 100m	10th
U11	Girls	Long/High	10th
U11	Boys	Long/High	10th
U13	Boys	Long/High	10th
U10	Girls	Shot/Discus	10th
U9	Boys	Shot/Discus	10th
U11	Boys	Shot/Discus	10th
U13	Girls	Shot/Discus	12th
U10	Boys	4 x 100m	13th
U8	Girls	4 x Long Jump	13th
U8	Girls	4 x Long Jump	13th

U12	Girls	Long/High	13th
U12	Boys	Long/High	13th
U12	Girls	Shot/Discus	13th
U10	Mixed	4 x 400	14th
U9	Boys	4 x Long Jump	14th
U9	Girls	Shot/Discus	14th
Boys Senior Middle distance			14th
U10	Girls	4 x 100m	15th
U12	Girls	4 x 100m	15th
U13	Girls	4 x 100m	15th
U13	Boys	4 x 100m	15th
U8	Mixed	4 x 200	15th
U11	Boys	4 x 100m	18th
Boys Junior Middle Distance			18th
U9	Mixed	4 x 200	19th
U11	Mixed	4 x 400	19th
U9	Girls	4 x 100m	20th
U11	Girls	4 x 100m	20th
U12	Boys	4 x 100m	22nd
U17	Girls	4 x 100m	DNF
U8	Girls	4 x 100m	DQ
U8	Boys	4 x 100m	DQ

Zone Carnival

Our next carnival was Zone & for the third time it was held in December. Since the change from Australia day in January the drop off rates are no different and from an association perspective every club must now run their zone pre-Christmas.

We trialled Photofinish on the circular track, in parallel to the regular timing gates for the first time at a Zone carnival, which was a great success. There were several instances where the gates (operator) failed and we referred back to the Photofinish system. We will use them solely at Zone next season. The Zone committee are working on ideas on how we can project the race result image onto several screens or even make available images of the finish. Stay tuned.

- ✓ We entered a total of 220 athletes (241 last year, 255 the previous and 203 3 years ago)
- ✓ 134 athletes qualified through to Region (143 last year)
- ✓ The under 7 athletes performed extremely well for their first carnival and as they don't progress through to Region, the medallists are tabled below.
 - 4 girls and 5 boys medalled, with the girls all achieving 1 bronze medal each. The boys did slightly better with 4 gold, 2 silver and 4 bronze. Congratulations to Rhys Webster for achieving 4 gold in his first carnival and Roden Dew and Marcus Rajan for a silver each

The full results can be found here

https://assets.imgstg.com/assets/console/document/documents/20141218041852North_West_Met.pdf

Under 7 Results Girls

Athlete	M/F	Event	Heat Time	Place H	Final Time	Place F
Kaylee Aspin	Female	Long Jump			2.55m	(3)
Tiana Fuller	Female	70R	14.08	(5)	13.51	(3)
Anjali Raman	Female	50R	10.00	(3)	9.94	(3)
Annabelle Rodger	Female	200R	41.66	(2)	41.68	(3)

Under 7 Results Boys

Athlete	M/F	Event	Heat Time	Place H	Final Time	Place F
Rhys Webster	Male	50R	8.90	(1)	9.02	(1)
Rhys Webster	Male	70R	12.34	(1)	11.87	(1)
Rhys Webster	Male	100R	17.50	(1)	17.37	(1)
Rhys Webster	Male	200R	35.94	(1)	35.18	(1)
Roden Dew	Male	Discus			14.33m	(2)
Marcus Rajan	Male	Long Jump			2.70m	(2)
Samuel Grubisic	Male	70R	12.55	(2)	12.57	(3)
Joshua Hand	Male	100R	18.30	(4)	18.16	(3)
Joshua Hand	Male	200R	36.99	(2)	38.10	(3)
Joshua Hand	Male	500P			2:03.39	(3)

Region Carnival

We had 134 qualifiers for Region, but after 8 withdrawals and 2 additions we took 128 athletes to Region.

Several of our Zone committee members were trained in operating the Photofinish system which ran perfectly all weekend despite the wet weather. Region is either stinking hot or soaking wet. This year we received the rain.

Congratulations to the following under 8 athletes for medalling. The under 8's do not progress to Region.

Sarah Idiare for obtaining Gold in 60 hurdles and Bronze in long jump

Matilda Tuyau Bronze in Discus

Alexander Clarence for Gold in 60 hurdles, and Bronze in 100 metres, 70 metres runs & Shot Put

Lucas Scerri Bronze in Discus

35 athletes qualified through to State in 62 events



Listed below are the club's results by age group

Athlete	M/F	Age	Event	Heats	H Place	Final	F Place
Abbey Vallance	Female	8	100 R	17.76	(9)		
Abbey Vallance	Female	8	200 R	DNS			
Abbey Vallance	Female	8	70 R	DNS			
Abbey Vallance	Female	8	Long Jump			2.98m	(7)
Amber Luchtmeijer	Female	8	400 R	1:26.32	(8)	1:26.23	(5)
Amber Luchtmeijer	Female	8	60 H	13.48	(10)		
Amber Luchtmeijer	Female	8	700 P			2:46.35	(6)
Jasmine Wong	Female	8	200 R	DNS			
Jasmine Wong	Female	8	400 R	1:27.96	(9)		
Jasmine Wong	Female	8	60 H	13.47	(9)		
Lara Brown	Female	8	Shot Put			4.06m	(10)
Matilda Tuyau	Female	8	Discus			14.31m	(3)
Sarah Idiare	Female	8	100 R	17.47	(3)	17.55	(7)
Sarah Idiare	Female	8	60 H	12.06	(1)	11.95	(1)
Sarah Idiare	Female	8	70 R	12.32	(7)	12.42	(7)
Sarah Idiare	Female	8	Long Jump			3.24m	(3)
Sindhu Senthil	Female	8	70 R	12.76	(9)		
Sindhu Senthil	Female	8	Long Jump			2.66m	(12)
Sophie Taggart	Female	8	Discus			11.95m	(7)
Sophie Taggart	Female	8	Shot Put			4.12m	(9)
Audrey Nadaya Harb	Female	9	100 R	16.38	(1)	16.27	(3)
Audrey Nadaya Harb	Female	9	60 H	11.93	(4)	11.64	(4)
Audrey Nadaya Harb	Female	9	70 R	11.24	(1)	11.14	(1)
Audrey Nadaya Harb	Female	9	Long Jump			3.79m	(1)
Bianca Salloman	Female	9	60 H	12.01	(7)	11.84	(5)
Clare Grubba	Female	9	Discus			24.10m	(1)
Clare Grubba	Female	9	Long Jump			2.90m	(13)
Clare Grubba	Female	9	Shot Put			6.41m	(2)
Vanessa Apel	Female	9	70 R	11.70	(8)	11.87	(9)
Vanessa Apel	Female	9	High Jump			1.10m	(1)
Zara Novkovic	Female	9	60 H	13.99	(16)		
Zara Novkovic	Female	9	Discus			14.79m	(7)
Zara Novkovic	Female	9	High Jump			0.90m	(10)
Zara Novkovic	Female	9	Shot Put			5.00m	(6)
Alana Brown	Female	10	1500 R			DNS	
Alana Brown	Female	10	800 R			DNS	
Holly Walker	Female	10	100 R	16.16	(14)		
Holly Walker	Female	10	60 H	13.08	(10)		
Holly Walker	Female	10	70 R	11.19	(8)	11.21	(8)

Isabella Miao	Female	10	70 R	DNS			
Jorja Wilson	Female	10	High Jump			1.10m	(6)
Lucy Hicks	Female	10	Shot Put			4.82m	(11)
Caitlin Wooldridge	Female	11	1100 W			7:57.02	(10)
Caitlin Wooldridge	Female	11	Shot Put			5.42m	(14)
Chloe Fuller	Female	11	1100 W			DNS	
Chloe Fuller	Female	11	Discus			11.75m	(14)
Emma Hansen	Female	11	60 H	12.24	(8)		
Emma Hansen	Female	11	Shot Put			6.02m	(9)
Eva Nadaya Harb	Female	11	Discus			15.31m	(10)
Eva Nadaya Harb	Female	11	High Jump			1.25m	(1)
Eva Nadaya Harb	Female	11	Long Jump			3.80m	(8)
Eva Nadaya Harb	Female	11	Triple Jump			8.31m	(6)
Jennifer Grubba	Female	11	Discus			22.81m	(2)
Jennifer Grubba	Female	11	Shot Put			7.72m	(3)
Kayla Wong	Female	11	1500 R			6:21.25	(10)
Kayla Wong	Female	11	400 R	1:21.90	(11)		
Kayla Wong	Female	11	800 R			DNS	
Kayla Wong	Female	11	High Jump			1.15m	(4)
Tahli Monahan	Female	11	1100 W			8:21.64	(11)
Tallara Bamblett	Female	11	1500 R			6:15.83	(9)
Tallara Bamblett	Female	11	High Jump			DNS	
Ashleigh Ervin	Female	12	60 H	DNS			
Ashleigh Ervin	Female	12	High Jump			1.25m	(7)
Ashleigh Ervin	Female	12	Shot Put			7.20m	(10)
Elizabeth Sullivan	Female	12	Discus			DNS	
Elizabeth Sullivan	Female	12	Javelin			DNS	
Elizabeth Sullivan	Female	12	Shot Put			DNS	
Lauren Mooney	Female	12	Triple Jump			7.89m	(14)
Mikayla Fuller	Female	12	1500 R			DNS	
Mikayla Fuller	Female	12	Discus			19.01m	(10)
Mikayla Fuller	Female	12	Javelin			DNS	
Natasha Taggart	Female	12	400 R	1:12.30	(8)	DNS	
Natasha Taggart	Female	12	800 R			2:51.31	(6)
Natasha Taggart	Female	12	Long Jump			4.02m	(11)
Natasha Taggart	Female	12	Triple Jump			8.66m	(3)
Olivia Hofmann	Female	12	High Jump			1.25m	(4)
Olivia Mason	Female	12	Triple Jump			8.27m	(9)
Sarah Smith	Female	12	Javelin			DNS	
Tamarah Boisse	Female	12	100 R	15.27	(13)		
Tamarah Boisse	Female	12	Long Jump			3.52m	(14)
Anna Miao	Female	13	Javelin			DNS	
Annabel Fryer	Female	13	200 R	DNS			
Chloe Alderson	Female	13	1500 W			11:15.25	(8)
Cloe Lavender	Female	13	100 R	DNS			
Cloe Lavender	Female	13	200 R	DNS			
Cloe Lavender	Female	13	Javelin			DNS	
Danielle Drinnan	Female	13	1500 R			4:59.71	(2)

Danielle Drinnan	Female	13	400 R			1:01.59	(1)
Danielle Drinnan	Female	13	800 R			2:20.12	(1)
Elizabeth Staples	Female	13	100 R	14.74	(6)	14.36	(6)
Elizabeth Staples	Female	13	200 H			34.52	(6)
Elizabeth Staples	Female	13	200 R	36.45	(9)	29.79	(6)
Elizabeth Staples	Female	13	80 H	15.10	(6)	15.24	(5)
Elizabeth Staples	Female	13	Long Jump			4.19m	(6)
Elizabeth Staples	Female	13	Triple Jump			8.80m	(6)
Jordyn Brown	Female	13	80 H	17.40	(10)		
Jordyn Brown	Female	13	Long Jump			3.09m	(13)
Jordyn Brown	Female	13	Shot Put			DNS	
Lua Pellegrini	Female	13	Discus			DNS	
Nicola Webb	Female	13	Long Jump			DNS	
Paige Brosnan	Female	13	Discus			30.14m	(2)
Paige Brosnan	Female	13	Shot Put			8.46m	(6)
Tiana Anderson	Female	13	1500 R			5:32.25	(5)
Tiana Anderson	Female	13	1500 W			10:22.50	(6)
Tiana Anderson	Female	13	3000 R			11:53.77	(2)
Tiana Anderson	Female	13	800 R			2:34.01	(5)
Ashleigh Cochrane	Female	14	80 H		(3)	15.01	(3)
Ashleigh Cochrane	Female	14	Discus			23.06m	(4)
Ashleigh Cochrane	Female	14	Triple Jump			9.00m	(6)
Emily Mooney	Female	14	Discus			23.35m	(3)
Emily Mooney	Female	14	Javelin			20.77m	(5)
Emily Mooney	Female	14	Long Jump			DNS	
Emily Mooney	Female	14	Shot Put			7.93m	(8)
Emily Mooney	Female	14	Triple Jump			8.41m	(10)
Fellicia Ribeiro	Female	14	Discus			14.82m	(12)
Fellicia Ribeiro	Female	14	Shot Put			7.55m	(9)
Frances Bickham	Female	14	1500 R			5:08.32	(2)
Frances Bickham	Female	14	3000 R			11:44.27	(2)
Johanna Hofmann	Female	14	Discus			15.09m	(11)
Johanna Hofmann	Female	14	High Jump			1.35m	(1)
Kahleah Scott	Female	14	High Jump			DNS	
Olivia Marfo	Female	14	200 H			DNS	
Olivia Marfo	Female	14	80 H		(2)	14.71	(2)
Olivia Marfo	Female	14	Long Jump			4.43m	(5)
Olivia Marfo	Female	14	Triple Jump			10.29m	(1)
Rowena Milliss	Female	14	1500 R			5:02.99	(1)
Rowena Milliss	Female	14	800 R			2:20.88	(1)
Abigail Newton	Female	15	Discus			31.98m	(1)
Abigail Newton	Female	15	Javelin			32.48m	(1)
Abigail Newton	Female	15	Long Jump			3.96m	(9)
Abigail Newton	Female	15	Shot Put			10.33m	(1)
Caitlyn Hicks	Female	15	100 R	13.24	(1)	13.42	(1)
Caitlyn Hicks	Female	15	200 R	28.90	(2)	26.84	(1)
Caitlyn Hicks	Female	15	90 H			14.69	(1)
Caitlyn Hicks	Female	15	High Jump			1.49m	(3)

Caitlyn Hicks	Female	15	Long Jump			5.46m	(1)
Clare Bickham	Female	15	Discus			20.78m	(6)
Clare Bickham	Female	15	Javelin			12.51m	(12)
Emma Monahan	Female	15	1500 W			9:13.77	(3)
Emma Monahan	Female	15	Discus			11.60m	(14)
Emma Monahan	Female	15	Javelin			10.44m	(13)
Emma Monahan	Female	15	Shot Put			6.11m	(12)
Johanna Selmes	Female	15	High Jump			1.53m	(1)
Johanna Selmes	Female	15	Javelin			14.99m	(11)
Johanna Selmes	Female	15	Long Jump			4.93m	(2)
Johanna Selmes	Female	15	Triple Jump			10.20m	(1)
Mackenzie Garside	Female	15	100 R	14.51	(8)	DNS	
Mackenzie Garside	Female	15	400 R	1:05.54	(1)	1:04.92	(3)
Petria Welsby	Female	15	200 R	DNS			
Petria Welsby	Female	15	Javelin			15.29m	(10)
Petria Welsby	Female	15	Triple Jump			8.43m	(10)
Rachel Lawrence	Female	15	200 R	DNS			
Christina Ribeiro	Female	17	Long Jump			DNS	
Georgia Burgess	Female	17	Discus			20.19m	(9)
Lauryn Brown	Female	17	1500 R			DNS	
Lauryn Brown	Female	17	800 R			DNS	
Lucy Laing	Female	17	Javelin			DNS	
Lucy Laing	Female	17	Long Jump			DNS	
Lucy Laing	Female	17	Triple Jump			DNS	
Taylah Porter	Female	17	100 R	13.72	(4)	13.87	(4)
Taylah Porter	Female	17	200 R	27.77	(7)	28.55	(6)
Taylah Porter	Female	17	400 R	1:09.32	(8)	DNS	
Alexander Clarence	Male	8	100 R	16.54	(4)	16.06	(3)
Alexander Clarence	Male	8	60 H	11.81	(1)	11.46	(1)
Alexander Clarence	Male	8	70 R	11.67	(5)	11.39	(3)
Alexander Clarence	Male	8	Shot Put			6.02m	(3)
Brock Prideaux	Male	8	100 R	17.27	(10)		
Brock Prideaux	Male	8	400 R	1:26.25	(11)		
Byron Aspin	Male	8	200 R	38.69	(16)		
Byron Aspin	Male	8	400 R	1:22.37	(9)		
Byron Aspin	Male	8	700 P			2:41.12	(12)
Byron Aspin	Male	8	Long Jump			3.06m	(10)
Liam O'Dare	Male	8	60 H	DNS			
Lucas Scerri	Male	8	Discus			17.41m	(3)
Zach Redwood	Male	8	100 R	17.85	(13)		
Zach Redwood	Male	8	Long Jump			3.04m	(11)
Aidan Brosnan	Male	9	Discus			17.53m	(7)
Aidan Brosnan	Male	9	Shot Put			5.05m	(13)
Benjamin Godfrey	Male	9	800 R			2:55.96	(2)
Benjamin Godfrey	Male	9	Discus			11.91m	(15)
Benjamin Godfrey	Male	9	High Jump			1.00m	(7)
Dominic Grubisic	Male	9	Discus			6.48m	(16)
Jacob Seaman	Male	9	400 R	1:15.05	(2)	1:12.77	(1)

Jacob Seaman	Male	9	70 R	10.99	(3)	10.86	(3)
Jacob Seaman	Male	9	High Jump			0.95m	(9)
Luke Alderson	Male	9	60 H	11.85	(5)	11.56	(3)
Luke Alderson	Male	9	High Jump			1.05m	(6)
Luke Alderson	Male	9	Long Jump			3.47m	(4)
Luke Alderson	Male	9	Shot Put			4.06m	(15)
Mason Newton	Male	9	Discus			16.06m	(9)
Mitchell Seaman	Male	9	100 R	15.59	(1)	15.54	(3)
Mitchell Seaman	Male	9	200 R	33.26	(7)	31.79	(4)
Mitchell Seaman	Male	9	400 R	1:13.86	(1)	1:14.39	(3)
Mitchell Seaman	Male	9	Long Jump			3.43m	(6)
Riley Wilson	Male	9	200 R	35.10	(14)		
Aaron Byrne	Male	10	Discus			23.70m	(2)
Aaron Byrne	Male	10	High Jump			DNS	
Benjamin Lackas	Male	10	1100 W			8:41.93	(7)
Brendan Pospischil	Male	10	1100 W			7:09.17	(3)
Caleb Knight	Male	10	100 R	16.10	(15)		
Caleb Knight	Male	10	Shot Put			6.85m	(10)
Charlie Egan	Male	10	100 R	15.07	(5)	15.30	(5)
Charlie Egan	Male	10	70 R	10.42	(1)	10.33	(2)
Eden Boisse	Male	10	100 R	15.19	(8)	15.45	(7)
Jy Windle	Male	10	70 R	10.74	(5)	10.87	(8)
Jy Windle	Male	10	Long Jump			3.93m	(7)
Lachlan Wood	Male	10	400 R	1:13.06	(5)	1:10.67	(3)
Lachlan Wood	Male	10	800 R			3:02.74	(12)
Luke Juhart	Male	10	400 R	1:18.34	(10)		
Luke Juhart	Male	10	60 H	12.37	(12)		
Luke Juhart	Male	10	High Jump			1.15m	(6)
Luke Juhart	Male	10	Long Jump			3.84m	(9)
Max Spackman	Male	10	400 R	1:13.56	(7)	1:14.65	(7)
Max Spackman	Male	10	800 R			2:49.08	(7)
Ryan Salloman	Male	10	60 H	11.10	(3)	11.14	(3)
Ryan Salloman	Male	10	High Jump			1.15m	(7)
Ryan Salloman	Male	10	Long Jump			4.06m	(6)
Zachary Porter	Male	10	100 R	15.49	(13)		
Zachary Porter	Male	10	200 R	DNS			
Zachary Porter	Male	10	Long Jump			3.73m	(11)
Alex Marshall	Male	11	Shot Put			7.69m	(9)
Cameron Scott	Male	11	High Jump			1.10m	(12)
Connor Fornari	Male	11	1100 W			9:29.05	(9)
Connor Fornari	Male	11	Triple Jump			8.30m	(5)
Patrick Spence	Male	11	200 R	30.78	(11)		
Patrick Spence	Male	11	Shot Put			9.91m	(6)
Peter Campbell Rogers	Male	11	400 R	1:16.23	(6)	1:18.42	(7)
Peter Campbell Rogers	Male	11	Triple Jump			7.99m	(8)
Erick Rajan	Male	12	60 H	10.88	(3)	10.75	(2)

Erick Rajan	Male	12	High Jump			1.30m	(6)
Erick Rajan	Male	12	Long Jump			4.12m	(9)
Erick Rajan	Male	12	Triple Jump			8.90m	(7)
Gabriel Pellegrini	Male	12	Discus			DNS	
Gabriel Pellegrini	Male	12	High Jump			DNS	
Gabriel Pellegrini	Male	12	Triple Jump			DNS	
Jackson Richards	Male	12	100 R	15.24	(12)		
Jackson Richards	Male	12	Javelin			11.44m	(9)
Lachlan Degioia	Male	12	100 R	DNS			
Lachlan Degioia	Male	12	200 R	DNS			
Lachlan Degioia	Male	12	High Jump			DNS	
Matthew Church	Male	12	100 R	13.81	(3)	13.76	(2)
Matthew Church	Male	12	Javelin			10.06m	(11)
Matthew Church	Male	12	Long Jump			4.69m	(6)
Nathan Apel	Male	12	Discus			17.66m	(10)
Ryan McGuckin	Male	12	400 R	1:12.39	(7)	1:12.93	(5)
Ryan McGuckin	Male	12	800 R			2:47.61	(7)
Andrew Castia	Male	13	100 R	14.12	(4)	15.87	(7)
Andrew Castia	Male	13	200 H			30.75	(2)
Andrew Castia	Male	13	Javelin			26.07m	(1)
Andrew Castia	Male	13	Shot Put			10.69m	(2)
Callum Walker	Male	13	400 R	1:23.83	(11)		
Callum Walker	Male	13	80 H	19.13	(9)		
Connor O'Brien	Male	13	1500 R			5:42.31	(8)
Connor O'Brien	Male	13	400 R	1:18.91	(10)		
Jamie Monahan	Male	13	1500 W			DQ	
Jamie Monahan	Male	13	Discus			20.72m	(7)
Jamie Monahan	Male	13	Shot Put			8.46m	(7)
Lachlan Porter	Male	13	100 R	14.63	(6)	14.25	(5)
Lachlan Porter	Male	13	200 R	29.17	(8)	30.33	(7)
Lachlan Porter	Male	13	Long Jump			4.38m	(6)
Nicholas Long	Male	13	100 R	14.44	(7)	14.36	(6)
Nicholas Long	Male	13	200 H			31.94	(5)
Nicholas Long	Male	13	200 R	28.63	(6)	28.57	(6)
Nicholas Long	Male	13	400 R	1:01.50	(1)	1:02.16	(1)
Nicholas Long	Male	13	800 R			DNS	
Nicholas Long	Male	13	High Jump			1.35m	(6)
Omar Nadaya Harb	Male	13	80 H	14.64	(3)	14.86	(4)
Omar Nadaya Harb	Male	13	Discus			25.17m	(5)
Omar Nadaya Harb	Male	13	High Jump			1.40m	(5)
Omar Nadaya Harb	Male	13	Long Jump			4.16m	(9)
Omar Nadaya Harb	Male	13	Triple Jump			9.62m	(5)
Ryley Bamblett	Male	13	3000 R			13:28.49	(7)
Jackson Wilbow	Male	14	Discus			DNS	
Jackson Wilbow	Male	14	High Jump			DNS	
Jackson Wilbow	Male	14	Long Jump			DNS	
Joshua Kahane	Male	14	High Jump			1.40m	(10)
Keenan Laing	Male	14	100 R	DNS			

Sam Darling	Male	14	200 H	35.29	(10)		
Alexander Cummins	Male	17	High Jump			1.69m	(2)
Alexander Cummins	Male	17	Long Jump			4.55m	(12)
Benjamin Kahane	Male	17	110 H	16.69	(4)	16.28	(3)
Benjamin Kahane	Male	17	200 H			28.10	(6)
Benjamin Kahane	Male	17	High Jump			1.50m	(11)
Benjamin Kahane	Male	17	Long Jump			4.81m	(10)
Benjamin Kahane	Male	17	Shot Put			8.23m	(11)
Benjamin Kahane	Male	17	Triple Jump			10.45m	(10)
Callum Brosnan	Male	17	Discus			35.17m	(5)
Callum Brosnan	Male	17	Shot Put			11.48m	(3)
Joshua Wooldridge	Male	17	Discus			DNS	
Joshua Wooldridge	Male	17	High Jump			DNS	
Joshua Wooldridge	Male	17	Javelin			DNS	
Joshua Wooldridge	Male	17	Shot Put			10.78m	(6)
Kai Parrello	Male	17	200 R	DNS			
Kai Parrello	Male	17	Long Jump			6.00m	(5)
Kai Parrello	Male	17	Triple Jump			12.36m	(4)
Nicholas Welsby	Male	17	100 R	11.82	(3)	11.86	(2)
Nicholas Welsby	Male	17	Javelin			37.47m	(5)
Nicholas Welsby	Male	17	Long Jump			6.30m	(2)
Nicholas Welsby	Male	17	Triple Jump			11.99m	(6)
Nick Darling	Male	17	High Jump			1.50m	(11)
Nick Darling	Male	17	Javelin			35.36m	(6)
Sahil Kumar	Male	17	800 R			2:36.05	(8)
Thomas Robson	Male	17	Long Jump			DNS	
Timothy Martin	Male	17	1500 R			DNS	
Timothy Martin	Male	17	3000 R			10:55.43	(5)
Timothy Martin	Male	17	400 R			52.65	(2)
Timothy Martin	Male	17	800 R			2:01.75	(3)
Zane Fardy Moroney	Male	17	110 H	16.58	(5)	16.04	(2)
Zane Fardy Moroney	Male	17	200 H			27.58	(4)
Zane Fardy Moroney	Male	17	Triple Jump			10.72m	(9)
Winston Hills	Boys	0	4x100 Jnr			57.82	(1)
Winston Hills	Girls	0	4x100 Jnr			1:01.66	(5)
Winston Hills	Girls	0	4x100 Snr			54.81	(3)

The full Region results can be found here

[https://assets.imgstg.com/assets/console/document/documents/20150223111818Results -
Region 6 - 21-22 Feb 2015.pdf](https://assets.imgstg.com/assets/console/document/documents/20150223111818Results_-_Region_6_-_21-22_Feb_2015.pdf)

State Championships

State Championships is the pinnacle carnival of the season, where the best of the best come from NSW wide to compete at Homebush. It's the day that every athlete trains hard for & for some everything clicks & for

some it doesn't which can be cruel – but reaching State level is a superb achievement & every athlete who you see today with their State jacket is to be congratulated.

The girls this year won all of the medals.

- Danielle Drinnan Gold in 800 and 2 Bronze in the 400 and 1500 runs
- Caitlyn Hicks Gold in Long Jump,
- Audrey Nadaya Harb Gold in Long Jump
- Vanessa Apel bronze in High Jump

On top of this, Danielle Drinnan from the Under 13 Girls has been selected to represent NSW at the nationals in Perth. This is an outstanding achievement. This is what training looks like

Below are the State results

Name	M/F	Age	Event	Seed	Heat	H Place	Final	F Place
Aaron Byrne	Boys	U10	Discus	23.70m			21.04m	-20
Brendan Pospischil	Boys	U10	1100W	07:09.2	DQ			
Charlie Egan	Boys	U10	70R	10.33			10.47	-11
Lachlan Wood	Boys	U10	400R	01:10.7	01:10.4	-12		
Ryan Salloman	Boys	U10	60H	11.14	10.95	-10		
Ryan Salloman	Boys	U10	Long Jump	4.06m			4.42m	-4
Patrick Spence	Boys	U11	Shot Put	9.91m			10.30m	-9
Erick Rajan	Boys	U12	60H	10.75	10.99	-21		
Matthew Church	Boys	U12	100 R	13.76	13.71	-11		
Matthew Church	Boys	U12	Long Jump	4.69m	DNS			
Andrew Castia	Boys	U13	200H	30.75	DNS			
Andrew Castia	Boys	U13	Shot Put	10.69m			10.03m	-13
Andrew Castia	Boys	U13	Javelin	26.07m			23.02	-19
Nicholas Long	Boys	U13	400R	01:02.2			01:00.6	-10
Alexander Cummins	Boys	U17	High Jump	1.69m			1.710m	-12
Benjamin Kahane	Boys	U17	110 H	16.28			17.44	-20
Kai Parrello	Boys	U17	Long Jump	6.0m	DNS			
Kai Parrello	Boys	U17	Triple Jump	12.36m			12.37m	-8
Nicholas Welsby	Boys	U17	100 R	11.86	11.84	-15		
Nicholas Welsby	Boys	U17	Long Jump	6.30m			6.17m	-13
Nicholas Welsby	Boys	U17	Triple Jump	11.99m	DNS			
Timothy Martin	Boys	U17	400R	52.65			52.95	-8
Timothy Martin	Boys	U17	800 R	02:01.8			02:11.6	-16
Timothy Martin	Boys	U17	3000R	10:55.4	DNS			
Zane Fardy Moroney	Boys	U17	110 H	16.04			16.73	-16
Benjamin Godfrey	Boys	U9	800 R	02:56.0			03:05.4	-23
Jacob Seaman	Boys	U9	70R	10.86	11	-14		

Jacob Seaman	Boys	U9	400R	01:12.8	01:14.1	-12		
Mitchell Seaman	Boys	U9	200R	31.79	31.77	-11		
Mitchell Seaman	Boys	U9	400R	01:14.4	01:21.7	-23		
Eva Nadaya harb	Girls	U11	High Jump	1.25m			1.30m	-7
Jennifer Grubba	Girls	U11	Discus	22.81m			19.77m	-20
Jennifer Grubba	Girls	U11	Shot Put	7.72m			7.53m	-18
Danielle Drinnan	Girls	U13	400R	1.01.59	1.01.86	-2	59.89	-3
Danielle Drinnan	Girls	U13	800 R	2.20.12	2.29.39	-5	2.20.23	-1
Danielle Drinnan	Girls	U13	1500R	04:59.7			4.51.8	-3
Paige Brosnan	Girls	U13	Discus	30.14m			27.57m	-18
Tiana Anderson	Girls	U13	3000R	11:53.8			11:38.9	-9
Frances Bickham	Girls	U14	1500R	05:08.3			05:09.4	-10
Frances Bickham	Girls	U14	3000R	11:44.3			11:02.5	-5
Johanna Hofmann	Girls	U14	High Jump	1.35m			1.40m	-13
Olivia Marfo	Girls	U14	80H	14.95			14.51	-14
Olivia Marfo	Girls	U14	Triple Jump	10.29m			10.39m	-8
Rowena Milliss	Girls	U14	800 R	02:20.9			02:30.7	-6
Rowena Milliss	Girls	U14	1500R	05:03.0			4.52.86	-4
Abigail Newton	Girls	U15	Discus	31.98m			27.48m	-11
Abigail Newton	Girls	U15	Shot Put	10.33m			10.28m	-10
Abigail Newton	Girls	U15	Javelin	32.48m			32.42m	-7
Caitlyn Hicks	Girls	U15	100 R	13.42	DNS			
Caitlyn Hicks	Girls	U15	200R	26.84			27.03	-6
Caitlyn Hicks	Girls	U15	90H	14.93	13.88	-4	13.69	-4
Caitlyn Hicks	Girls	U15	High Jump	1.49m			1.45m	-10
Caitlyn Hicks	Girls	U15	Long Jump	5.46m			5.35	-1
Emma Monahan	Girls	U15	1500w	09:13.8			9.09.03	-10
Johanna Selmes	Girls	U15	High Jump	1.53m			1.50m	-7
Johanna Selmes	Girls	U15	Long Jump	4.93m			4.59m	-11
Johanna Selmes	Girls	U15	Triple Jump	10.20m			10.69m	-6
Audrey Nadaya Harb	Girls	U9	70R	11.14			11.27	-15
Audrey Nadaya Harb	Girls	U9	Long Jump	3.79m			3.87m	-1
Clare Grubba	Girls	U9	Discus	24.1m			23.75m	-4
Clare Grubba	Girls	U9	Shot Put	6.41m			6.07m	-13
Vanessa Apel	Girls	U9	High Jump	1.10m			1.17m	-3

The full results can be found here

https://assets.imgstg.com/assets/console/document/documents/20150324083500State_Results_2015_-_by_centre.pdf

Congratulations to all athletes on a fantastic year and look forward to seeing you all again next season

Records & Rankings Officer – Karen Cochrane

Another season has come and gone and there are been plenty of PBs and records. I have been very blessed to have such a wonderful and very diligent group of people who have made my role very easy. I sincerely thank Fiona, Maree, Wiebke and Gwen for all their wonderful work.

A big thank you to both our webmasters, Scott and Jason for being so patient whilst the data was processed and uploaded to the website.

32 records were broken or equalled this season.

Congratulations to all those athletes who were the recipients of those records. A list of athletes is below and you will note that some of these recipients broke the record numerous times.

Our record holders are as follows:

ATHLETE NAME

Zach Redwood	U8 Boys	60m Hurdles
Ryan Salloman	U8 Boys	60m Hurdles (5 times)
Andes Glew	U13 Boys	80m Hurdles
Jandamurra Stewart	U14 Boys	Long Jump, 90m Hurdles x2, Shot Put
Kurt Garnett	U17 Boys	400m
Nicholas Welsby	U17 Boys	Triple Jump, Long Jump (3 times)
Kai Parrello	U17 Boys	Triple Jump
Timothy Martin	U17 Boys	800m (3 times) and 1500m
Amber Luchtmeijer	U8 Girls	60m Hurdles
Sarah Idiare	U8 Girls	60m Hurdles (3 times)
Abigail Newton	U15 Girls	Javelin (3 times)
Caitlyn Hicks	U15 Girls	80m Hurdles and Long Jump (2 times)
Johanna Selmes	U15 Girls	Triple Jump

Well this season has come to an end and it is time to pack the laptop away for a little while, however, before I know it, it will be time to unpack it.

Once again, I would like to thank my tireless data entry parents as without your assistance, I could not have done this job on my own.

I will be recruiting again for next season so if anyone has a few hours a week to assist us with the data entry, it would be greatly appreciated.

If you would like to assist, please have a chat with me or someone else from the Committee.

As they say....many hands make light work!!!

Have a great off season and I will see you all next season.

Officer for Constitution & Conflicts – Andrew Martin

This season has seen our Centre enter a new era as an incorporated body. This is something that should not impact the operation of our Centre, in particular the conduct of the athletic events. It will have some positive changes to how we operate behind the scenes to ensure good and proper governance of the Centre to meet legislative requirements for organisations such as ours.

Under the LANSW Constitution adopted in December 2012 all Centres are required to be incorporated under the Associations Incorporations Act 2009 to ensure ongoing affiliation. Due to our unique relationship as an auxiliary of the Winston Hills Sports Club we have to this point had the benefit of the Sports Club status as a parent company. Unfortunately this no longer complied with the requirement of the Association and we were compelled to incorporate to ensure we can continue to provide athletics in our community under the auspices of LANSW.

At a special general meeting held on 14 February 2015, it was proposed and agreed that our Centre become incorporated according to the Associations Incorporations Act 2009. It was also proposed and agreed that a new constitution be adopted, aligned closely with the template constitution prepared by LANSW. And it was also proposed and agreed that the name of our centre be changed to Winston Hills Little Athletics Centre Incorporated (as required by the legislation). Fiona Selmes, our Centre Secretary, was appointed our first Public Officer under our new corporate guise.

Our application for incorporation was accepted by NSW Fair Trading and our registration took effect from 27 February 2015. Our new constitution also took effect at this time. The new constitution conforms to the requirements of the Act and also satisfies those of LANSW.

I'd like to thank all those on the Committee who contributed to this process. It has spanned the last couple of seasons and has required much work behind the scenes to ready us for the SGM and apply for incorporation. A particular thank you to Fiona Selmes for doing much of the administrative and paper work to see this through to fruition. I'd also like to thank one of our members, Gary Thomas, for taking the time to review and provide feedback on the new constitution and his participation at the SGM.

There are a small number of tasks still to be completed to round out the incorporation. There were a few minor typographical errors in the proposed constitution and these should be corrected by amendments to be proposed at the AGM. The bylaws made under the previous constitution continue to apply so far as they do not conflict with the new constitution but these will require review and revision by the next Committee. There are also areas under the new constitution that may warrant new regulations being written, but again this will be a task for the new Committee.

We have had no formal complaints or conflicts passed on this season which is always a pleasure to report. Whilst that is not to say that there may not have been any conflicts during the season it is a credit to all our members for resolving any differences without the need to make them formal or official.

Thank you to all the members of our club for doing me the honour of elevation to Life Member at the last AGM. It is a great privilege to have served our club and to be recognised in this way.

Best wishes to all for the off-season (& cross-country) and hope to see you all return for our 40th season in 2015/2016.

Officer for Age Managers & Health and Safety – Lauren Nicola

Firstly, a big thank you to all of our wonderful Age Managers and Assistant Age Managers this season. Thank you for volunteering and dedicating yourselves to making a difference to your athletes' Saturday mornings during our season. I hope you have enjoyed the summer at WHLAC and experienced the many triumphs and rewards that come with being an Age Manager. Also, thank you to the parent helpers who have assisted during the season. Saturday mornings and competitions would not be possible without the continued support from parents.

Secondly, thank you to my amazing first aid team who turn up each week ready to manage any injuries that come their way. Thankfully, most injuries were only minor, however your contributions are invaluable to our club. I'm also pleased to announce that WHLAC has obtained an AED for use in case of an emergency.

I wish everyone a great off season, and look forward to seeing everyone back in September to celebrate 40 years of WHLAC!

Social Officer – Emily Jordan

This year was a little quieter on the social scene. In November we again celebrated Pinkletics this time raising money for The Children's Hospital. In December we had our annual Committee BBQ at Simon Nicola's which was a great success. This year it was decided not to hold a Dinner Dance and instead we had an informal pizza dinner with the Under 17s to farewell them after many years with the club.

We also decided to change up Presentation Day so I hope you all enjoy the rides, a free sausage sizzle and don't forget to get your face painted!!

Again I took on the job of looking after our Club Relay teams, both our junior teams qualified for Region along with the senior girls team. The senior girls took home bronze and the junior boys took home GOLD!! Congratulations to our team consisting of Mitchell Seaman, Patrick Spence, Charlie Egan and Matthew Church. Thank-you to Daniel Alderson, Sara Welsby, Simon Nicola and Jess Martin for your help with the relays this year.

Next year will be a bigger year for the social calendar as our club turns 40!! So far we have locked in Saturday 7th of November as our celebration evening so get your friends together and save the date! Keep as eye out as we will have a few more events over the course of the year.

Wishing you all a great off season and see you all next year!!



Publicity – Rob Henretty

2014/15 was a big season for WHLAC, and as it was my first on the Committee I was glad to be a part of it. While I was a bit time restricted (aren't we all!), I was glad to help spread the word of some of the great performances and behind the scenes work being done by releasing a few newsletters.

I would of course like to say a big thank you to all of the Committee members and all of the volunteer helpers who give hours of their time to help WHLAC run, and provide a great atmosphere for all of the athletes.

I hope you all enjoyed a great season and we will hopefully see you all back next year!

Canteen – Grace Baker

Take 4 women who have never run a canteen before and two experienced men to work their magic with BBQ tools and meat, and you have what we called ourselves 'the Canteen Crew of Club 76'. The season started off with fear and excitement as we didn't know how we were going to manage such an important task of feeding our Athletes, Parents, Helpers and Committee Members. But we all seemed to gel and it wasn't long before we became specialists in our chosen field. Mary – the bun lady, Rose the Onion Lady, Emily the organiser and me the Zooper Dooper cutter, as well as, we all pitched in to serve, make toasties, hotdogs and shop every week for what was needed.

It wasn't long before we realised, that with great organisation, it really wasn't a big job to co-ordinate and every Saturday morning, it ran smoothly, and we received many thanks and praise from our wonderful customers.

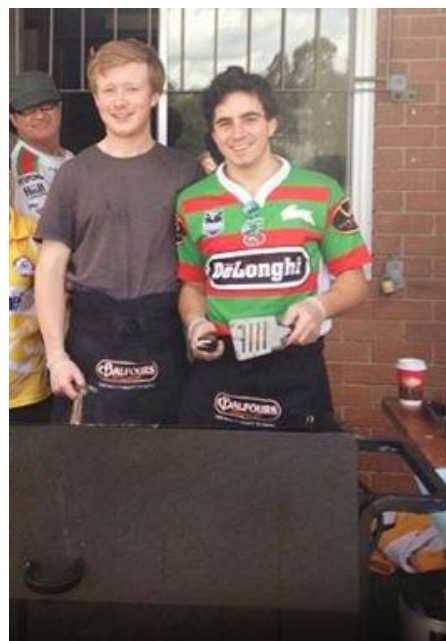
We managed to bring in in excess of \$10,500 that will go back to the athletes.

A big thankyou to Wayne Baker and Paul Cochrane who cooked the BBQ to perfection, and to two young men who gave up their Saturday morning to help out when needed, Josh Baker and Neil Jordan. Also, Peter Mylonas and Adam Mylonas who picked up the bread and delivered it to the club house every Saturday.

We have thoroughly enjoyed our first season and are looking forward to a bigger and better season next year. We will be looking to recruit a new team for the following season, so come up and see how the canteen is run and put your names forward.

A special mention must go out to Suzanne Martin, Suzanne Alderson, Sara Welsby, Fiona Selmes and Karen Cochrane, who has filled in when some of us couldn't be there.

Also to Mary, who was there each and every Saturday and not missing out on any Saturday morning.



Have a great Off Season,
Mary Jordan, Rose Mylonas, Emily Jordan, Grace Baker, Paul Cochrane and Wayne Baker

Club Captain Reports

Girls Club Captain – Lauryn Brown

Hi everyone, I am Lauryn Brown and I have had the pleasure of being Winston Hills club captain for the 2014/15 season. It's been another great year, and it really makes me happy to see the club growing and more kids participating eagerly, having fun and trying their best week after week. I started little athletics with the club in under 12's, and even though its only been 5 years, I've met some fantastic people and gained knowledge and experience that will last a life time. Through athletics I've met some of the most supportive, encouraging and friendly people I know, and one of the things that I will take away from my time at the club will be the lifelong friendships that I have made. Without the constant encouragement and support from fellow athletes, friends, coaches and parents, I would never have been able to achieve my own personal goals. I've also had the pleasure of training with and building close friendships with many great athletes who have recently achieved outstanding results competing at state and national level, and it's been great watching them progress and get the results they deserve through their hard work and commitment. Little athletics offers so many great opportunities for kids to get out and active, try new things and have fun with friends. There's nothing that makes me happier than seeing our athletes, both young and old, trying their best, encouraging each other and having fun, whilst also getting out and having a go. I hope that you all had a great year and I hope to see you all back here in September for the start of another fun-filled and exciting season. Thank you.

Boys Club Captain – Tim Martin

It has been a privilege to serve as Club Captain for the 2014/15 season and it is sad to say that we are at the close of another great season which has come and gone so quickly. It has been yet another great season at Winston Hills and I would like to congratulate all the athletes on their excellent efforts and participation.

This season has been very successful at all levels of competition with many records being broken, medals won at region and state carnivals, and of course countless PB's for all the athletes on Saturday mornings. And to all those athletes who didn't quite reach their goal, success comes with perseverance and continued effort. It can take you years to reach some goals and it has taken me all my years of competing at athletics to be an automatic State qualifier for the first time and win a region medal, in my last year of athletics.

Not a season goes by that the clubs success is not due to the hard working team of committee members and coaches who make sure that the club runs as smoothly as possible and ensure that the athletes have the means to train and improve. I would like to thank everyone involved for their dedication to improving the club.

After 13 seasons, this was sadly my last, and we have to say goodbye to this year's group of U/17s athletes and congratulate them on their outstanding work this season and hand over to the next group. I encourage all those who can to come back next year for another great season in 2015/16 and I might come back to see everyone then.

Girls Vice-Captain – Olivia Cochrane

Another season has come and gone as quickly as it started.

My role as Girl's Vice Captain has been one that I feel very privileged to have been given. This opportunity is one that I will cherish and look back on with fond memories. It has been so good to turn up each Saturday and see so many smiling faces from our athletes, their parents and committee members.

In my experience as a little athletics member, I have enjoyed coming along to athletics for fun and fitness. Athletics has been part of my life for over 12 years starting as a tiny tot at Quakers Hill.

As I look back over those years the thing that brings me back to athletics each year is the friendships that I have made and I hope they will last beyond our years at Little Athletics.

I would like to wish all the U17s leaving this year all the best and I hope we can remain in contact. I would particularly like to thank Tim, Lauren and Ben for sharing this experience with me and a huge thanks to Andrew Martin, Emily Jordan and Hugh Darling for believing in me and encouraging me each week.

I would like to thank the Committee and parent helpers for all their efforts in making WHLAC the great club that it is.

And last but not least I would like to thank the athletes for making me smile each and every week. It has been wonderful to watch you all grow and achieve those PBs and goals. I wish you all good luck in the off season and look forward to seeing your smiling faces next season when I will begin my last season in the U17s at WHLAC.

Boys Vice-Captain – Ben Kahane

The 2014/2015 season has capped off yet another enjoyable and memory-filled season for myself, and the Winston Hills Little A's club. For me personally, this was also the completion of my 12th, and final, Little A's season, as age has caught up to me, and I will no longer be eligible to come down to Gooden Reserve early each Saturday to compete in the many events, which is something I will miss. Sure, sleeping in will be good, but I can honestly say that I have loved every minute of my little A's experience, from mucking around with my friends, looking for beetles & rocks etc. in the younger age groups, to finally getting my first, (and last) state jumper this year in the 17s.

I would like to thank all the parents who give up their time, whether to help each Saturday morning, be an age manager or committee member, or just by coming down each Saturday and giving your children the chance to have a wonderful Little A's experience, like I have enjoyed.

Lastly, I would like to give a huge thanks to Andrew Martin, who has been my age manager for the last 10 years, for impressing upon me the belief in being positive, to always try your hardest, and be happy that if you have done your best, that's good enough.



Age Group Reports

Tiny Tots 'A' – Rebecca Musgrave

This season saw over 50 Tiny Tot registrations which gave us over 50 energetic and enthusiastic three and four year olds with a few five year olds. As a result we made a decision to split the Tiny Tots into two groups rather than Boys and Girls as there were an overwhelming number of boys.

Well each week my enthusiastic group of tiny tots did so much running, jumping, and throwing each week, but they rarely ran out of energy. At the Long Jump pit we started the season trying to grasp the concept of taking off with one foot and landing with two. With lots of practice each week the kids made outstanding improvements which resulted in a group of talented long jumpers.

The obstacle course proved a big hit each week; although at times the kids needed a little encouragement to go through a wet tunnel which at times was full of wet grass. We have lots of fun learning to throw a shot put. With some direction given they had their chicken wing shot put arms at the ready. I would have to say that some of the parents had some great 'ducking skills' with shot puts going in all directions, but great fun was had by all.

Overall it was great to see the social and athletic skills the Tiny Tots develop and improve over the season. Nothing gave me more pleasure but to see the look on the kids faces when they won a weekly encouragement award. And as the weather warmed up the iceblocks proved a HUGE hit.

I would like to take this opportunity to thank ALL the parents for their help week in and week out, and for giving all the children the cheering and encouragement they deserved.

To the Tiny Tots, it was a great pleasure getting to know each and every one of you and helping you learn and have loads of fun in the process. Good Luck for the future years.

Tiny Tots 'B' – Wayne Zahra and Subhajit (Sub) Dey

What an awesome year this has been with chitter chattering every Saturday morning with a bunch of fun loving kids and few adults. And to put the cherry on the top, there was lots of running, exercise, jumping, pushing, shoving and what not. Yes, I'm talking about our Tiny Tots group B with around twenty five energetic little buddies and their parents.

This year we decided not to go as "boys" and "girls", rather it was a "go as you like". Obviously there were a fair number of kids which meant we divided the whole lot into two groups, but it was a mixed pack. The kids could choose to go in the same group as their friends or siblings and have fun. As usual, we would go through the events one by one as pre-planned but there had always been a little experiment every week. The usual sequence would be either long jump, then two series of runs and activities or the vice versa, depending on which group you were.

Every kid was different in their nature and work rate; however the level of enthusiasm and excitement that we had noticed on those twinkle eyes were second to none. A few games like shaking the parachutes, relay race and tug of war were amongst the favourites and we have always

been fortunate to receive great supports from the parents and guardians. It really felt like, “Many hands make light work”.

As for ourselves as age managers, we could not have asked for any better experience than this. Everyone starting from the sponsors, to the organisers, volunteers, committee members, participants and the parents had been immensely helpful. The happiness and enjoyment that we have noticed every week made our job far easier and satisfying. Being the first experience age managing, we would love to continue, however would encourage other first timers to please step in and be a part of the amusement. Thank you all and will see you next year.

Under 6 Boys – Michael Fernandez and Rhiannon Moore (Assistant)

It's only my second year in the Winston Hills Little Athletics Club and I am very impressed by the organising and running of the day and the support parents gave.

The boys appeared to enjoy themselves along the way which to me is the prime objective. Between events we had some fun playing games (duck duck goose, big bad wolf, relays, hurdles and tug o war). As the season continued they started becoming more familiar with the athletics events and their improvements started showing. The quicker boys started to stand out as well as the boys with the greater strength and stamina.

These are the boys that made it through the season and improved in all their events:

Riley Payne Hamilton Lambeth Alexander Castia

Ryder Brown Heath Moore Xavier Razzaque

Cruze Richards Mace Richards Daniel Whitehouse

Owen Wallace Thomas Brackenreg Joseph Wesser

Dean Grant Charlie Bibb Marcus Prideaux

Ethan Fernandez Nicholas Toth Oscar Wills

Congratulations everyone for doing your best and for joining in the fun.

I have to especially congratulate Rhiannon, my assistant age manager who did a marvellous job in guiding the boys with exercise routines and demonstrations of each events. The support Rhiannon gave the boys was fantastic and I'm sure they all appreciated it. I'd also like to thank Rhiannon's parents as well as many other parents who did a great job supporting us throughout the season. Thank you everyone!

I hope that all of you have enjoyed the season and will return for the next one. Once again thank you to all the parents for their friendship and support with helping out each Saturday.

Under 7 Girls – Trevor McNeilly

The competitive nature of the under 7 girls lead to numerous conversations before each race about who was going to win and who would beat their PB.

The girls encouraged and cheered for each other while pushing themselves to achieve great results.

It was inspiring to hear the excited announcement at the finish line from many of our girls and their parents that a PB had been broken.

Each running day was filled with laughter while playing fun warm up games of tag, chasing and any game the girls would create.

It was a terrific season seeing the throws and jumps getting longer and the times shorter. Many of our athletes achieved great results and continually strived for improvement.

Thank you parents for making this season so easy by being proactive and helpful at every event. It's been a great team effort put in by all for our children.

A big thank you to Alex and Sharon for doing a wonderful job as assistant Age managers. Your help with coordination every week ensured we got through the program smoothly.

Well done under 7 girls for being so enthusiastic, well behaved and trying your hardest every week.

Under 7 Boys – Richard Abela

What another HUGE year for the Boys this year! Phil and I knew from day one that it was going to be a challenging season. We saw all the boys really get into the spirit of competing with not only each other but trying to beat their PBs every week. The weekly result sheets were a great idea and glad they were reintroduced this season.

The Under 7 Boys were well represented in the State Multi's with Issac Chevalier, Samuel Grusbisic, Joshua Hand, James McNally, Hayden Spackman & Rhys Webster all competing to the best of their abilities whilst doing Winston Hills proud.

Thanks to all the parents that helped Phil & I look after the kids, without all the helpers we would never be able to function as well as we have this season.

I was so proud of the boys this season as I saw them grow and gain more confidence every week. I hope that we see them all back next season with more energy and determination than ever.

Under 8 Girls – Tony Brown and Michelle Nixon

It was another great season of Little Athletics from all the girls in in the 2014/2015 year.

This year was another big step up in challenges as we attended the State Relays at Homebush Athletic Stadium plus the Zone carnival in Baulkham Hills and the Regional carnival at Blacktown.

The girls all put in amazing performances and I think everyone did an amazing job and had a great time.

Here are the participants and achievements;

Zone Carnival

- 70m - Sindhu, Sarah and Lara and Abbey came 3rd.
- 100m - Sindhu, Gabby, Leah, Sarah 4th, Abbey 6th.
- 200m - Abbey, Lara, with Jasmine and Amber in the finals.
- 400m - Kathryn, Sophie with Jasmine and Amber in the finals.
- 60 hurdles - Alex, Matilda with Jasmine and Sindhu in the final and Sarah 1st, Amber 2nd.
- 700m - Amber, Sophie, Matilda, Kathryn final
- Long jump - Sindhu, Matilda, Jasmine, with Sarah 1st, Abbey 3rd.
- Shot put - Gabby and Sophie and Lara 3rd.
- Discuss – Amelia and Kathryn with Matilda 2nd, Sophie 3rd.

Regional

- 70m – Sindhu and Sarah
- 100m – Sarah and Abbey
- 400m - Amber and Jasmine
- 60m – Amber, Jasmine, Sarah got 1st.
- 700m - Amber
- Long jump – Abbey, Sindhu and Sarah 3rd.
- Shot put - Sophie and Lara.
- Discuss – Sophie and Matilda for 3rd.

Michelle and I are both very proud of everyone's performances throughout the year and we congratulate every single girl for the amazing efforts you put in each week and the results and PB's you achieved over the season.

Again a special big thank you this year to all the parent helpers who tirelessly helped us week after week. With so many kids to help coach and train to do their best we needed all the help we could get, so again thanks very much.

So here's the 2014/15 Under 8 girls – Samantha Torrens a great all-rounder athlete Sindhu Senthil a fantastic little sprinter and long jumper, Jasmine Wong amazing at the 200m and the 400m Kathryn Thomas a great runner and now jumper and pretty good thrower as well, Ashlynn Webber still an awesome jumper! Abbey Vallance our sprint queen, Natasha Vaughan a great hurdler and long jumper, Amelia Clark who is also a great all-rounder, Briony Fekkes who gave her best in all events, Amber Luchtmeijer who was our long distance and sprint champion, Harini Dulipkumar who is still super-fast, Sophie Taggart a great sprinter and now a great thrower as well!, Sarah Idiare our fantastic zone and regional super all-rounder, Anannya Bandaru who gave her best in everything she did, Erin Nickl did a great job every week especially in the long jump, Jazneet Kaur who was a great participater in all events, Alexandra Milton who is a great jumper and runner, Lara Brown a great jumper and awesome shot-puter (and still the age managers favourite, Matilda Tuyau was a brilliant (zone and now regional!) discus thrower,!) Abigail Byrne who did so well at every event she entered, Leah Nixon a great sprinter and jumper (and still the assistant age managers favourite), Gabriella

Meltzer was a great all round athlete, Poppy Kennedy who constantly achieved great results and great jumps, Abigail Cooper was a great jumper and hurdler, and Sonja Magazine who always did her very best.

Under 8 Girls congratulations on another great year and well done to everyone for doing your best. We look forward to seeing everyone back for the 2015/2016 season to run faster and jump even further!

And remember Under 9's can qualify for State events. So see you next season.

Under 8 Boys – Claire Pospischil

Thanks to all the athletes and parents of the 8 boys for another great season. It's been wonderful to watch the boys get taller, stronger and master more complex athletics skills. The hurdles was easily the favourite event of the season. There's an increasing level of competitiveness, both among the group as well as against their personal bests in events. Congratulations to the following athletes who represented the club during 2014/15:

- State relays: Alexander, Liam, Brock, Byron, Wyatt and Charlie
- Region: Alexander, Brock, Byron, Lucas and Zach competed, Alexander won the hurdles and placed 3rd in the 70m, 100m and shot, Lucas also placed 3rd in discus
- Zone: Aidan, Arjun, Joshua L and Sam C competed in various track and field zone events

Trent, Charlie, Joshua T, Sam N, Lachlan, Ethan and Wyatt were also regular attendees, improved their skills and set many new personal bests, often with big smiles. A special thanks to the parents who support the running days, it makes my job a lot easier and is really appreciated. I hope to see most of you back in the under 9's where we can look forward to high jump, race walking and the potential to compete at the state.

Lauren, thanks for all your work as the age manager liaison during the season, you've done a great job and I've really appreciated all your communication.

Thanks again, cheers

Under 9 Girls – Fiona Nadaya

Well what a fabulous season we have had this year. Not one day of rain and PBs every single week!

This year we introduced high jump into the mix. I think it was a love hate relationship, more hate than love for some. It has been my pleasure to be the Age Manager for our champion Under 9s Girls and I must thank Anne-Marie for her impeccable skill in making sure everything is as it should be. Without her, my weeks would be far more challenging.



Most of all we have to thank our girls, every event, every week they are keen, happy and give it their best shot.

Victoria, Kailey, Zoe, Ashleigh, Abbey, Lucie, Clare, Siobhan, Hayley, Annalise, Adelaide, Emily, Amari, Mary-Rose, Mikayla, Dana, Vanessa, Lily, Ainsley, Bianca, Mackenzie, Charlotte, Amelia, Tori, Cara, Holly, Zara, Chelsey & Audrey.

A special mention goes to Harry, Hayley's little brother who was our mascot every week who loved the 700m walk with us.

Thanks to our parents for their weekly support, only another 8 years to go :-)

Next year our hurdles are higher and our (leisurely) walks are longer.

Congratulations to Vanessa & Audrey for medalling at our first State Carnival this year.

Look forward to our Under 10s next year. Thanks for being a part of it.

Under 9 Boys – Neil Brosnan and Renee Wild

We started the season with 22 under 9 boys registered. Out of those 22 boys, 15 returned to the club, two (Lachlan and Jarrod) being welcomed back from previous years.

This year the boys got to experience high jump, the walk and the 800m run for the first time. The boys loved learning high jump and it soon became a favourite event for some.

The walk was interesting for the boys to learn and funny for the parents to watch for the first few times the boys participated in the event. The variety of different styles of walks was intriguing!

In November, 13 of our athletes entered the NSW State replay competition and all performed well highlighting that sportsmanship and fun can go well together.



Sixteen of our boys competed at the zone carnival with some impressive results. Our under 9 boys were successful in winning the 70m, 200m, 400m, 800m and high jump. We also gained automatic qualification in the discus, shot put and long jump events with strong placings. The U9 boys recorded many personal best results over the course of zone carnival weekend.

8 of our number went on to represent the club at the Regional carnival with some fantastic results. The following boys received medals at Regional level:

- Luke – bronze medal in the 60m hurdles
- Ben - silver medal in the 800m
- Jacob – bronze medal in the 70m and a gold medal in the 400m
- Mitchell – bronze medal in the 100m, bronze medal in the 400m and gold medal as the under 9's participant in the junior relay.

From the Regionals, Ben, Jacob and Mitchell went on to represent the club at the NSW State carnival for the first time.

During the athletics season each of the under nine boys have grown in stature across all their events highlighting the importance of full participation. Many personal best results have been broken and many personal milestones achieved with some fantastic jumps, throws and runs.

The most memorable moments of the season have involved the quiet achievers in the team:

- Applause for our throwers (Mason, Dom and Aidan) as they showcase their discus skills at the Zone Carnival
- Tension as Callum completes in a gutsy third place in the 800m behind Ben at Zone.
- Timing Jackson, Radin, Ben, Alex, Brodie, Lachlan and Liam as they close down a short tail in the 800m every fortnight
- Anticipation as Dylan, Deegan, Jarrod and Riley go beyond their limits in clearing the high jump bar

We thank the under 9 boys for their commitment and company each week. We would like the under 9 boys to continue trying their hardest and at the same time encourage them, as they get older to accept their off-days as a stepping stone to celebrating their achievements.

We look forward to welcoming the group back for a new and exciting season in Under 10's Little athletics in September.

Under 10 Girls – Jess Martin and Allannah Cochrane

Wow, another season of athletics has flown by. Now it's time to farewell what has been a great few months and congratulate all the athletes on their incredible efforts. This was our second year with the girls and we had so much fun! Turning up every Saturday to be welcomed by a big group of girls who were eager to have some fun and do their best, was the most rewarding part of our role as Age Managers.

This season we had a group of about 20 girls, with almost all of them turning up each week! With no rained out running days, our girls had every opportunity to beat their personal bests each week. We welcomed quite a few new girls; Skai, Indiana, Emily, Carissa, Macayla, Liz, Zoe and Lorelei who all brought some uniqueness and laughter to our mornings.

This season the State Relays carnival was a huge success for our girls, with us having enough athletes to enter a team in the 4x100m, mixed 4x400m, mixed 4x800m, Long/High Jump and a throws team. We had a total of 14 different athletes from our age group competing on the day and this is an incredible turn out for a State Relay event. Congratulations to all those athletes who competed: Milla, Liz, Zoe, Holly, Jemma, Carissa, Alana, Ellie, Jorja, Tiana, Bec, Indiana, Lucy and Maddie.

We had a group of around 12 entered in zone this year, with 5 pulling out some exceptional performances and qualifying for Region! A special mention must go to Bella, who not only ran at her very first zone carnival but also made the 70m final and qualified for Region. Unfortunately, Bella was sick the weekend of region and did not get to compete. But a huge well done to her for this achievement! During this weekend Holly finished with 8th in 70m, 10th in 60H and 14th in 100m.

Jorja finished 6th in high jump and Lucy came 11th in shot. What a well-rounded group of girls we have!

A special thanks needs to go out to the group of “regular” parents that turn up week after week to help Allanah and I with managing the girls each week. You know who you are and without you, the two of us would have just given up! You were incredible support and I not only hope to see you back next season- I encourage you to!!

To end, one last thank you needs to go to the Under 10 girls. Your attitude towards the sport and the encouragement you show to each other is beyond admirable. I have never met a group of 9-10 years old with so much to offer and your cheeky attitudes and infectious laughs give us a giggle every weekend. Please come back next year, girls as you know it will be another great time! Good luck if you are competing in winter sports, if not, enjoy sleeping in past 8am on a Saturday morning!

Under 10 Boys – Steven Pospischil

The 2014/15 season was a very fulfilling season as an age manager. This season saw many of our good athletes become truly competitive. This year we had 13 athletes compete in the Region, with 5 of these boys making the State Championships. Congratulations must go to Ryan Salloman, Lachlan Wood, Charlie Egan, Aaron Byrne and Brendan Pospischil for representing the club at the State Championships. Congratulations also to our Region qualifiers Zach, Max, Mitchell, Caleb, Luke J, Ben, Jy and Eden.

All the boys learned a lot from this experience and will become better athletes. The most important thing though is to continue to do our best and to grow not only as an athlete but also as a person. As an age manager it is always good to see the same faces week after week, so I’m hoping to also see Rowan, Luke K, Elijah and Aijaiy continue to improve in 2015/16.

Under 11 Girls – Dana Hayter

What a great season! I was pleased to see many girls return and participate every week with enthusiasm and big smiling faces. What fantastic results! Every week the girls showed improvement, many with new PB’s. With a new event triple jump, we were excited and the girls loved the new challenge.

I’m very proud of all the girls and to those who went a step higher and competed at Zone, Regionals and then onto State, Jennifer Grubba, 18th Shot and 20th Discus and Eva Nadaya-Harb, 7th in Long Jump, congratulations!

I want to thank the parents that helped out each week. Brad, Steve, Jeff and the occasional others, I appreciated your time and patience. Also a big Thank you to Erica’s parents, Nicole and Chris who every Saturday helped out at the Hurdle track, what a great job!

Well done to all the athletes, Eva, Christina, Lillian, Caitlin, Isabella, Caitlyn, Tahli, Tallara, Jennifer, Phoebe, Annabel, Erica, Emma, Chloe and Kayla, what a fantastic group of girls. I enjoyed

seeing you turn up every Saturday with your stories and jokes to tell. I hope to see you all return for 2015-16, I'm looking forward to our new event Javelin and I know the girls are too!

U11 Boys- Jenny Marshall

It's hard to believe how quickly this season has flown by. The boys under 11 group this year was made up of mostly returning athletes and we welcomed a few new athletes into the group. The boys enjoyed the challenge of learning to do triple jump which was our new event this season.

The zone carnival in December saw most of the group compete with lots of smiles and PB's. It is always nice to get positive feedback about our athletes putting in their best efforts and displaying good sportsmanship. Five boys from the under 11's made it through to the district carnival. Alex for shot put, Cameron for high jump, Connor for the walk and triple jump, Patrick for 200m, shot put and relay and Peter for 400m and triple jump. A special mention goes to Patrick who placed 6th in the shot put and 1st in the relay (9 – 12yrs) and went on to compete at state. A big thank you to all the parents who helped out at these representative carnivals and the club running days. The boys are all looking forward to next season and learning how to throw the javelin.

Under 12 Girls – Jason Fuller

Well another season has come and gone and just like other years I loved being part of not only the best Little A's club around, but to also age manage the best group of girls you could ask for.

We had a smaller group than previous years, but that only served to display the dedication and commitment of our core group. The friendships that have been formed over the past couple of years continue to bloom and despite most not seeing each other for several months it was like last season had not ended.

It was great to have the regular girls back – Olivia M, Lauren, Sophie, Natasha T, Alannah, Sarah S, Natasha F, Olivia H, Elizabeth, Mikayla, Chloe, Ashleigh and Yasmine.

We welcomed Annabella and Chloe into our group in their first year of Little A's.

And importantly we had two athletes return to our club after venturing elsewhere. Welcome back Tamarah and Lauren M.

As usual the girls turned up week in and week out with smiles on their face's and ready to try their very best. A lot of the girls are really starting to find their strength and strive towards PB's each and every week.

We had a strong showing at the zone carnival with almost the entire group participating in at least one event and done themselves and Winston Hills Little A's very proud.

The girls who qualified through to region done themselves and the club proud, but unfortunately we didn't get anyone through to State – though a couple were very close.

I hope that you all continue on in Little Athletics next year. And I look forward to see you all next season.

Under 12 Boys – Anne Medland

The under 12 boys had a fantastic year this year. We had many new faces join the crew, and all were excited that javelin was now part of their rotation. Everyone really enjoyed having a go and familiarising themselves with the new apparatus.

The boys achieved wonderful things this year. Our special mentions go to: Erick continued to jump higher and further, reaching regionals for his jump events, and state level for 60m hurdles. Blake, the quiet achiever, really came into his own at the conclusion of the season by beating his PB for high jump. Nathan did an amazing job in discus and made it through to regionals. Matthew, new to athletics this year had an incredible season making it through to regionals for javelin, and state level for long jump, 100m and team relay. Ryan our pocket rocket made it through to regionals for 400m and 800m. Jackson, did a great job and made it through to regionals for 100m and javelin.

The wonderful thing about this group of boys is their camaraderie and support of each other when competing in all events. Every one of them cheered and supported each other to achieve their personal best - jump higher, throw further, and run faster. There was a lovely spirit in the team, and made for a wonderful way to spend a Saturday morning in the sun.

And of course, special mention goes to the parent helpers. Jai, Amy, Jason and Suzanne in particular who made it all happen, helping 'herd the sheep', getting everyone from one event to the other with some level of sanity, and assisting with the occasional athlete meltdown! All things aside it was fun and had some great laughs along the way.

Have a great break everyone and we will see you all next year!

Under 13 Girls – Daniel Alderson and Colin Jarvis

We've had another fantastic year as a social group of young athlete's. Our girls have grown to be great friends on and off the track with a number of them being in the group for up to 9 years at WHLAC. This season finished on a high with Danielle Drinnan achieving National selection in the 400m & 1500m to compete in Perth.

Our weekly running days were also filled with continuous improvement with all the girls striving to beat PB's with the rest of the group encouraging them to do so.

Other stand out achievements for the season were: Haylee making her mark in the sand at triple jump, Chloe A leading the handstand brigade, Elizabeth S soaring to great heights at high jump, Tiana seeing the light and joining us from Hills and making State, Sophie J being eager to compete in all events, Paige making State, Bronte joining us with her positive can do attitude and so many more individual athletes with personal achievements.

A big thank you to Colin for helping to run the group with me especially when I would go missing throughout the mornings to attend to other things and also a big thank you to all our regular parent helpers that make this group a joy to manage.

Under 13 Boys – Steve Monahan and Cheryl Long

This has been another great season for the boys, with a few new participants joining us this year. It was great to see the boys trying to achieve new PB's each week. It was also great to see so many boys taking part in the Zone carnival and we had seven boys go onto Regionals. We are very proud of Andrew and Nicholas who have made it to State.

Omar Nadaya-Harb: Works hard each week in all disciplines especially high jump & discus.

Patrick Cusack: Tries his best every week achieving many PB's.

Joel Brown: Tries hard each week to do his best in all events but loves high jump.

Lachlan Porter: Enjoys athletics and turns up every week to continually improve himself.

Andrew Castia: Our star newcomer this year with lots of natural ability. He has achieved many PB's and surprised himself along the way.

Nicholas Long: Has achieved wonderful things this year with the highlight so far being the smile on his face as he won the Regional 400m.

Jamie Monahan: Competes every week and tries to achieve new PB's even in his favourite event "hurdles".

Preston Potts: New to athletics this year Preston always tried his best each week.

Luke Mason: A new member to our age group trying his best to reach new goals each week.

Blake Howe: Another new athlete this year trying hard to improve each week.

Ryan McLuckie: Consistently striving to perform his best each week.

Nicholas Middleton: Enjoys LA'S and has achieved many PB's this season.

Connor O'Brien: Connor is always smiling and enjoys all the running events especially the long distance runs.

Ryley Bamblett: Tries hard every week in all events. Enjoys the long distance runs.

Callum Walker: Achieved many PB's this season and achieved great results in the 400m.

The boys have missed our Age Manager Steve Monahan this year as he has been busy making sure Little A's runs smoothly for all athletes in the club, (good job El-Presidente). I would like to thank

all the parents who have helped this season and especially to Andy Cusack who is my co assistant age manager, even though he doesn't wear the shirt! We have had a great season this year and I hope we see all the boys back next season.

Under 14 Girls – Karen Thomas

After many, many many years as age manager to my sons group, I made the switch to age manager of the under 14 girls group. Wow, I didn't know there could be so many mobile phones used at one time!

The girls are a great bunch. Very friendly and sociable with each other. It didn't take much time to get to know them. I soon discovered there were many returning faces and a few new ones.

We had 19 wonderful young ladies make up our age group. Most attended Zone with Frances Bickman, Ashleigh Cochrane, Johanna Hofmann, Olivia Marfo, Rowena Milliss, Emily Mooney, Fellicia Ribeiro and Kahleah Scott all progressing through to region. A huge congratulations to Frances, Johanna, Olivia and Rowena who went on to represent our club at State. We also had many girls attend the State Relays and State Multi's.

It was wonderful to see so many girls give their best each week. Melinda Thomas managed a PB nearly every week. Natalie Craig always willing to give everything a go. Georgia Mentis a fantastic all rounder.

It has been a real pleasure to be with these gorgeous girls this year and I hope to see all their smiling faces return next year.

Under 15 Girls and Boys – Sara Welsby and Peter Garside

The 15 Girls have participated in another outstanding year of athletics. Once again, I have been delighted to see the regulars return to our social Saturday mornings. We have also had Emma join us and learn some new techniques. Matt and Brodie joined us too, which ensured the boys were represented.

The senior State relays day was a very tough day. Nevertheless our girls participated in all possible relays. Congratulations to our 2 field teams who both came 4th. We'll be chasing bronze next year.

Zone was also early in the season and again, many of our athletes did what they do best and put their best performances in their range of events. Many of them qualified for Region, most in all events they contested.

And Region! What amazing performances. I think 15 Girls have outdone themselves! The results were fantastic with a good fraction of them getting opportunities to go to State and some (notably Mackenzie in the 400m) narrowly missing an additional qualifier's spot. Congratulations to Caitlyn, Johanna, Abi and Emma who represented us at State. Caitlyn deserves special mention for her gold medal in long jump, fourth in 90m hurdles (only 0.04s behind second), 10th in high jump and she

made the final of the 200m but opted to give that opportunity to another athlete because of her crowded program. What an incredible athlete!

Caitlyn was also our only representative at this year's State Multis. We're all basking in her shining performance: 2nd overall for the second year running!!!!

Matt finished the year well winning a position for his relay team on our final, fun day.

I am always humbled by how cohesive our group has been and their continued interest in participating in Saturday morning events. It's clear that they've developed a life-long interest in fun-fitness. Next year they step up into the senior group and I have full confidence in them inspiring and role-modelling their best to our younger athletes.

Good luck in your winter sports guys! Sara and I look forward to seeing you again for the 2015/2016 season.

Under 17 Mixed – Andrew Martin, Hugh Darling, Lauren Nicola and Emily Jordan

Another big year for the Winston Hills Under 17 age group. Whilst other clubs struggle with numbers in this group we once again had 32 athletes registered, many of whom put in an appearance most Saturday mornings and at the various Association Carnivals. We had a good mix of “retiring” 17s and new 17s. Full credit to the young men and women of the group for showing their maturity and social skills in blending not only age but also gender groups.

Each season we are constantly amazed at the improvement shown by all of the athletes. Numerous PBs, new centre records set and great progress and results at the Association Carnivals. At the State Relays our boys teams excelled themselves, picking up top 8 finishes in the 4 x 100, the HJ/LJ and the SP/Discus. Our mixed 4 x 400m team just missed the top 8 but each of the runners put in a huge effort. Four of the boys set club records during the season – Nick in 2 events (repeatedly), Tim in 2 events (repeatedly), Kurt and Kai in 1 event each. There were many fine performance through Zone and Region, resulting in 16 athletes qualifying to Region and 6 making it to State (Alex, Ben, Kai, Nick, Tim and Zane).

We had boys and girls that wanted to compete seriously, some who just wanted to hang out with their friends, some who wanted to do a bit of both. Whichever the category, the social and fun aspect was all encompassing. There have been some great friendships created this season alone as well as those that have developed through the many seasons that our athletes and their families have been together at our Centre. And who can forget the turn out on our Pink Day when most managed to have some pink (some of the boys even excelled themselves).



Our farewell parade with the Tots was said to bring a tear to the eye. It was a great tribute to our departing athletes and a passing of the baton to the next generation. And our casual night out as a group to celebrate the season was truly a really pleasant way to round it out.

Georgia E	Came back to Little As after a couple of years and settled right back in. Her long legs were a great advantage in the running and high jump.
Johanna	Definitely the athlete with the best eyesight. Could tell from afar when hurdles and high jump completed. Always tried hard in all of the other events.
Lara	In her last season, Lara was always prepared to give most events a go. A great team player, she stepped in to the relay teams to allow others to compete.
Maddy	A great all-round performance across most events this season, always eager to learn and improve. Some great results for Maddy through the season.
Taylah	Another in her last season, Taylah has completed many years and has always competed to her best. A real pleasure to watch when in full flight on the track.
Christina	An interclub transfer early in the season saw Christina arrive in time to be part of our relays team. Injury put a dampener on her season.
Olivia	Vice-captain and a true character in every sense. She did athletics for fun. Even competed on occasion – eventually agreeing to do hurdles and two 800s.
Teigan	Another multi-talented sportsperson who was torn between athletics and elsewhere. A very willing competitor but also injured late in the season.
Lucy	As confidence grew, Lucy became a willing participant in most events, achieving great results and qualification to region. Another of our finishing athletes.
Lauryn	A great runner from 400 and up but a competitive across the board. Our girls captain this year. Also now making a name for herself in triathlons.
Kiera	Another that does athletics for fun but often found the early start of a Saturday too much. Always good for a chat and would give most events a go.
Georgia B	Regularly put in good performances across all events but showed good talent in discus and javelin. Great competitor and fun to have in the group.
Tim	Captain and 13 year veteran. Lead by example, being our best performed male athlete at State with 7 th place finishes in 400 and 800 in his final season. Two club records and close to another. Thanks mate!
James W	Quick once he winds himself up in the sprints and long jump. Suffered throughout the season from injury which prevented him from achieving more.
Hayden	Long-serving athlete who started the season but then work commitments took him away. A great character to have around. Would give everything a go.
Josh A	One of the groups mystery men, managing less than a handful of appearances.
Ben	Twelfth and final season was truly a highlight as Ben made State for the first time. He was also our vice-captain. Found hurdles as his pet event but also good in the jumps. Always a pleasure to have in the group.
Nick W	Eleven completed seasons across 14 years. A great competitor. State qualification in 3 events but so talented at many others. Records in two events but so close in several other. Enjoyed every minute.
Kurt	Started the season on fire with some great performances in the 400, including setting a new record. Other sports and illness upset the later part of the season
Kai	Quick and also a talented jumper. Set a new triple jump record and finished top 8 at State in this. Good all round performances in long and high as well.
Brandon	Nine (and final) season veteran and always trying. Good with the Shot and Discus in hand but always tried hard on the track.
Alex	Talented high jumper and qualified for State. Another of our successful multi relay team members filling places and achieving good results.

Zane	New to the Centre this year to compete with good mate Kai. Great to have in the group, a member of two relays team and qualified to State. Last season :(
Eli	A very casual approach to all his events but quite talented when he put in. Quick and good at the jumps.
James Y	A member of our 4 x 100 relay team and very quick. Didn't reappear after Christmas as other sporting endeavours took over.
Tom	Shows some considerable potential in a number of events. Sometimes overly casual but a willing competitor nonetheless.
Jason	A quiet gentleman amongst the group, competed in most events and showed considerable improvement across the board, including some pleasing HJ results.
Sahil	Consistent and always trying. Qualified to region in the 800 and put in a strong showing in a very quick race. Sadly another of those now too old to continue.
Josh W	Has talent in the throwing events, going close to a couple of Centre records this season. Also handy in the jumps and no slouch up to 800.
Nick D	Makes athletics fun and a good competitor to boot. A great team person and surprised himself with his results in throws and jumps.
Callum	Only a couple of appearances this season to throw. Qualified to region but just missed out on State.
Brent	Good on the track up to 800. Was in very good form leading into Zone but not sighted for much of the season thereafter.

A big thank you to the team of helpers we had this year. From an age managers perspective it makes organising the events on a Saturday morning so much easier. When one or more of the age managers were unable to attend or were required to help out elsewhere on the day, there were a select group of parents who stepped up to keep the morning moving along which was very much appreciated. The athletes themselves were often asked to help out and this they did without complaint or question. And to those parents who were regularly helping out elsewhere, either on the track or with other age groups, your contributions are also much appreciated.

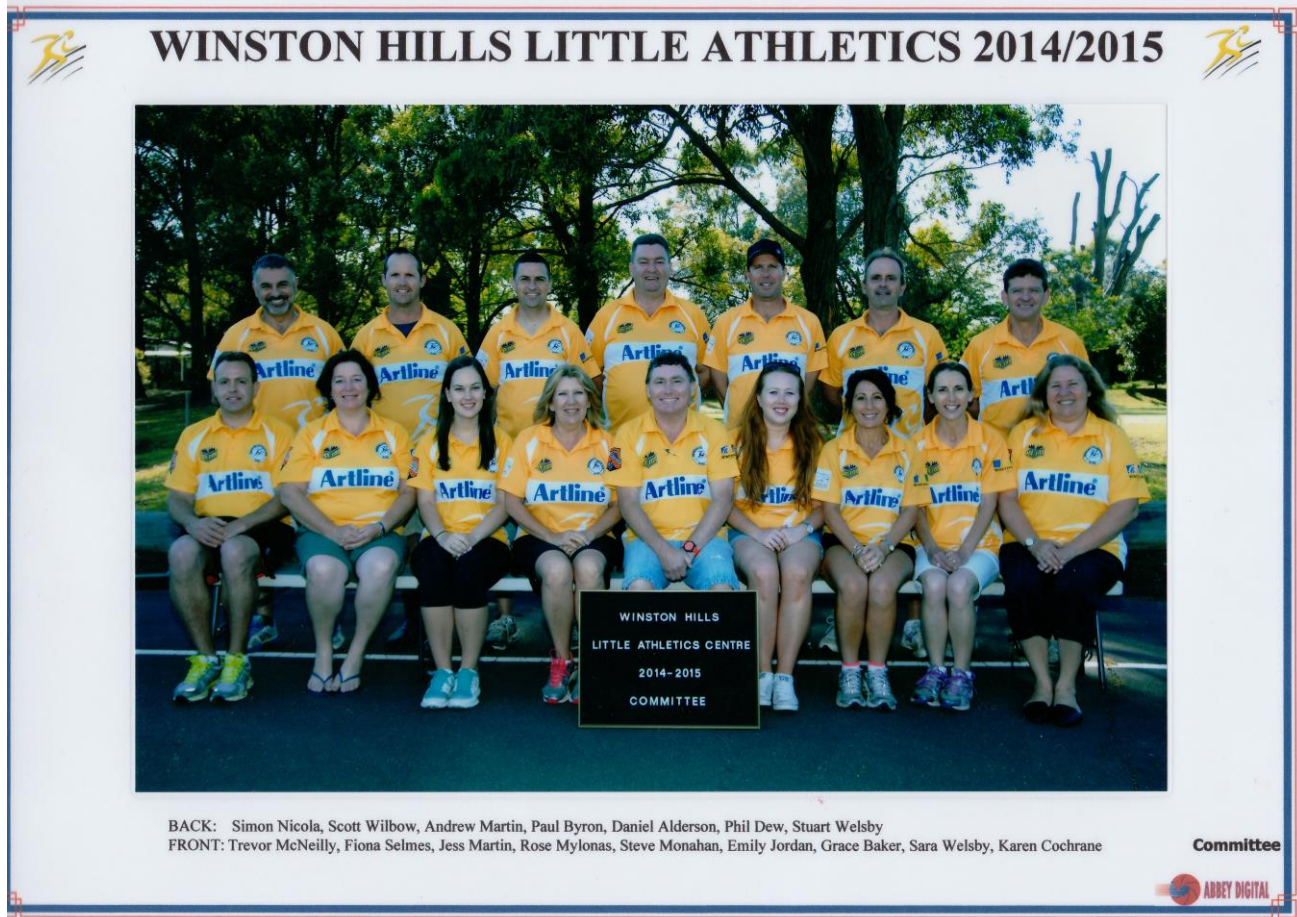
Whilst we farewell a number of our athletes – Tim, Nick, Ben, Brandon, Sahil, James, Hayden & Zane from the boys and Taylah, Lara, Lucy and Christina from the girls – there are a good many of you ready to serve out one final season in Little As. For those continuing, and we hope that is all than can, we leave you in the very capable hands of Hugh and Emily and those of this seasons U15 AMs whose athletes will be joining with you next season.

On behalf of retiring age managers Andrew and Lauren, it has been an incredible journey we have taken with the athletes who will now be leaving Little As. For many it has been a big part of their lives, as it has ours. We wish them all the very best for the future, in sport, in study and in their personal development. Your time in Little As will serve you well in whatever you hope to achieve. Thank you so much for the opportunity to be your age managers.

Congratulations all on a fantastic and fun season. We have enjoyed working with you and are very proud to have been involved with such a great groups of young adults.



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