



WINSTON HILLS LITTLE ATHLETICS CENTRE

SEASON 2008/2009

ANNUAL REPORT



(Photo courtesy of Christine Huston)

2008 - 2009 CLUB CAPTAINS

***Rebecca Houston (Girl's Vice-Captain), Anthony Baddock (Boy's Club Captain),
Brad McNaughton (Boy's Vice-Captain), Louise Marvin (Girl's Club Captain)***

PRESENTATION DAY
26 APRIL 2009

Presentation Day 2008/2009 — Program of Events

2pm WHLAC Annual General Meeting

President's welcome
Girl's Club Captain's speech
Boy's Club Captain's speech
Life Membership
10 Year Service Awards
LAANSW 10 Years Service Certificates
Divisional Cross Country Awards
Winston Hills Veterinary Clinic Cross Country Trophy
Frank Atkins Track Team Trophy
Frank Atkins Field Team Trophy
Don McDougall Trophy
Girl's Club Vice-Captain's speech
Boy's Club Vice-Captain's speech
U17s Age Manager's Year in Review
Trans Tasman Team Recognition Certificates
Club Record Certificates
State Representative Jackets and Trophies
State Record Certificates
Nicholas Fortuna Trophy
Ray Clarke Middle Distance Trophy
Wayne Clark Hurdles Trophy
Kathy Bails Sprints Trophy
Kerry Arkins Walks Trophy
Austral Mortgage Jumps Trophy
Dave Bruce Throws Trophy
Javelin Trophy
Spirit of Little Athletics Trophy
Queen Elizabeth II Trophy
Sponsor Trophy Presentation
This year's Life Membership
Excellence in Athletics Trophy
President's Closing

MOVE TO AGE GROUP PRESENTATIONS

Committee Reports

President – Paul Byron

We began this season with a smaller community than we have been used to in recent years. Some feedback suggested this was partly due to the impression that we didn't actually have much athletics last season due to the weather. With the first half of this season looking pretty gloomy on the weather front it was certainly a worry again. When the heatwave conditions hit us in January, things weren't much better; but we battled on. We are now blessed with a new Council Groundsman who is maintaining the irrigation system so that the ground is properly watered even in the harshest of conditions.

In spite of the smaller group of athletes, we continue to have a high participation rate at Association carnivals. I would like to congratulate all the athletes who participated so well at State Cross Country and Road Walks, State Relays, Trans Tasman, Zone, Region, State Multi's and State Championships this season. Every one of you should be extremely proud of your achievements. As you read this, Taylah Sengul is representing NSW at the Australian Little Athletics Championships in Adelaide. I know we all wish Taylah every success, just as we hope every athlete has achieved their goals this season. Taylah is a great example that hard work pays off.

Our athletes are very fortunate to have a large number of dedicated coaches in every discipline of our sport at the Club. I thank all the Coaching staff for their continued commitment to the success of the Centre. There is little doubt we would not enjoy the success we do without your hard work and dedication.

I must recognise the patience, good humour and dedication of all the parents too. With all four seasons to deal with this year (sometimes on one running day), you all performed brilliantly! On behalf of your children, I thank you for allowing them to be a part of our Centre and joining with them in having such a good time.

No community sporting organisation could function without the tireless efforts of its volunteers. I am not only speaking about the Committee, who all performed their tasks with the utmost professionalism, but also our Age Managers and their assistants, the timing gate crew, the Canteen & BBQ helpers, setup and pickup crews and the information desk girls. To you all, and everyone who has helped out this season, whether you have been on a roster or just mucked in when help was needed, a big thank you. Without everyone's assistance, our running days just would not happen.

Winston Hills provided the lion share of helpers at the Zone Carnival again this year. Under the expert guidance of our intrepid Dr Zone Co, this carnival is becoming a benchmark event every year. It was easily the best run Carnival we attended all season and I would like to thank everyone who helped make it happen. Our Zone was put under enormous pressure to provide more than our share of help to the Region carnival as well. With Winston Hills once again providing a very large number of expert assistants, the Region Carnival ran better than anyone expected. We were somewhat rewarded at the State Championships where our duties were very light indeed. In spite of this, we had a large number of volunteers who turned up on Friday evening to offer whatever assistance was required. They were indispensable, especially when the Association forgot to organise helpers to pin numbers on the athletes! Thank you one and all.

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

We are extremely fortunate to have some very generous benefactors at Winston Hills. The Winston Hills Sports Club, our parent body, has continued to support us both financially and in providing considerable support with Council. This year, we welcomed Tony and Amanda on board as our new Coffee Sponsor. From a personal point of view, this is not only vital, but a very welcome addition to our running days. Jonathan Chin from Aus-Web continues to provide us with our website facilities to keep the information flowing. Winston Hills Mall provided significant support for our Celebration Day again this year, in addition to an ongoing sponsorship to the Club in general. Thank you to Frazer, Brett, Anna-Lisa and the team for your support. Winston Hills Veterinary Clinic and PRD Nationwide have both continued their long associations with us and continue to be reliable and faithful supporters. Annette, Joe, Anthony & the entire team at Wholesale Trophies have once again provided us with an impressive array of medals and trophies this year. Unfortunately, we were without a Major sponsor this season: something we are working hard to remedy for next season. I thank all our benefactors for your marvellous assistance. Without corporate support, all local sporting clubs would perish. We appreciate what a difference your investment makes to our kids and their futures. Thank you again.

This year we made some significant investments with a view to improving the Saturday morning experience for everyone. You would have seen our new PA system and hurdles. We have also purchased a second set of timing gates which will come into use from the beginning of next season. Just these three items have cost the Club some \$30,000. Naturally with capital expenditure of this magnitude, we need to ensure our finances are secured to replenish these funds and allow for future expenses. We are in negotiations with several new potential sponsors and should have both the major sponsorship and several other new sponsorship opportunities in place by the beginning of next season. I encourage anyone who is involved in a business which could offer some financial assistance to our Centre to please consider doing so.

Once again our Tiny Tots proved more ambitious than we expected, with many of them returning after Christmas and some still participating on our last running day. It is great to see so much enthusiasm and I look forward to seeing those happy faces in the U6's next season.

The advent of the U17's this year was particularly significant for Winston Hills. We had championed this cause for many years before it was introduced and with the tireless efforts of Lynne Clews & Chris Huston, ran the pilot program of what was termed "Youth Athletics" two years ago. The U17's age group was finally integrated fully into the Association this season, with astounding results. The spectacle of seeing these young men and women competing at our Carnivals has been inspiring to many of the younger athletes. The enthusiasm and dedication they show will surely result in greatly increased retention of these athletes into the senior ranks: specifically what we have argued for years. As for our own group; results speak for themselves. They were the single most successful age group at a representative level in the entire Centre. I challenge this year's U15's group to join their ranks next season and continue this trend. With the talent in our U15's this year, we should have a sensational senior age group next season.

Thank you to our Club Captains Louise, Bec, AJ and Brad. You have been fine examples of what great young leaders should be and provided a terrific example to those who aspire to step into your shoes.

To those athletes leaving the Centre, we wish you well in whatever endeavours your future holds. I hope your experience with Little Athletics has been a positive one and provided you with memories you will look back on fondly in years to come. Congratulations and thank you all!

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

Vice-President – Peter Mylonas

Another year of outstanding achievement and dedication by our fantastic athletes has drawn to completion. For many it now means commitment to winter sports, but there is still plenty of athletics over winter for those who want to excel in Cross Country or Road Walks, or those preparing for school athletics. Remember Winston Hills LAs still has coaching available over winter along with the cross country competition run at 10.00 am Sundays in Crestwood Reserve at Peel Rd car park.

This year saw the implementation of our new programme based around "core and non-core events". The aim of this programme was to give athletes more options in the choice of events in which they participate, and to actually increase the frequency of the non-core events (such as Walks and 3000m). By scheduling the non-core events at the beginning and end of competition, and by modifying the rules of High Jump slightly, we have enabled the track to be less congested and generally facilitated a faster completion rate for age groups on Saturday. I believe this trial has been successful but any feedback would be appreciated.

With the changing economic climate there has been a significant reduction in available sponsorship. For many years Winston Hills has been blessed by significant sponsorship dollars (thanks to Hank Huston and his tireless efforts) and has led the way with innovative deals. Even our good friends at Winston Hills Sports Club are finding times difficult and subsidies from them will be less in the coming years. Fortunately, Winston Hills LAs are well positioned with great facilities and equipment, but careful stewardship in the coming years will be vital to our continuing success.

A continuing problem confronting all junior sport, and particularly Little Athletics because it is so labour intensive, is the chronic shortage of parent helpers on a regular basis. There are many valid reasons why people are unable to help and it is hard to be critical, however we are becoming too reliant on a small and aging group to run the Centre. We need new and committed people to get on board and have a go while there are old hands available to train you. I am busy too, running a 7 days a week business, but there is nothing better than getting to LA's to help the kids get the support they need, and the friendships and good times that result make it all worthwhile. The current catch cry of work and leisure balance can be fulfilled by simply getting involved in your kid's sport. It will be necessary in the future to generate a helper's roster which is more equitable and has a better participation rate.

Congratulations to all our outstanding athletes who have achieved their goals, whether at Gooden Reserve or at the State Championships. Well done and come back to do even better next season.

Thanks to all those parent/carers who have given the athletes and the Centre so much support and I hope you will return refreshed and eager for another season of athletics.

Secretary – Penny Morgan

Another season has come to an end, and again the rain showed us no mercy. The season was successful with some great results on Saturday mornings and at Zone, Region and State. The positive attitude and good sportsmanship displayed by our athletes is impressive and leaves us proud to have you all as part of our club.

Running a club as successful as WHLAC is a huge task and many people work tirelessly to keep the club operational on and off the field. On behalf of the members I would like to thank each and everyone of the committee members and helpers that make our club the success it is.

WHLAC was again generously supported by the Sports Club and we were able to make purchases that would have otherwise not been possible.

I would also like to thank everyone who shared my workload at difficult times and assisted me when required, as always it is greatly appreciated. Finally, congratulations to all the athletes - the results and smiles make it all worthwhile. Hope to see you all next season.

Treasurer – Jack Edwards

WINSTON HILLS LITTLE ATHLETICS CENTRE

Income and Expenditure Statement

**1 April 2007 –
31 March 2008**

**1 April 2008 –
31 March 2009**

OPENING BOOK BALANCE	42,042.01	42,709.89
Category	Total	Total
<u>Income</u>		
Canteen Sales	11,049.80	11,959.32
Fundraising & Dinner Dance	2,921.00	1,569.70
Gala Day	3,220.00	811.01
Investment Income	223.19	124.18
Other Income	3,973.00	1,119.75
Photo Rebate	472.50	538.25
Sponsorship	19,166.05	4,300.00
Uniform Income	11,317.50	8,296.10
WHLAC Regos	42,899.00	34,350.05
WHSC Rebates	1,399.00	7,328.00
TOTAL INCOME	96,641.04	70,396.36
<u>Expenses</u>		
Athlete Sponsorship PSG, Nationals Etc	0.00	1,050.00
Athletic Consumables	2,989.30	2,873.80
Bank Charges	34	0.00
Canteen Expense	7,057.93	10,343.94
Coaching	708	2,800.00
Equipment Purchased	20,339.92	23,430.25
First Aid	0.00	462.00
Flowers	160.00	223.00
Food & Refreshments	0.00	188.16
Gifts & Gala Day Expenses	2,838.50	583.60
Gooden Dr Res Council Lease	0.00	805.00
Grounds	2,920.70	4,919.37
LAANSW Expenses	18,628.00	15,646.92
Maintenance	0.00	138.00
Miscellaneous	279.01	391.25
Petty Cash	0.00	0.00
Postage	450.00	888.21
Presentation Day	9,908.22	8,565.45
Refund Rego	140.00	0.00
Rego Day Expense	1,778.34	858.36
State Multi	384.00	219.70
Stationary	1,131.66	984.45
Telephone	825.23	351.15
Trans Tasman	3,750.00	755.00
Travel	474.00	814.00
Uniform Expense	14,452.96	6,822.50
WHSC Regos (Expense)	3,445.00	2,900.00
Zone & Region Expense	351.50	1,043.00
TOTAL EXPENSES	93,046.27	88,057.11
INCOME LESS EXPENSES	3,594.77	-17,660.75
CLOSING BALANCE	42,709.89	20,766.11
BALANCE PER BANK STATEMENT	42,829.89	20,886.11

Difference for period 01 Apr 2008 – 31 Mar 2009 makes up unrepresented cheques to \$120.00

WINSTON HILLS LITTLE ATHLETICS CENTRE

Balance Statement as at 31 March 2009

Westpac Account	17,399.77
Commonwealth Bank Account	1,611.29
Canteen Cash Account	1,875.05

TOTAL	20,886.11
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Registrar – Rob Lowe

There were a total of 453 registrations for the 2008-2009 season (refer to following table).

AGE GROUP	GIRLS	BOYS	TOTAL
Tiny Tots	21	31	52
Under 6	28	26	54
Under 7	25	32	57
Under 8	23	18	41
Under 9	24	15	39
Under 10	23	24	47
Under 11	20	21	41
Under 12	14	17	31
Under 13	24	11	35
Under 14	11	14	25
Under 15	12	6	18
Under 16/17	8	5	13
TOTAL	233	220	453

The overall total for this season was down by 94 athletes from the 2007-2008 season.

Unfortunately we still experienced problems with the Online Registration System used by the Little Athletics Association of NSW and this meant that the majority of these registrations needed to be lodged manually. Hopefully some of these problems will be rectified so that we will be able to take better advantage of the System next season.

I would like to take this opportunity to thank my wife Kerry for assisting me with my Registrar's duties this season.

Records & Rankings Officer – Grace Baker/Elaina Byron

As my first season in the role, I have found it fascinating to watch the PB's that have been made week after week. This is a credit to all our athletes trying to achieve their best every Saturday morning in all types of weather, from some very hot mornings to some that were cold and drizzly.

Some PB's have come from continual training with our excellent coaches throughout the week, as well as the sheer determination that some of our athletes have shown.

With the introduction of our newest age group, the U17's, every event will have recorded a club record.

Special mention must be made to Taylah Sengul of the 13 girls who has broken the Shotput, Discus, and Javelin record this year.

Following is a list of club records that have been broken throughout the season:

Jordan Hill (U8 boys)

Pack Start (700m run)

25/10/08	2.36s	CURRENT CLUB RECORD
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Taylah Sengul (U13 girls)

Shotput

03/09/08	12.50m	
18/10/08	12.93m	
01/11/08	13.65m	
24/01/09	14.13m	CURRENT CLUB RECORD

Discus

20/09/08	41.28m	
01/10/08	45.63m	
20/12/08	47.85m	CURRENT CLUB RECORD

Javelin

01/10/08	39.76m	
24/01/09	42.70m	CURRENT CLUB RECORD

Under 17 girls - Emily Jordan

100m	14.28s	27/09/08	
100m	14.22s	07/02/09	CURRENT CLUB RECORD
200m	30.10s	18/10/08	CURRENT CLUB RECORD
400m	1.10.20s	07/02/09	CURRENT CLUB RECORD
Long Jump	4.01m	20/09/08	
High Jump	1.45m	18/10/08	CURRENT CLUB RECORD

Under 17 girls - Louise Marvin

400m	1.14.30s	11/10/08	
400m	1.11.30s	25/10/08	
800m	2.47.36s	18/10/08	CURRENT CLUB RECORD
1500m	5.31.21s	20/09/08	
1500m	5.29.70s	20/12/08	CURRENT CLUB RECORD
3000m	12.31.29s	27/09/08	
3000m	12.15.50s	10/01/09	CURRENT CLUB RECORD

Under 17 girls - Rebecca Houston

1500mWalk	9.48.80s	27/09/08	
1500mWalk	9.07.60s	01/11/08	
1500mWalk	8.59.50s	28/02/09	CURRENT CLUB RECORD
200m Hurdles	37.90s	11/10/08	
Triple Jump	8.35m	20/09/08	
Triple Jump	8.70m	25/10/08	

Under 17 girls - Nicole Dahlberg

90m Hurdles	16.63s	13/09/08	CURRENT CLUB RECORD
200m Hurdles	34.00s	25/10/08	CURRENT CLUB RECORD
Shotput	7.99m	25/10/08	CURRENT CLUB RECORD
Javelin	30.92m	27/09/08	
Javelin	32.67m	25/10/08	CURRENT CLUB RECORD

Under 17 girls - Emily Thomson

100m Hurdles	18.59s	14/03/09	CURRENT CLUB RECORD
Long Jump	4.03m	07/02/09	CURRENT CLUB RECORD
Triple Jump	8.72m	06/12/08	CURRENT CLUB RECORD

Under 17 girls - Caitlin Lowe

Discus	25.10m	07/02/09	CURRENT CLUB RECORD
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Under 17 girls - Mahsa Javam

Shot Put	7.68m	11/10/08
Discus	22.23m	13/09/08
Discus	24.53m	01/11/08

Under 17 boys – Anthony Baddock

100m	12.98s	20/09/08	
100m	12.62s	06/12/08	
100m	12.55s	10/01/09	
100m	12.33s	17/01/09	CURRENT CLUB RECORD
400m	58.50s	20/09/08	CURRENT CLUB RECORD
200m Hurdles	30.90s	20/09/08	
200m Hurdles	29.40s	7/01/09	CURRENT CLUB RECORD
Long Jump	5.40m	20/09/08	CURRENT CLUB RECORD
High Jump	1.60m	06/12/08	
High Jump	1.68m	10/01/09	CURRENT CLUB RECORD
Triple Jump	11.59m	20/09/08	
Triple Jump	12.04m	06/12/08	CURRENT CLUB RECORD
Shot put	10.29m	20/09/08	

Under 17 boys – Samuel Shepherd

800m run	3.08.00s	13/09/08
Discus	18.40m	13/09/08

Under 17 boys – Jay Ridge

800m run	2.47.80s	06/12/08	CURRENT CLUB RECORD
100m Hurdles	19.44s	13/09/08	
100m Hurdles	18.44s	20/01/09	CURRENT CLUB RECORD
High Jump	1.45m	13/09/08	

Under 17 boys – Maeve-Nui Teina

Shot Put	13.65m	25/10/08	CURRENT CLUB RECORD
Discus	38.05m	06/12/08	CURRENT CLUB RECORD

Congratulations must also be given to the following athletes who have achieved more than 30 personal best (PB) performances during the season:

- 33 Georgia Munro (U6 girls)
- 33 Jordan Kaatzke-McDonald (U14 girls)
- 32 Nicole Thomas (U15 girls)

Officer for Age Managers – Peter Mylonas

What can you say but THANKS A HEAP! As I've said many times, Age Managers are the matrix which bind the Centre together and act as the conduit between the athletes, the Committee and the Parents/Carers.

This year we had a lot of good oldies and some new aspirants take the challenge, and even a young ex-athlete from Blacktown Little A's who wanted to give it a go (good on you Mel). We also had temporary Age Manager support from ex-Winston Hills athletes, thank-you Jared Clews and Lara Huston.

As usual the start of the season was pretty hectic (read controlled chaos) but once the age groups and Age Manager settled into the routine all went well. This year we trialled using email as a substitute for Age Manager meetings prior to the start of competition. This was done because of the overwhelming request by Age Managers for "no meetings" and because of the introduction of the core and non-core

event programmes which would have required meetings at 7.30/7.45am. Apart from the volume of email I sent, I believe the majority of Age Manager prefer this option. Also, I believe the introduction of core and non-core events has reduced the congestion on the track and enabled most age groups to complete their programmes in a more timely manner, while at the same time giving athletes the option of doing more or less events depending on where their talents and aspirations lie.

A continuing problem for Age Manager has been supplying helpers for rostered duties. In the off-season we will need to look at options to make sure we can encourage helpers without creating a burden for Age Managers or deleting services or events.

Again, thank-you on behalf of the Athletes and Committee. And thank you to the Age Manager's own kids for sharing their mum or dad with the rest of their age group. The Committee and I hope everyone had a good experience as Age Manager and will return next year ready to take the challenge in what I believe is the most rewarding role in Little As.

Thanks for putting up with me!

Championships Officer – Paul and Karen Cochrane

What a wonderful year of athletics we had at Winston Hills this season. A review of this year's results is as follows:

State Relay – November 2008

117 athletes travelled to Campbelltown for the State Relay Championships. We all braved the cold, blustery conditions and some rain showers. Despite this, our athletes went out and did their very best.

We had 20 teams make the top 8 out of 46 teams entered. This was a tremendous achievement by all who participated. Congratulations to everyone who participated in their team.

The following teams made the top eight in track or field:

U/10 Boys 4 x 100m	1 st (Gold medal)
U/12 Girls Shot/Discus	1 st (Gold Medal)
U/13 Girls Shot/Discus	1 st (Gold Medal)
U/15 Girls Shot/Discus	1 st (Gold Medal)
U/17 Girls Shot/Discus	1 st (Gold Medal)
U/12 Boys Shot/Discus	2 nd (Silver Medal)
U/13 Girls 4 x 100m	2 nd (Silver Medal)
U/10 Mixed 4 x 400m	3 rd (Bronze medal)
U/17 Girls Long/High	3 rd (Bronze Medal)
U/14 Boys Long/High	finished 4 th
U/14 Boys Shot/Discus	finished 4 th
U/10 Girls Shot/Discus	finished 5 th
U/12 Girls Long/High	finished 5 th
U/15 Girls Long/High	finished 5 th
Mixed U/17 4 x 400m	finished 5 th
U/8 Girls Shot/Discus	finished 7 th
U/10 Boys Long/High	finished 7 th
U/11 Boys Long/High	finished 7 th
U/13 Girls Long/High	finished 7 th
U/8 Girls 4 x 100m	finished 8 th

Zone Championships – January 2009

Winston Hills had approximately **192 athletes** compete at the Zone Championships held at Roxborough Park, Baulkham Hills. It was a very long and hot weekend but lots of PB's and great results were

achieved by all our athletes. By the end of the weekend, we had **90 athletes** who qualified to represent our club at the Region Carnival at Mingara on the Central Coast. We also had three out of the four relay teams qualify.

There were also very good results by a number of our U7s. This was their very first major championships. Congratulations, once again to Annabel Fryer, Danielle Drinnan, Emilia Mayol, Kaitlyn Rozic, Phillip Baker, Brad Goddard and Connor Rose who all won medals.

Regional Championships – February 2009

We had 90 athletes represent WHLAC at Mingara on the Central Coast. We had a great weekend with **33 athletes** progressing to the State Championships.

We also had some very good results from our U8s who were competing for the first time at this level. Those athletes did very well and a number of them achieved PBs and top 8 finishes. Congratulations to Olivia Marfo for picking up a 2nd place medal.

State Multi Event – March 2009

This year the State Multi Championships were held in Lismore. It was a good weekend by all those families who made the trek up north.

We had five Top 8 finishes at these Championships and special congratulations to Joshua Baker 1st place, Bianca Mayol 3rd place and Anthony Baddock 3rd place, Joshua Byron 4th place and Corey Mackay 8th place.

Trans Tasman Challenge 2009

This year the Trans Tasman challenge was held on home soil. We were represented by Corey Mackay, Francesca Mayol, Timothy Martin and Corey Gaal. It was an enjoyable experience for these athletes and Francesca was able to walk away from the event with a silver and bronze medal for the throws.

State Championships – March 2009

The State Championships were held at Homebush over 3 days this year and we had 33 athletes represent us very proudly.

We had 20 athletes finish in the top 8 in their events. These were:

Aaron Creagh	4 th 70m
Jordan Idiare	1 st 100m
Joshua Baker	1 st Discus
Joshua Byron	4 th 60m Hurdles
Anthony Baddock	6 th 200m
	4 th 400m
	3 rd 200m hurdles
Adam Mylonas	8 th 1500m walk
Corey Mackay	4 th Shot put
	3 rd Discus
Neil Jordan	5 th Shot put
Maeva Teina	1 st Shot put
	2 nd Discus
Sara De Silva	2 nd 200m
	5 th 400m
Sarah Marvin	8 th 800m
	3 rd 1500m
Louise Marvin	4 th 1500m
	3 rd 3000m
Courtney Elliott	2 nd 200m hurdles
Natasha Jeffrey	4 th 700m walk

Francesca Mayol	4 th Shot put
	6 th Discus
Taylah Sengul	1 st Shot put
	1 st Discus (NEW RECORD 49.57m)
	1 st Javelin (NEW RECORD 45.91m)
Paletina Lemi	3 rd Shot put
	8 th Discus
Daniela Mayol	5 th Shot put
Tepi Lemi	5 th Shot put
	3 rd Discus
Nicole Dahlberg	6 th Javelin

It has been a fantastic season for all our athletes at Winston Hills and you should be very proud of your achievements. Once again, we would like to thank the coaches and parents for all the support you have given our athletes this season. Without your support the athletes and the club would not be as successful, and our carnivals and club running days would not run as smoothly as they do.

Coaching Co-ordinator – David Manz

This past season saw Lara Huston enter the coaching ranks assisting Hank Huston with the Friday afternoon jumps training program. Lara has proved a great success, imparting her many years of experience as a little athlete with the younger children attending training.

We had our club stalwarts David Bruce, Hank Huston, Wayne Clarke, Mark Drennan and Charles Tees back for another season of coaching our children, even though their own children passed through the club ranks some time ago. A special thank you for your time and efforts again this season.

Jack Edwards, Paul Byron, Paul Cochrane and Peter Mylonas, as parents of current athletes, are the more recent additions to our coaching ranks and volunteered their time each week to train our little athletes. Grace Baker and Peter Mylonas again conducted introductory “Skills and Drills” coaching for our youngest athletes, this time extending the course over three months. Once again a special thank you for your time and efforts this season and also to any helpers I have missed out on.

I would like to hear from any parent interested in becoming a coach for next season. We are a very sociable group and take great pleasure in seeing our Winston Hills children develop and improve as they continue to train. It is not an issue if new coaches find it difficult to commit to coaching on a particular evening throughout the season, as the club can coordinate when the coach is available. Ideally we would like to have between three and four coaches for a particular event. Those people wishing to become qualified as a coach can join our annual weekend at Wangi Wangi in May and gain their Level 1 Accreditation with Athletics Australia. WHLAC pays the fees for the course.

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

Uniforms Officer – Christine Huston

I would like to thank the ladies who helped me on the many uniform nights we had before the start of the season - Lynne Clews, Kerry Lowe and Rebecca Houston. Fitting the uniforms is time consuming and it is a slow process to take on your own, so the help from these few women is greatly appreciated. Anyone wanting to help out next season please see me or ring on 0402 098 127.

I have noticed a few uniforms look tatty on a Saturday morning. I think this is due to the fact they are bleached and some even looked ironed. The bleach makes the black run and the white looks grey and

the elasticity gives way. The uniform doesn't need to be ironed, the centre number smooths out with the natural heat of the athlete's body. The uniform should last a few seasons if washed with care.

I would like to thank Kerry Lowe who helped me on Saturday mornings when called upon, she was a great second pair of hands.

If anyone wants to be the uniform officer next season please come and see Paul or any other committee person and they can fill you in on the job. It is not hard, it just means being at the clubhouse on a Saturday morning. Enjoy the off season!

Publicity Officer – Michèle Drinnan

This was my first year involved in the WHLAC committee, and with only one year of Little Athletics experience and children in the younger age groups, I really didn't know what I was getting myself into. Still, one year on I have learnt a lot, met some wonderful people, and have been truly inspired by the dedication of everyone involved in WHLAC - and of course wondered what I ever did with all that spare time I used to have!

There was a very steep learning curve with all the pre-season work involved in putting together the Information Booklet, doing the mail-out, and placing registration advertisements in newspapers, school newsletters and the WH soccer newsletter. Many thanks to Paul Rhodes who freely gives his time each year to create the newspaper advertisement that appears in the Parramatta Advertiser and Hills Shire Times. And we now know you all read your school newsletters after I incorrectly put a wrong registration date in the school newsletter advertisement and then sent this off to about 20 schools – my sincere apologies to any families who were inconvenienced.

However, I was soon to discover that when the season commences that's when the real work starts... Putting out a weekly newsletter in my "spare" time was quite a challenge, but it was made a lot easier by the number of Age Managers and committee members who heeded my request for news and profiles by regularly sending me a variety of information. Surprisingly, there was never a week when I had spare space in the newsletter, and usually I had to cut things out. After an initial period of experimenting with different print runs, I settled on a six page newsletter with a print run of 70 copies which resulted in very little wastage. I also changed the format of the newsletter a little by relegating the President's Message to page two and using the front page to announce special results, place reminders etc. I hope this made the newsletter quicker and easier to read.

Unfortunately it was difficult to get the newsletter on the website before Friday night, as usually it wasn't finished until Thursday night/Friday morning and had to then be emailed onto Andrew Martin who didn't receive it until he returned from work Friday night. So, apologies to anyone hoping to read the newsletter at work on Friday, but such are the realities of a volunteer run organisation.

Spreading the good news of WHLAC was another responsibility of my role and we got a couple of articles in the Hills Shire Times, outlining our results at the Regional and State Championships, and in particular profiling the outstanding results of Taylah Sengul. Many thanks to Taylah and her family for their help with these articles.

Thank you once again to everyone who helped me this season, but most of all thanks to my family for being so supportive and patient over the past year.

Track & Field Officer – Andrew Martin

During the off-season we undertook a review of the program of events to ensure that all athletes were able to participate in core events every second week and have the option of attempting the non-core events for their age groups, namely triple jump and javelin. It was also done with a view to making the most efficient use of our facilities, to move the groups through on a Saturday morning as efficiently as

possible, and to fully integrate the U17 age group into the program in their own right. A two program rolling roster was the result and was implemented from the outset of the season.

As always there are teething problems with something new, but with patience and a little massaging in consultation with age managers, the revised program appears to have been successful. I'd like to thank everyone involved for their input and co-operation with implementing the revised program.

We were again hampered by the wet weather in the lead up to Christmas which saw a number of running days postponed. However, with our rolling program roster, our athletes were able to participate in all their events on a regular basis.

I'd also like to thank all the regulars who have assisted in making sure our running days happen. From the early risers for set up, to our regular event officials on the track and those who hung around until after midday most Saturdays to pack away the equipment, our running days would not happen without your involvement. Also to the parents who gave of their time in assisting at each of their child's events and contributing to the age groups roster responsibilities for set up, canteen, BBQ and pack up; you have made our club the envy of many. I can only encourage those other parents to get involved – your kids will appreciate it.

To our groundsman and his regular assistants who come down to Gooden Reserve to mow and mark the track and throws sectors, you have done a brilliant job again this season. The venue has looked a treat throughout. This is not something the Council do, it is done by a few hardy volunteers, in rain or shine, during the week.

I hope to see you all again next season.

Officer for Conflict Resolution & Constitution – Gary Byron

The new Constitution, which commenced in May 2007 following its adoption at the Annual General Meeting, appears to be robust and adequate for our purposes. No amendments have been found to be necessary to date.

Similarly, the new By-laws made under the Constitution appear to be sound, but some minor amendments have been made by the Management Committee. The By-laws are now much more comprehensive and may be amended by the Management Committee as required. This has made the management of WHLAC both more efficient and less onerous.

The criterion and process for the awarding of trophies was reviewed and amended during the year. However, the Management Committee has this under consideration for further review at a convenient time.

Little Athletics Association NSW has expressed some concern about the way in which WHLAC is incorporated. I have perused the Constitution of LAANSW and can find nothing that suggests the way in which WHLAC is incorporated is in breach of any constitutional or other legal requirement. The President of WHLAC has sought some clarification of the concerns held by LAANSW and has invited them to discuss the matter with me. At this point, that invitation has not been taken up and LAANSW has not gone any further with it. WHLAC has indicated to LAANSW that we are happy to discuss the matter at any mutually convenient time, with a view to ascertaining the exact nature of the problem.

No conflicts have arisen within WHLAC that have required mediation or other action by me.

Trophies Officer – Rose Mylonas

It has been another successful year for Winston Hills athletes and we will be rewarding the athletes with top quality and innovative trophies to show them our appreciation, and to give them an award they will want to keep for years to come. In spite of the shrinking sponsorship base we have continued to purchase the best trophies available and I hope this will always be the case.

Due to the unexpected and unparalleled efficiency of the Rankings & Records Officers, and after careful consideration by your Committee, it has been decided to supply medals in Gold, Silver and Bronze to reflect the order of merit of the athletes in each Age Group.

This year we have nine athletes achieving their 10 year service award with Winston Hills:

Samantha Cahill

Taylah Sengul

Cameron Searle

Jasmin Cobb

Nicole Thomas

Andrew Thomas

Kirsten Nicola

Amber van Zeeland

Lee Kennedy

We congratulate all the athletes on their awards and hope they like the trophies that have been chosen for them.

Captain's Reports

Girl's Captain – Louise Marvin

Hi, I'm Louise, and I am honoured to have been the girl captain for the 2008/2009 season.

I'd like to congratulate all the athletes, parents, and committee on such a successful season. There are so many talented athletes at Winston Hills and I am so proud to be a member of such a wonderful club.

This year we had 192 athletes compete at Zone, with 90 athletes (just under 50%) qualifying for the Region carnival in 209 events. 34 of these athletes then went on to compete at State, that's 18% of all the athletes that competed at zone, and is an extraordinary achievement for Winston Hills. Congratulations to all the athletes who competed, whether you made it to State and Region or not, you have all done your club and yourselves proud. It's important to remember to always have fun and enjoy what you are doing, whether you win or lose, it's all about having a go.

Thank you to the parents, Age Managers, and committee members who give up their time every Saturday morning to help with the set up, pack up, and the running of the days. Without the help of all these people Winston Hills wouldn't be the great club it is today. Thank you especially to Paul Byron and the committee for all their support during my time here at Winston Hills and for electing me as Club Captain.

It would be remiss of me not to mention the U17s Age Manager, Howard, who took care of us and encouraged us, and also Chris McNaughton, for ably assisting us throughout the year.

Thank you to all the coaches who run training for all the different events, helping us to improve and have fun. We are so lucky to have such a large number of qualified coaches here at the club. I'd like to especially thank Ray Marvin, Paul Byron, and Grace Baker for coaching me in middle distance. You have done a great job of encouraging people to come to training and you make it enjoyable for everyone. Also, thank you to Charles Tees, who taught me that it's all about technique! Charlie has given me so much valuable insight into running, and while he never did manage to turn me into a sprinter, I really enjoyed his training and learnt a lot from him.

Thanks must also go to all the athletes here at Winston Hills, whether you're a runner, jumper, thrower, or walker, it's great to see everyone out there giving everything a go while cheering on your fellow 'Winsto' athletes and supporting each other. This is what Little A's is all about.

Finally, a huge thank you to my age group! I'll miss the Saturday mornings with you guys; they have just been so much fun! It has been an awesome season, with many great memories and I wish you the best of luck for the future.

Boy's Captain – Anthony "AJ" Baddock

This year has been a great year for the centre with 33 athletes making it through to the State carnival and achieving 17 medals - 6 gold, 2 silver and 6 bronze. Congratulations to all the athletes from the club who competed.

Congratulations to all the athletes who competed at the State Relays carnival. Winsto bagged 9 medals - 5 gold, 2 silver and 2 bronze and an additional 11 top 8 finishes.

This year the U17s age group was added to Little Athletics which I think is great.

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

All up this season has been a great one for the centre. Let's hope next year will be just as good!

Girl's Vice-Captain – Rebecca Houston

I'm Bec Houston your vice-captain for 2008-09. I didn't expect to be doing another speech as I thought I had finished athletics with the U15's last year – but thankfully Little Athletics extended the ages to include the U17's.

We have had a great year with the new U17's – the new age group has been very successful. The U17's, for such a small group, had the most athletes go through to State, however unfortunately I injured myself again and had to watch State instead of competing!

Thanks to all the people who make Athletics so successful – especially the Committee, the Coaches and the Age Managers. They give up their own time to make athletics happen. Also thank you to all the parents and helpers who do setup, run events, pack up, run the canteen and BBQ every weekend – we could not do it without your help.

I encourage all athletes to compete in State Multi's and State Cross-Country and Road Walks. They are great fun and you get to meet new friends (and see the old ones).

Congratulations to all the athletes who have competed at zone, region and state this year – Winston Hills has been well represented again.

Finally, I hope all of you will come back next year and make 2009-10 even better – maybe I will see you next year.

Boy's Vice-Captain – Brad McNaughton

What a great year we had with many athletes getting fantastic results. I had a great time at athletics this year, personally achieving my first athletics State jacket, of which I am very proud. So to those who feel like they are getting nowhere, keep trying and eventually your hard work will pay off – but remember to have fun doing it.

I would like to thank the committee and Age Managers for all their hard work this year, and especially for nominating me for Vice Captain. This year I was lucky enough to attend a leadership camp at Castle Hill where I had a great time. So committee, if no one wants to go next year then I'm your man!

I would like to thank the U17's age group for having the U15 boys join in with them. They always made a better competition for us and I hope they enjoyed it as well.

Thank you and see you all next season.

Age Group Reports

Under 6 Girls

The second year starts for two sisters handing in their angel wings (tiny tots angels) and upgrading to a bunch of around 30 eager, keen young girls.

We thought this was going to be a walk in the park, but what an eye opener! There are rules, technique and even records. Well we needed some help and fast. Thank goodness for the early training sessions with Peter and Grace. They gave us a crash course on all activities, so it seemed as if we had an idea. The wonderful thing was the girls were so eager to learn they followed everything we said, and we believe over time we got better together.

We had some serious athletes and by the early months of the season they were jumping over two metres in long jump, throwing the discus so it nearly actually hit the helpers, and everyone was even remembering to go in to the middle lane for the 300 metres.

When we looked at the weekly printouts we were wondering what "PB" stood for as it was everywhere. Personal Bests were being beaten by these girls every week.

We have a couple of ladies to watch out in the future for WHLAC. Mia and Georgia can run! They always made the races close and usually the time keepers hated timing them as it was always so close.

We would love to thank all the parents who consistently helped with activities and supported us when at times we lost the plot. We had a lot of laughs and fun. So thank you for your support and a wonderful season and we hope you all return next year.

We would also like to thank the committee for their guidance and other age managers for their help when asked. This is a wonderful club and wish you all the best for next season.

Prudence Giffin & Janelle Dunk

Under 6 Boys

Well where to start? It all started the second weekend after registration, the existing age manager was stepping down and we needed a volunteer. As nobody was really eager to step forward I decided, what can I loose, and so started a very interesting season.

I have to admit that initially it was "strange" as from one moment to another you have to play along and try to keep 28 kids in line - not always an easy task (even for a guy like me who was in charge of a group of marines for 7 years, and believe me that's an easier task).

Fortunately the job came with an assistant in the shape of the sweet and knowledgeable Laura, so life was not that hard. Additionally, I received a lot of assistance from the many parents who where always there to help.

After a few weeks I got the hang of it and we started "boot camp for U6 Boys". It was great work and the boys loved it, as we did many additional exercises, like push ups, squats etc. Soon the boys got the hang of it and there where many internal competitions. More over the boys really improved and in the end we had a really fit, fun group with discipline. Some of the boys needed a bit more support, but in the end, they have all improved a lot and we had fun all along the way.

Never say die, I can recommend this "job" - it was for me a really great season, with many highs. As a last word, the parents of U6 Boys were of great support and without them the achievements would not be possible (parents you know who you are).

Ramon Geijsels

Under 7 Girls

What a year we had!!! We started with tears and we finished with cheers, but it was another fun-filled year for our U7 girls. We had a number of girls back and we had a great bunch of new girls join us.

And what a great lot of girls, always putting in huge efforts and some truly unequalled hearts in this group. Towards the end of the season when confidence levels started to rise we saw what magnificent athletes some of these girls are and will be.

We also had a great and committed bunch of parents, always ready to help out and step into the AM roles - thanks to Colin, Helen & Matt in particular.

This was our first year attending the zone carnival and all the girls who attended did us proud, not only the achievements on the track, but also the way they represented the club (bring on Regionals next year). We had Chloe A, Chloe B, Paige, Jordyn, Danielle, Talia, Annabel, Sophie, Emilia, Callie, Kaitlyn and Priyanka all attend the carnival with some great results. In most events we made up the majority of athletes that went through to the finals. All the girls put in a great effort with most of them smashing personal bests under the pressures of competition.

It's normally difficult to single out individuals, but when you have a star like Danielle it's not that hard. What an athlete! She loves running so much that one day when it was too hot to do the 500m she was actually disappointed. At zone she won the 100m, 200m and 500m and was equal 4th in the long jump. If there was State rep's for U7 Girls she would be there undoubtedly.

Although Danielle was a standout she wasn't the only star, here are just a few of the others and their achievements.

- Annabel – Second in the Zone Championships in Long Jump (even beating the infamous Danielle) and in the final for the 50m and 100m. She always gives 110%, especially in the shorter sprints.
- Emilia – First in the Zone Championships for Shot Put and third for Discus.
- Kaitlyn – Third at Zone in the 50m and in the final for the 70m. When your confidence was up you excelled. What great performances you put in towards the end of the season.

Some other girls that I wish to point out for impressive efforts throughout the season are Rhiannan, Laura, Talia, and Alexandra.

While I haven't mentioned all the girls I thought you have all had a wonderful year, and the improvement from each and every one was awesome.

So next year girls the fun continues. You get to do even more fun events like hurdles, and I am sure you will all be excited we get to run further than 500m (700m pack)! All in all it has been another fantastic season at WHLAC and we are looking forward to doing it again next year.

♥♥♥ **Matthew Clenton and Daniel Alderson**

Under 8 Girls

This past season was a joy to be associated with a polite, passionate, friendly and happy age group, with many new faces mixing easily with old returning faces. The girls achieved many PBs with some amazing improvements during the season, which always brought a smile from both the athletes and their parents.

A big thank you to my great bunch of parent helpers, each week helping to rake, time, measure, crowd control or ice block duties. Thanks to Danelle for again being assistant age manager.

With State Relays now being a new event for our age group, eight families travelled to Campbelltown on a cold and wet Saturday morning. The girls performed excellently with both our track and field

teams gaining a top 8 finish. Congratulations to Madison, Emily, Ebony, Olivia, Ashleigh, Ania, Rachal and Tanatasi.

Special mention must go to those that competed at Zone with Melinda, Ashleigh, Olivia, Ebony and Emily competing with PBs aplenty. Ashleigh, Olivia, Ebony and Emily all qualified for Region. This was yet another new experience for the girls and they did the club and themselves proud. Olivia gained a silver medal for her long jump.

I hope to see all your smiling faces again next season with new events to learn and conquer, as well as improving on existing events.

Paul Cochrane

Under 8 Boys

I thoroughly enjoyed spending Saturday mornings with the boys over this past summer. They are a great bunch of would-be young men and I was privileged to watch them grow as individuals and athletes. They seem to now understand the spirit of Little As, which is about giving it your best and trying to improve. Sure, they would all like to be the best in events, but they accept that they all have different skills and talents, and the real challenge is to better yourself.

The boys seem to be growing as a group and are building friendships. They particularly loved the introduction of the 60 metre hurdles, however some weren't all that impressed with the other new event - the 700 metre pack run. They are particularly keen to give the high jump a go next season if the playing around on the high jump mats this season is anything to go by!

There were some outstanding performances in the regular season including:

- Jordan breaking the 700 metre pack run club record
- Saxon consistently jumping over 3 metres
- Jackson achieving PBs in the long jump on 5 consecutive weeks
- Joshua demonstrating that he is the fastest athlete with one shoe on.

Many of the boys also represented the club at rep level with distinction.

Jordan, Luca, Jackson and Kyle at State Relays in the cold, rain and sleet weather at Campbelltown. I couldn't believe the kind of weather that was dished up!

Jordan, Luca, Jackson, Saxon, Nikolai and Brody competed at Zone, with Jordan (4), Saxon (4), Luca (2) and Brody (1) qualifying for Regional in event/s. The weather on this weekend was tough for another reason — the scorching heat — and all boys showed resilience and determination to compete with plenty of PBs achieved. Highlights included Saxon's demolition of the field in the 400 metres, Jordan's comfortable win in the discus, and Luca's determined 2nd in the 60 metre hurdles.

I would also like to thank the parents for their assistance during the year.

Scott Wilbow

Under 10 Girls

Once again it is that time of year to reflect on what the girls achieved this season. We had 23 registered athletes in our age group this year - some new faces, some old faces. The girls all seemed to get on extremely well and some great friendships were formed.

A few of the girls went off to Zone this season with some great top 8 finishes from Jane Hill, Sara de Silva, Annabel Wilson, Abigail Shepherd, Gabrielle Cahill, Edwina Bourne, Olivia Cochrane and Chelsea Rhodes. Sara finished 1st in three events, Edwina a 1st and 2nd, Jane a 2nd, 3rd & 4th and Gabi with two 3rd's and a 4th which qualified them for region.

All the girls put in a great effort at Regions with Sara then qualifying for two events at State. She went on to win the 200m and finished 5th in the final of the 400m at State.

At State Relays our Mixed 4x400 team won a bronze medal and the shot/discus team managed a 5th placing. Our 4x100 team narrowly missed the final and our jumps team put in a great effort.

Finally thank you to all the parents who helped out each week and a big thank you to my assistant age manager Craig (I couldn't have done it without you!).

Good luck to all the girls with their winter sports and I hope to see you all back again next year.

Mick Cahill

Under 10 Boys

The past season was one of fantastic participation, from both boys and parents, and excellent results for the Under 10 Boys team.

As the season progressed we saw each athlete's performance improve, be it the 'first timers' or the more seasoned competitors, and more importantly try their best and enjoy themselves. All the boys enjoyed expelling boundless amounts of energy, and when required showed maturity and good sportsmanship. We saw some great results and competitiveness between the boys, be it Kai and Alex in the High Jump or Joshua Baker and Aaron in the 70m and 100m. Solid and improved performances were seen by Jason Thomas, Mitchell Harrison, James Beck, Callum Brosnan, Nick Darling, Ben Greenup, Riley Heaton, Tom Robson, Daniel Grubba, Braydon Kirkley and Joshua Wooldridge.

Quite a few of our team members distinguished themselves in their championship results throughout the season. We had a large team of participants enjoy the Zone Carnival under very trying circumstances, with many progressing to the Region level. Four boys had great results that qualified them for the NSW State Championships – Joshua Baker, Aaron Creagh, Jordan Idiare and James Sullivan.

Joshua Baker's all-round strength was demonstrated in the State Multis Carnival, where he earned a Gold medal.

At the State Relays, our 4 x 100m team members achieved 1st place, and participation in the 4 x 400m mixed team saw them achieve 3rd place.

Congratulations to all the boys and parents who contributed to making it an enjoyable and rewarding season. We would also like to acknowledge the fantastic support of the WHLAC committee and support people who make each Saturday happen.

Special thanks to Karen and Anthony for all their help and technical guidance which was invaluable and made Saturday mornings run smoothly.

Hugh Darling, Karen Thomas & Anthony Parrello

Under 11 Girls

Well...yet another season of Little A's has passed and as usual the season has been dogged by rained out sessions, last minute attempts to form relay teams, and a loud groan at the mention of an 800m. This year the girls competed at Celebration Day, Trans Tasman Trials, State Relays, Zone and Region, and as always did their best and had a lot of fun doing it (although maybe reduce the fun aspect for Relays at Cambelltown!) We had an official group of 19, 7 new girls and 10 or so regulars, most of whom had been waiting to do triple jump for years, which we did occasionally when not rained out!

The first carnival was Celebration Day, which was a great success for this age group as we clean-swept the Intermediate Girls division of the gift and then only just missed out on first in the final, with Abbey getting pipped on the line! Our relay team, as the only one in its division, was very excited and

in the heats against the boys came away with a surprise win! They were then beaten in the final, but I think the heat was the true test!

Trans Tasman trials were next up, with Emily giving it a go, and although she didn't qualify, it got her competition-ready for State Relays the following week. And what a day it was! Strong winds, rain, storm clouds...the perfect day for athletics and we only had to travel to Cambelltown to find it! This year we decided to concentrate on the track and as such Taylah, Abby, Paris and Caitlin ran against the winds while Isabelle, Emily, Eliza and Adele jumped. And I must admit, they did me proud! Special thanks to Paris who ran the 800m after Gemma unfortunately broke her arm two days earlier.

Zone and Region were the last carnivals the girls were in, and as per usual it was boiling. Emily, Taylah, Abby, Erin, Eliza, Kristina and Abbey all braved the heat and most came away with PB's. Thanks to Eliza for filling in the relay after another two injuries, and congratulations to Kristina who qualified for Region, especially after a well deserved 1st in the high jump.

Throughout the season there were also many spectacular performances by athletes including Christine, Laiken, Alana, Lucy, Gemma, Latarsha, Jade and Ellie.

Finally a big thanks to all parents who helped out with the weekend duties, as well as any rostered shifts, and also to Lauren who again this year did everything I couldn't (or wouldn't) do.

Hope you all continue with athletics in the winter and hopefully I'll see you again next season!

Jess Brewster

Under 11 Boys

It was a pleasure to once again see so many boys returning from the previous season, with a couple of boys returning after a break, together with some new boys joining Little A's for the first time. We were one of the larger groups on a regular basis, often being one of the last to finish each Saturday. We had 15 of our 20 registered athletes attending throughout the season which is an incredible participation rate for the age group. This mix of boys once again proved for many a fun Saturday morning, although the weather did prevent us from many more.

Each of the boys excelled themselves across the numerous events now on offer, showing both great aptitude and attitude in their desire to improve. Each week always saw a large number of PBs. This year we even threw Triple Jump into the mix which many of the boys took to like ducks to water. They were also a very well behaved group of boys, something that astounds for boys of this age. Well done and thank you all.

Nicholas Welsby	Nick returned after a season of cricket but retained a great enthusiasm across all of his events, in particular the throws and jumps. Now in his 8 th year of Little As.
Conrad Kaatzke-McDonald	Conrad is also one of our longest serving athletes, in his 8 th year at WHLAC. Con never fails to give his all, leading the way in hurdles and jumping with enthusiasm.
Airfun Javam	Airfun keeps on giving, regardless of the event. He excels at throws but you will also see him circulating in the distance runs. Hope to see more of him next season.
Timothy Martin	Tim lead the way again this season in the middle distance events, and also quickly took to triple jump with great results. Injury hampered his season but he still qualified for region. Was also a reserve for the NSW home Trans Tasman team.
James Thomson	James thrives on the distance events and can't seem to get enough. He has made great gains in both high jump and long jump this season, always with a positive attitude.
Nicholas Shiel	Nick started the season with a win in the Mall Mile at our Celebration Day. Can run a decent race when he puts his mind to it. Showed great improvement in high jump this season.

Ben Kahane	Ben is someone who never gives up. Despite a cycling accident early in the season, Ben fought his way back, qualifying for region in high jump.
Evan Velonas	Evan showed amazing improvement this season with his sprinting. He has also been a delight to watch with his long jump as he floats over the sand.
Andrew Bulloch	Andrew always gives his utmost at each event, never frightened of a challenge and always wanting to improve.
Brandon Long	Brandon keeps coming back, keeps giving his all in each of his events. Last season was a tough one to follow but Brandon showed that he has the determination and commitment to succeed, whatever confronts him.
Ben Chetcuti	Ben was one of our new starters this season and, despite a tentative beginning, found a growing confidence in each event as he learnt and developed new skills.
Jaidyn Mackay	Jaidyn returned after a couple of years, coming back with increased determination to succeed. Qualification for region in Discus was just reward.
Declan Roberts	Declan impresses by his desire to improve and challenge himself against the best of the other boys. He is not afraid to give things a good go and will continue to grow into a competitive athlete.
Ryan Lee	Another of our new boys, fitting in very quickly across all events. Probably doesn't know which event is really "his" just yet but showed great promise in the middle distance and throws.
Hayden Smith	Hayden joined us this season from Girraween. He added great colour and flair to the group and brought with him a talent in each of the jumps events.
Corey Gaal	The "Corey twist" is now famous in our group following Corey's unusual long jump technique. Outstanding results again this year, being a reserve for NSW home Trans Tasman team and almost making it to State. Great improvement in throws.
Justin Brown-Skov	Justin joined us for the first time this year and showed great commitment and enthusiasm. Impressed in the throws and jumps and was never far off the pace on the track.
Callem Lum	Callem is another who rejoined us after a number of years away. As the season progressed he showed great speed on the track and started to put in some impressive results in the throws.
Zachary Blackburn	Zach returned for another season and again looked the goods for the throws events. Good to see him giving the running a go this season.
Kyle Follers	Kyle joined us late, took out one of the prizes for the Mall Gift on our Celebration Day but didn't see him much after that.

I'd like to thank the parents who took the time to actively assist with the running of events, crowd control and rostered duties at various times throughout the season. Without your help we wouldn't be able to run as efficiently and successfully as we do. It is terrific to see how keen and willing you all are and I really appreciate your input, assistance and regular banter. Each of the boys does enjoy seeing their parents involved and taking an active interest in their sport. I encourage all other parents to follow their lead.

I look forward to seeing you all back again next season.

Andrew Martin

Under 12 Girls

This season started out like the last one with a few running days lost to wet weather. Thankfully, the 14 girls we had registered weren't discouraged by the disjointed start to the season, and we managed to have regular attendances of 10 to 12 girls. Some injuries during the season certainly kept some of the girls from competing at their best, and hopefully we will see all the girls return for next season.

There were some great performances during the season and all the girls should be congratulated for their effort.

The State Relays got the season off to a great start on a wet and windy weekend at Campbelltown in November when the girls Shot/Discus team (Allannah, Francesca, Tienna and Jess) won the gold medal. We also fielded teams in the Long/High, 4x100m and mixed 4x400m who all did their best in very tough conditions.

We had six girls compete at Zone (Tienna, Sarah, Shantelle, Allannah, Francesca and Jess) with five of the girls then qualifying for Region. This was a great effort by the Under 12 Girls.

The season culminated with two of the girls making it through to State this year, with Sarah picking up a bronze medal in the 1500m and 8th place in the 800m, and Francesca finishing 4th in the Shot Put and 6th in the discus.

Several girls trialled for the Trans-Tasman team this year and Francesca qualified for the NSW Trans-Tasman team where she finished with a silver medal in the shot put and a bronze medal in the discus.

Thank you to all the girls who turned up each Saturday. You should all be proud of your behaviour and your willingness to help out with running our group on Saturday mornings. Also, thank you to the regular band of parents who helped out each week. Without your support, we wouldn't be able to run the events each week.

I hope to see you all at Cross Country over winter and on the track again next season.

Ray Marvin

Under 12 Boys

Although we had fewer boys this year than in previous seasons we achieved some good results and we maintained our focus on camaraderie and having a good time, while being inclusive and getting great support from our parents/friends. We had a great weekend away in November camping together in the Blue Mountains and we look forward to doing more camping next season and maybe taking a few ring-ins from other groups (we hope).

This year we saw many of our athletes achieve good results in Association Championships. Neil Jordan, Lachlan Parle, Cory Mackay and Shaun Garner combined to take silver in throws at the State Relays. At Zone our boys took out 1st, 2nd, 3rd and 4th in Shot and Discus and we look forward to doing the same in Javelin next year. Shaun and Lachlan did well at Regions but didn't qualify for State this time however, Josh Byron (1st in Hurdles), Adam Mylonas (1st in Walks), Cory Mackay (1st in Discus & 2nd in Shot) and Neil Jordan (1st in Shot & 3rd in Discus) qualified for State and all had creditable results, with Corey getting a bronze in Discus at his first State Championships.

This year only four boys made it to State Multies at Lismore and everyone had the traditional good time away. At the beach in Ballina instead of spotting a few "brown pointers" the boys got a close up encounter with a couple of brown snakes which was kind of interesting. At the athletics the boys did well with Josh Byron taking 4th and Cory Mackay getting 8th. Some of us have already booked our accommodation for next year at Nowra.

A little bit of history was made when Adam (very unexpectedly) took out the Winston Gift this year.

Overall, our boys have been very cooperative and a pleasure to work with, and we have had great support from the parents. The boys are now entering that "special period" with some in high school and some in primary school, and with new interests developing we can only hope they will all be back for another successful season.

We wish to thank the committee and the coaches and volunteers for making it all happen each week.

Rose Mylonas and Elaina Byron

Under 13 Girls

Congratulations girls on yet again another successful season. Our season started well with our girls winning a Gold medal and a Silver medal at State Relays, and they continued this trend with medal winning events in Zone, Region and State.

Well done to our four State Reps - Taylah, Tina, Paige and Courtney. You all did so well in your events and your PB'S were very impressive.

A special mention should go to Taylah Sengul, who is currently representing NSW at the Australian Little Athletics Carnival in Adelaide. Taylah has had a very successful year and we are all so proud of her. She started the season strong and continued to PB every time she competed in a competition. I have lost count of how many club records she broke this year, and she also broke Zone, Region, State and National records. Good Luck in Adelaide Taylah, all the girls wish you the best.

I am looking forward to Sept for another great season when we move into the U14's. Good luck with your winter sports and your school athletic carnivals. See you all in five months.

Colleen Elliott

Under 13 Boys

Who they are: Nicholas Baddock, Thomas Swiatek, Luke Creagh, Shaun Woodhouse, Patrick Hicks, Joshua Stockley, Ben Connellan, Joshua Shepherd, Seamus Linehan, Ryan Harper and Lee Kennedy.

As my first year of Age Manager, I have to say a very big thank you to the boys. You are a great group of young men who have a very real love of life and drove me mad sometimes, but all in all you had a good time.

Congratulations to all the effort you guys put in each week, and although we ended up with a very small group in the end, it was fun. Well done to the boys who supported the Club at Zone, Region and State. You should all be proud of the effort you gave.

Thank you also to Chris, Sam and Carol for your constant help and support. To all our parents who helped on canteen or BBQ or setup, again thank you.

I look forward to seeing the boys again next year.

Jacqui Shepherd

Under 14 Girls

Another season with a group of lovely young ladies who kept us on our toes the Saturday mornings when it wasn't raining. As the girls came together, the first week or three was taken up by a catch up of school and boys and all the off season activities. Here is a small wrap up of the girls.

ALEX one of the tallest girls in the group, but didn't like the new height of the hurdles. Alex did enjoy the 800 metre walk and chat with Courtney. Her effort in the Triple and Javelin was great and her improvement in these events showed this.

AMANDA has a very busy social life and Mum did struggle to get her up on Saturday mornings. Amanda enjoys most events and a chat, but I think some mornings she comes just to show off her huge range of T-Shirts. She likes to run and jump almost as much as a chat.

COURTNEY It seems she has been here as long as me. Courtney has been a very friendly member of our group and comes every Saturday morning with a great 'no more braces' smile. Courtney likes the long and triple the best I think, and we look forward to her coming back next season.

DANIELLA is the new girl in the group and she showed the girls how to throw a discus, shot put and javelin. Daniella was also the fastest over 100m for the season.

HANNAH turned up whenever she could be bothered getting out of bed. Also ready for a chat and a run, though she loved the straight tracks. Was coerced into coming on the last day by some hasty phone calls on the Friday night.

JASMIN can always be guaranteed to put a hole in Dad's wallet on a Saturday morning with her constant visits to the canteen. She loves a chat on the lounge in the clubroom before the events and would be the place to go if you needed any gossip about our group. She has grown a foot this season and now likes the 200m Hurdles.

JORDAN Another long serving athlete who loves Saturday mornings and tries her hardest in most events. She has been very successful this season in her triple jump and still has a love of the straight hurdle track. Hope to see you get your 10 year service next year.

KATIE We have not seen much of Katie this season due to some travel overseas and all the rain out days we've had. She has learnt a lot in the weeks she was here and hope next season is bit luckier.

MADIE A permanent part of our team and has been here forever. The easiest girl to have on a Saturday in our group. She always gives 100% in all events and is always eager to help and has been a pleasure to manage.

RACHEL has only been here a little while and has learnt her events as the season progressed. She tries them all and has found the long jump is not so bad when she tries. She has had many PB'S and we hope to see her improve her skills next season.

SHINELLE She is a pocket rocket who gives her all in the long distance races. She can be seen at 8 am doing the 3000 or 1500 metres (unlike her mum). She has been a fun and friendly part of our team, and hope you have a good rest in the off season.

We would both like to give a big thanks to Julie and Monika for your help on Saturday mornings and to all the parents who have helped all over the track and behind the scenes... we do realise we couldn't have a Saturday morning without you all.

We both would like to see all you girls back for a big under 15's season, and yes, we will both be back. Have a great off season and thanks for making our Saturday mornings worth getting up for.

Phil Cobb and Grace Baker

Under 15 Girls

Ladies, this is one of life's milestones that we hope you will look back on with fond memories.

These young ladies have been the foundation of this age group for years, and their friendships have grown on and off the field. These athletes have all come through the ranks from either early beginnings in tots or U9/10's where they always looked up to previous U15 groups as being the pinnacle of achievements. Well young ladies, you have reached that time and your goals. Good luck to those of you who are moving onto seniors as we are sure you will enjoy the change in competition where you can focus on your specific events. We look forward to watching your progress. And for those who have chosen to focus your fitness activities else where, be it other sport or the youth group, we wish you all the success in your activities.

As age managers, we both have been officially part of your lives for the last few seasons, and in doing so have enjoyed our time together as a group. It may have only been a couple of seasons, but we have enjoyed being your age managers where we have seen you blossom into fine young ladies. You would have to be one of the most well mannered age group's that we can recall in our last 15 years involvement with this club. This is a testament to you all and a reflection from your parents as well. We

would also like to sincerely thank all of our parents who assist us every Saturday. You know who you are and your support has made our roles a lot easier and a lot more enjoyable. Thanks for your friendship.

It would be remiss of us not to recognise our girls' achievements this season. Unfortunately we have had our injuries this season which has kept Emily Gough and Kirsten Nicola away for most of the season and Bianca just before Region.

We had two State representatives. Tapa Lemi obtained 3rd in Discus & 5th in Shot Put and Brianna Murray achieved a 9th in Jav. All of these throws were a lot greater than the region qualifiers and you both should be very happy with your results.

Our Region qualifiers were:

Tamara Smith - 10th triple jump & 11th in Long Jump
Courtney Bridge 9th in High Jump & 12th in Triple Jump
Amber Van Zealand 4th in Shot Put

Our full group comprised of Courtney Bridge, Lauren Ferguson, Emily Gough, Rebecca Hadfield, Tapa Lemi, Tanith Lum, Bianca Mayol, Brianna Murray, Kirsten Nicola, Tamara Smith, Nicole Thomas and Amber Van Zealand.

Take care and thanks for the memories.

Dave Van Zealand & Simon Nicola

Under 15 Boys

The U15 boys had a very relaxed attitude to athletics, mostly turning up in dribs and drabs. I think the most we had at any week was two or three boys, sometimes only one. On two or three occasions there was just me. The boys all seemed to enjoy athletics when they were there, but they probably enjoyed sleeping in more. Some of our boys had injury problems this year which stopped them attending on Saturdays. Let's hope they have better luck next year.

I would like to thank Howard Searle for allowing us to join the U17's, as we would have been a sad little group without them. Thank you also to the committee for all their help this year with Age Manager information, as this was my first year and I had no idea what I was doing.

Hope to see the boys again next season as Senior U17's. Have a great winter break.

Chris McNaughton

Under 17 Combined

This season was the first time this age group could formally compete in the NSW Little Athletics competitions. Also, it was a great opportunity for the athletes to continue their individual sporting careers with WHLAC. This age group was also a mixed group of female and male athletes with the ratio being 8:4 respectively. We were also joined by the U15 boys regularly due their small group.

Overall I think the group enjoyed themselves, meeting and competing every Saturday. It was a great opportunity to still compete and establish PBs, as well as relax in a friendly environment. It must be said there was a little more relaxing than competing, however they all strived to improve themselves during the season 😊

Along the way, being the first official year, they all had a chance to set club records. This was a weekly event with everybody working out where they could set a record accordingly. So, lots of records appeared in the newsletter each week for everybody to boast about.

Being able to compete in the LAANSW competitions was beneficial, and all the athletes should be proud of their achievements. The group won medals at the State relays and a number of athletes made it through to the state championships.

It is a great initiative to have this age group available to athletes who still want to compete and enjoy themselves. There is a big environmental difference between LA's and seniors, and most athletes are lost in this transition. All these athletes are still wonderful competitors still striving for more, but having fun along the way!

I would like to thank the athletes for letting me be their age manager and I would like to back up next season if invited.

Howard Searle



(Photography by Abbey Digital)

TAYLAH SENGUL (Under 13 Girls)

U13 Girls State Record Holder SHOT PUT	14.23m
U13 Girls State Record Holder DISCUS	49.57m
U13 Girls State Record Holder JAVELIN	45.91m



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