

Season 2010/2011

Annual Report



Presentation Day
10 April 2011

Presentation Day 2010/2011 — Program of Events

President's Welcome

Girl's Club Captain Speech - Shinelle Baker

Boy's Club Captain Speech – David Thomson

Girl's Club Vice-Captain Speech – Jacinda Martin

Boy's Club Vice-Captain Speech – Shaun Woodhouse

U17 Age Group Acknowledgement

Sponsor Recognition

WHLAC 10 Year Service Awards

LAANSW 10 Year Service Awards

Winston Hills Mall Gift, Mile & Club Relay Challenge

Club Record Certificates

State Representatives Jackets and Trophies

Perpetual Trophies

Winston Hills Veterinary Clinic Cross Country Trophy

Frank Atkins Field Team Trophy

Frank Atkins Track Team Trophy

Kerry Atkins Walks Trophy

Nicholas Fortuna Memorial Trophy

Winston Mall Jumps Trophy

WHLAC High Jump Trophy

David Bruce Throws Trophy

WHLAC Javelin Trophy

Wayne Clark Hurdles Trophy

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Ray Clarke Middle Distance Trophy

Don McDougall Trophy

Spirit of Little Athletics Trophy

Queen Elizabeth II Trophy

Excellence in Athletics Trophy

President's Closing Address

MOVE TO AGE GROUP PRESENTATIONS

Committee Reports

President- Andrew Martin

What a whirlwind twelve months it has been. I was honoured to be elected to this role but daunted by what lay ahead. I offer my most sincere thanks to my fellow (and new) executive committee members who assisted me come to grips with the role and responsibilities. Also a tremendous support were the other members of the Management Committee who showed great drive and commitment to the betterment of our Centre. I would be remiss not to mention both my U13 Boys age group and my family who showed great support for the demands of the role.

Now that the season has come to a close (has it really been 6 months!) it is time to reflect on where the club is at, to celebrate the achievements of our athletes and acknowledge the many officials and helpers who have worked tirelessly to make WHLAC one of the great Little Athletics centres.

Our 460+ registered athletes, new and returning alike, are a great advertisement for our sport. It is with great pride that we can look across Gooden Reserve on a Saturday morning full of young athletes embodying the spirit of Little Athletics – Family, Fun & Fitness. We took the decision prior to the season to introduce basic skills into the program for U6 and U7 athletes and this proved a success and something for the athletes to build on in the future. We hope this continues.

We were represented by over 200 athletes at the Zone Championships in January 2011, and over 100 of these athletes went on to the Region Championships in February. At the time of writing, 23 athletes were destined to compete at the State Championships in March. Our Centre continues to be a force at State Relays in November and State Multi's in March. It is great to see so many athletes embrace the opportunity to compete on a bigger stage and enjoy the experience. We also had a number of athletes compete at Forster in July at the State Cross Country and Road Walks Championships.

Our athletes' achievements can sometimes be put down to natural ability but what makes a real difference is training and utilising the dedication and hard work of our coaches. We have the largest number of qualified coaches of any centre, and there is someone available in every discipline to give free coaching during the week to athletes of all shapes, sizes and ability. It is great to see so many of our athletes down at Gooden during the week taking advantage of this. Thanks to all our coaches for your commitment to the athletes and our sport.

We have some great facilities and equipment available to us. The shape of our track is a bit unusual, but it always looks terrific and we do have some of the best field event areas and great equipment going around. It is a great credit to our small band of club volunteers who prepare our grounds each week. Thanks also to the Winston Hills Sports Club for their continued financial support and help to maintain these facilities and equipment.

It was with much pleasure that we welcomed Artline / Spirax as our major sponsor this year. The financial support has been tremendous. We also continue to receive great support from Winston Hills Mall, Winston Hills Veterinary Hospital, Winston Hills Physiotherapy and Aus-Web. Thanks also to Wholesale Trophies, Cafe2U, Kings Track & Field and Tere George & family. We encourage all our members to support our sponsors who so willingly support your children.

This year we again offered our venue, facilities, equipment and officials for the Special Olympics Region Championship. The smiles on these talented athletes' faces and response from their supporters were reward enough and I would encourage our Centre to continue with this very fulfilling relationship.

Thank you to all our age managers and regular officials for your contribution throughout the season. You are at the coalface week in, week out and the athletes and Committee all appreciate your commitment and co-operation.

I would like to pass on a special thank you and our best wishes to Kerry Lowe and her family Rob, Caitlin and Kieran. Kerry was our Secretary for most of the season until being diagnosed with a second bout of cancer. Our thoughts are with you.

Finally, I hope to see all of our athletes back for a bigger and better 2011-2012 season. Don't forget to mention Little Athletics to your friends and encourage them to join you at Winston Hills Little Athletics Centre next season.

Looking forward to seeing you all again in September.

Vice President- Grace Baker

On behalf of all the Committee, I would like to thank Andrew Martin, our President, for all the tireless work he has put in as his first season of being President. His commitment and enthusiasm for making this club run smoothly every Saturday is a credit to him and he is always thinking of new ideas to improve the club. We have grown in the number of athletes registered in our club which is an achievement matched by few other clubs this season.

So once again, thank you Andrew for all you have done.

Secretary- Rose Mylonas

It has been great to see that our athlete numbers have increased this season. This increase has been achieved despite a general trend of reduced athlete numbers in a number of Centres. Our increased numbers were helped along by a collaborative effort between LAANSW and WHLAC Committee Representatives who attended a number of our local schools to promote Little Athletics and the 'Family, Fun and Fitness' message. With the infusion of new and enthusiastic Committee members and the implementation of innovative skills instruction programmes (thanks to Jeff Walsh and his team for this) we should see the continued success of our Centre next season.

Those athletes new to the Centre should also consider attending the various Carnival and Championship events on offer, as well as the various coaching programmes that are run by dedicated, volunteer coaches. So, get involved and experience the "old fashioned" pleasure of community fun that many of us enjoy every year with our Centre. Winston Hills is famous for having a good time, so come along and feel the difference!

Finally, thanks to all who helped out during the season to 'lighten the load.' Special thanks to Sara Welsby, Nicole Mooney, Jack Edwards and Richard Parramon (alias the 'Saturday morning Clubhouse Team') who regularly pitched in to lend a hand and who made us all laugh along the way! Thank you also to Mary Jordan and our ex-athletes, Bec Houston and Emily Jordan, who were always willing to help out on those busy Saturday mornings at the start of the season.

Look forward to seeing you all back next season and for our U/17 athletes who are leaving this season, we wish you all the very best for the future.

Registrar- Sara Welsby

There were a total of 464 registrations for the 2010-11 season, of which 97 were completed online. Please refer to the following table for details.

AGE GROUP	GIRLS	BOYS	TOTAL
Tiny Tots	32	23	55
Under 6	21	31	52
Under 7	27	33	60
Under 8	30	22	52
Under 9	20	28	48
Under 10	21	22	43
Under 11	21	10	31
Under 12	13	19	32
Under 13	11	13	24
Under 14	13	16	29
Under 15	13	4	17
Under 17	10	11	21
TOTAL	232	232	464

This was an increase of 6 athletes on our previous season. It is worth noting that LAANSW reported a decrease in overall registrations this season and that Winston Hills was one of only 5 centres in Region 1 to increase in numbers. This is, in no small way, thanks to our wonderful age managers. Your efforts are truly appreciated.

I would like to take this opportunity to thank all the volunteers who assisted with registrations this season. Special mention must go to Rob and Kerry Lowe for showing me the Registrar ropes and offering their continual support throughout the season and to Karen Cochrane for her invaluable assistance with data entry. Thank you all!

Treasurer - Jack Edwards

This year due to family health issues I sadly say farewell as Treasurer.

Over these past 4 years of preparing monthly financials and 4 annual reports the Committee has changed quite a bit, working with 2 different Presidents, 1 Acting President, 2 Secretaries, 2 Registrars and other Committee members. I can only say that I have enjoyed the challenges and experiences we have shared together.

The club has also enjoyed a very positive season- what a renewed vigour and a breath of fresh air our new Major Sponsor Artline has given to the Club.

We have new banners, and Committee shirts, bright red starter shirts and Age Manager shirts. We looked like the King of all the Athletics Clubs at Zone, Region and other Championships.

Also the continued support of Winston Hills Mall, Winston Hills Veterinary Hospital, Aus-Web, Kings Track and Field and all our Sponsors and participating suppliers and helpers. In addition as always, The Winston Hills Sports Club, Tere and her team on the canteen and Amanda and her coffee starters, a big thank you.

With your continued support Winston Hills Little Athletics continues to run smoothly and gives opportunity to the youth of Winston Hills and surrounding areas.

This year our club increased its registrations whilst other clubs across the state of NSW mostly decreased in registrations.

Our uniform sales, canteen and coffee sales income were all notable as improved performers on the previous year.

Financially once again our club is healthy and ready to look forward to our coming season.

This year a separate supplementary Financial Report outlining income and expenses can be obtained with the yearbook. This is due to preparation logistics of an early Presentation day and postal receipt of necessary reporting correspondence.

So thank you again, to all, for your support this season.

Records & Rankings– Michèle Drinnan/Natalie Rozic

This has been a very busy season for us, and both being new in the role we had a very big learning curve at the start of the season. Fortunately the Age Managers were kind to us and we managed to survive those hectic days. Thanks to Sara Welsby for sharing our pain in those early days, with the joys of late regos and trialist athletes. Also we would like to acknowledge the magnificent support we received from Ken Poole of Kings Langley LAC who gave up a number of days and nights to make sure we were trained up on the intricacies of the inputting programme.

We noticed a very high participation rate of athletes throughout most of the season, particularly in the younger age groups, and credit must be given to the hard working Age Managers for keeping their athletes motivated. Thanks also to the Age Managers for the neat and orderly way they presented results and we hope you all come back next year.

We would also like to thank the wonderful regulars who work on the straight, hurdles and circular tracks and usually miss out on seeing their own children compete for most of the morning. The club would not be able to run without such dedicated people and their efficient recording made our life a lot easier.

It was more than entering results that kept us busy, and our talented recording breaking athletes kept us on our toes. The Under 17 age group was particularly competitive this year and participated in a large range of events, so we were regularly updating records for this age group.

During the season we introduced club records for all hurdles events using the electronic gates, based on the fastest time per age group since the gates were introduced in the 2009-10 season. As a result these records will fall more regularly than the more established records.

Also, after the introduction of javelin to the U12 age group we have now set the club records for this event based on the furthest throw during this season. Congratulations to the following athletes on setting the U12 javelin records:

Joanna Bennetts	10.67m	26 Feb 2011
Joshua Wooldridge	24.63m	22 Jan 2011

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

GIRLS RECORDS

EMILY ROZIC U11G

60m hurdles (electronic) 11.84 sec 26 Feb 2011 CURRENT RECORD

SARAH MARVIN U14G

800m run 2-29.50sec 22 Jan 2011 CURRENT RECORD

1500m run 5-10.10sec 18 Sep 2010
5-06.20sec 22 Jan 2011 CURRENT RECORD

3000m run 10-56.40sec 23 Oct 2010 CURRENT RECORD

TAYLAH SENGUL U15G

Shot Put 14.28m 25 Sep 2010
15.27m 13 Nov 2010 CURRENT RECORD

Discus 45.55m 02 Oct 2010 CURRENT RECORD

Javelin 37.64m 25 Sep 2010 CURRENT RECORD

PALETINI LEMI U15G

Discus 38.89m 02 Oct 2010

SHINELLE BAKER U17G

400m run 1-10.20sec 22 Jan 2011 EQUALS CURRENT RECORD

BRIANNA MURRAY U17G

Triple Jump 9.19m 23 Oct 2010 CURRENT RECORD

Long Jump 4.85m 8 Jan 2011 CURRENT RECORD

BOYS RECORDS

SAXON KIRKLEY U10B

60m hurdles (electronic) 12.16sec 05 Feb 2011 CURRENT RECORD

JORDAN IDIARE U12B

100m run 13.13sec 11 Sep 2010
12.90sec 25 Sep 2010 CURRENT RECORD

200m run 27.50sec 02 Oct 2010
27.20sec 09 Oct 2010 CURRENT RECORD

HAYDEN LANDELS U14B

90m hurdles (electronic) 17.09sec 26 Feb 2011 CURRENT RECORD

BRAD McNAUGHTON U17B

100m run 12.27sec 23 Oct 2010 CURRENT RECORD

400m run 58.10sec 08 Jan 2011
57.50sec 12 Feb 2011 CURRENT RECORD

200m hurdles 28.20sec 02 Oct 2010 CURRENT RECORD

Long jump 5.73m 16 Oct 2010
5.85m 08 Jan 2011 CURRENT RECORD

DAVID THOMSON U17B

200m hurdles 28.40sec 02 Oct 2010

BEN ALLEN U17B

800m run	2-26.14sec 11 Sep 2010 2-21.78sec 15 Jan 2011 CURRENT RECORD
1500m run	4-53.10sec 30 Oct 2010 CURRENT RECORD
3000m run	11-19.00sec 13 Nov 2010 10-35.11sec 26 Feb 2011 CURRENT RECORD

ARIAN MORAN U17B

High Jump	1.70m 23 Oct 2010 1.72m 11 Dec 2010 CURRENT RECORD
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Of course, the main objective of LA's is for athletes to improve on their performances, regardless of their ability, and there's no better sight than seeing the joy on the face of an athlete when they realise they've just achieved a PB. Athletes who attend regularly, give everything a go, and are committed to their performance are often the ones rewarded with those beautiful letters "PB" on their results sheets.

Congratulations to the following high flying athletes who have achieved the remarkable result of 25 or more personal best (PB) performances during the season:

37	Jason Thomas (U12 Boys)
35	Taylah Porter (U13 Girls)
33	Clare Bickham (U11 Girls)
32	Emma Monahan (U11 Girls), Adam Mylonas (U14 Boys)
31	Mikalsh Zammit (U9 Girls)
30	James Thomson (U13 Boys)
29	Blake Spurway (U11 Boys)
28	Alexis Eaton (U9 Girls), Grace Thomson (U10 Girls), Benjamin Maestri (U8 Boys)
27	Omar Nadaya-Harb (U9 Boys)
26	Samantha Ervin (U10 Girls)
25	Amy Hill (U14 Girls), Brandon Long (U13 Boys)

Thank you and we hope to see you all next season.

Championship Report- Paul & Karen Cochrane

State Relay Championships

The State Relay Championship was held at Homebush on the 27th and 28th of November and we had 46 teams represent Winston Hills LAC.

By the end of the weekend we had 13 teams finish in the top 8.

Of these 13 teams we had 1 Gold, 2 Silver and 2 Bronze Medals. These teams being:

U15 Girls Throws – 1st Place
U15 Girls 4 x 100m – 2nd Place
U17 Boys Long/High – 2nd Place
U12 Boys 4 x 100m – 3rd Place
U14 Boys Throws – 3rd Place
U10 Boys Jumps – 5th Place
U8 Girls – 4 x 100m – 6th Place

U12 Mixed 4 x 400m – 6th Place
U14 Boys Jumps – 7th Place
U10 Girls Throws – 7th Place
U13 Boys 4 x 100m 7th Place
U12 Boys Throws – 8th Place
U8 Girls Throws – 8th Place

A special mention must go to our Junior Girls Middle Distance relay team who qualified for the final in 3rd fastest. However, one of our girls came down very ill just before the final and the team could not compete. Congratulations girls on making it to the final – look forward to seeing you do well next year.

Zone Championships

The Zone championships were held on the last weekend in January and were attended by 190 Winston Hills athletes. From there, 101 athletes went on to qualify for Region on the 19th & 20th of February at Barton Park, Parramatta.

Our under 7s did us very proud at Zone with the following athletes receiving medals:

Finn Watkins	1 st Place – 50m
	1 st Place – 70m
	1 st Place – 100m
	1 st Place – Long Jump
Alex Marshall	1 st Place - Discus
Zach Creagh	3 rd Place – 200m
	3 rd Place – Long Jump
Lachlan Gordon	3 rd Place – Shot Put
Eva Nadaya-Harb	1 st Place – Long Jump
Tahli Monahan	2 nd Place – Shot Put
Jennifer Grubba	3 rd Place – Discus
Caitlin Wooldridge	3 rd Place – Shot Put

Region

101 athletes qualified for region from Winston Hills. These athletes did us very proud over the weekend of 19/20 February. From these athletes we had 24 who qualified for the State championships.

Once again our youngest region qualifiers did very well with a number of them receiving medals and top 8 finishes. These U/8 athletes were:

Mikayla Fuller	1 st Place – Discus
Georgia Munro	3 rd Place – 100m
Erick Rajan	2 nd Place – Long Jump

Congratulations to these athletes on some wonderful achievements. Next year these athletes will have the opportunity to qualify for State.

State Multi Championships

The State Multi Championships were held on the first weekend in March at Wagga Wagga. Winston Hills was represented by 19 athletes that took the long haul to Wagga Wagga.

These 19 athletes had a wonderful weekend competing and a lot of socialising was done by both the parents and children alike.

We had two athletes that walked away with medals from these Multis. Allanah Cochrane- U/14 girls & Brad McNaughton- U/17 boys were both bronze medalists.

State Track and Field Championships

Our final competition for the year and we were fortunate to have 24 athletes representing our club in most events.

Congratulations to the 24 athletes that braved the wet weather on the weekend 18th-20th March. Some great results were achieved by our athletes. Out of the 24 athletes competing, 11 athletes received top 8 finishes.

These achievements were:

U/9 B	Jamie Monahan – 3 rd Place in Discus
U/9 G	Danielle Drinnan – 2 nd in 800m
U/10 G	Ashleigh Cochrane – 8 th Place in Discus
U/10 B	Nickolai Simmons – 7 th Place in 1100m Walk
U/12 B	Jordan Idiare – 2 nd Place in 100m and 200m
	Kai Parrello – 4 th Place in Triple Jump
	Alexander Cummins – 7 th in High Jump
U/14 B	Corey Mackay – 7 th Place in Shot and Discus
U/14 G	Allanah Cochrane – 6 th Place in Long Jump and Triple Jump
	Sarah Marvin – 2 nd Place in 1500m and 3000m
U/15 G	Paletina Lemi – 2 nd Place in Shot Put and Discus

Special congratulations to David Bruce who achieved the Coach of the Year Award from LAANSW. This is truly a very deserved award for a great long-time coach of Winston Hills Little Athletics.

I would like to thank all the athletes, coaches, our committee and parent helpers for a wonderful year of athletics. Have a wonderful break in the off-season and look forward to seeing many of you back next year bigger and better.

Coaching Report-Jeff Walsh

The 2010-11 season has been one of expansion, growth and investment for the Centre in all areas of coaching.

This season saw three young adults take part in their first level of coaching course. Brad M, Emily J & Georgia W all participated in the Introduction to Coaching Course held in Manly during the season. Emily retired from her Little Athletics career at the end of last season, however she has returned this season to help out the Committee as an Age Manager and in general around the Centre. Brad retired this year and we will

welcome him back next year to join Emily and other young returning athletes to the Centre. Georgia will retire this year after completing her final year.

All three have been busy throughout the season joining the experienced coaches and being mentored as developing coaches. These opportunities are open to any parent, guardian or Centre volunteer. The benefits you will gain are enormous to you, the Centre and your young athletes.

The numbers of athletes taking part in weekly training sessions with our qualified and experienced coaches have grown slightly this year. It's good to see athletes and parents taking advantage of this facility within our Centre. Parents are invited to join in and help out where they can. The coaches can also use the extra help, and are willing to impart some knowledge to the not only the athletes but parents. So much for the expansion (in coaches numbers) and growth (athlete participation); the biggest change to the centre this year has been investment.

The 2010-11 season saw the introduction of the Skills Drills for the Under 6 & 7 Age Groups. We have made an investment into the future of the athletes as well as the centre.

The skills drills are conducted on a Saturday morning during the regular program. Each week each Age Group takes part in a coaching development session. The sessions have underlying coaching goals and aims, based on correct technique for each event and participation rules. The skills are all fun and enjoyable for the athletes. It also encourages parents to be come involved.

Having spoken with many of the athletes who have taken part in this program they all believe they are competing better and looking forward to returning next year. During the off-season the program will be reviewed and improved; all with the aim of providing a bigger investment in the younger athletes.

Officer for Age Managers – Grace Baker

I would like to thank all the parents and past athletes who put their hands up to do this tireless and rewarding job. Some volunteered willingly and some were sort of 'pushed' into the role. It was a role that not only involved a little coaching, but sometimes involved skills such as counselling, time management, organizing and administration.

The athletes are very fortunate to have many of these Age Managers look after them week after week, to encourage participation and help achieve PB's.

From the very first running day, we managed to fill all the positions and many have stayed throughout the season and are willing to come back next season.

On behalf of the club and athletes, I would like to thank each and every one of you, for turning up every Saturday.

Hope to see many of you next season.

Sponsorship & Marketing- Paul Byron

This season we welcomed Pelikan Artline aboard as our new major sponsor. I would like to thank Mr Bruce Haynes & everyone at "Artline" for their commitment to our Centre & children's sport in general. With a view to promoting their Artline & Spi-Rax brands, we now have possibly the most striking Committee & Age Manager shirts of any Centre in the Association. Artline also generously supported the Zone carnival with a financial donation, as well as providing a significant amount of stationery; something the Zone desperately needed.

Winston Hills Mall have continued their generous support of our Centre, not only providing funds but once again providing gift vouchers as prizes for the Winston Hills Mall Gift, the Mall Mile & the Age Group Relay Challenge. Thanks to Frazer, Brett & the team at the Mall for their ongoing support.

We also welcome aboard Mr Mark McDonald of Winston Hills Physiotherapy in their first year as a sponsor of the Centre. We look forward to a long association with Mark & I trust everyone needing physio services will find their way to Mark's practice.

Our stalwart sponsors have once again continued to provide their support to the Centre, without which we would be so much the poorer. Our thanks go to Winston Hills Veterinary Clinic, Aus-Web Internet hosting, Wholesale Trophies & Kings Sports Store.

The parent body of WHLAC; Winston Hills Sports Club Ltd, has once again made significant funds available to enable us to purchase new equipment, pay for coach education courses, assist our representative athletes & provide insurances covering our Athletes, Officials & volunteers.

The additional funds received this season have gone a long way to lightening the financial burden from the families of our athletes. We look forward to consolidating our current relationships & developing new ones in the near future.

I would personally like to thank all of our benefactors on behalf of the Athletes, Parents & Committee of Winston Hills Little A's for supporting such a worthwhile venture. With your help, we will still be here in another 35 years.

Uniforms- Nicole Mooney

This year's season was a busy one for uniforms. With the addition of Artline as a major sponsor it meant it was time for a change in our club shirt. As with any job, many hands make light work and this was very true in the case of our shirts. A big thank you to all the people who helped me get these shirts done and ready for the season. I'm sure you'll agree WHLAC has the best club shirt in the Region if not the State!

Reverting back to the old system of selling uniforms at registration worked very well. Almost all athletes had uniforms before the beginning of the season which made my job a lot easier. Some small orders had to be made for the more popular sizes however at this stage we are well equipped with uniforms for the coming season and perhaps even beyond. Legionnaire and baseball caps are back in stock ready for season 2011/12.

A big "THANK YOU" to Linda Henry, Suzanne Martin & Mary Jordan who helped me do the uniform stocktake on the last running day – it's definitely not a job anyone likes doing but with your assistance we got it done very quickly and the uniform store has never looked more organized!

Lastly and certainly most importantly a big personal "THANK YOU" to Kerry Lowe. This was my first full season as uniform officer and without Kerry I don't think I would have managed to get through it in one piece. As well as her own job on the committee she patiently talked me through any questions I had and was with me almost every Saturday helping me selling and sorting the uniforms, not to mention the thousands of phone calls of help she answered from me during the season, it truly was appreciated.

Until next season...

Track & Field and Cross Country- Ray Marvin

During the 2010-2011 season a new program was implemented to incorporate a weekly “Skills and Drills” session for the U6 and U7 age groups. By all accounts, these sessions were very popular with the children and so a huge “thank you” to Jeff Walsh for taking on the task of developing and running the sessions. Even NSW Little Athletics were impressed by Jeff’s work and they have promoted the Skills and Drills sessions to other Centres in NSW.

Apart from the inclusion of the Skills and Drills session, there were only minor adjustments required for the program and once again the running days seemed to flow quite well. For a Centre the size of Winston Hills to run all the events we do each Saturday and to finish well before lunch is a great effort is due to the work of the Committee, Age Managers, and parents who help out each week.

The Winston Hills Mall Gift event was held prior to Christmas and once again proved to be an exciting and enjoyable event. We then finished the season with the running of the Winston Hills Mall Mile Handicap on our last running day. Congratulations to all the athletes who competed in these events.

As we have done for the last few years, we combined with Hills Little A's again last year to run a successful Cross Country and Road Walks series on Sunday mornings at Crestwood Reserve. At the end of the last Cross Country season, several families from WHLAC travelled to Forster-Tuncurry on Sunday 4th July 2010 for the State Cross Country & Road Walks Championships. All the athletes performed very well and they all seemed to have a great time socialising with their friends. There were some excellent performances and several athletes were fortunate enough to take home medals from the weekend. The results were as follows:

Cross Country

U8B - Jamie Monahan - 27th
U8G - Danielle Drinnan - 3rd
U9B - Samuel Ferguson - 5th
U10G - Emma Monahan - 31st
U11B - Anthony Drinnan - 18th
U13G - Sarah Marvin - 2nd
U14B - Josh Baker - 8th
U15B - Ben Allen - 3rd
U15G - Shinelle Baker - 12th

Road Walks

U10G - Emma Monahan - 7th
U13B - Adam Mylonas - 3rd

The current Cross Country and Road Walks season commenced on Sunday 10th April and will run through until 26th June before heading to Kurrajong on Sunday 3rd July for the State Cross Country and Road Walks Championships. I hope to see as many of you as possible at Crestwood Reserve on Sunday mornings.

Officer for Officials- Daniel Alderson

Who would have thought that we would lose only one running morning this season? This made our helpers work even harder this season than ever before. As this is my first year on the committee I was amazed to see the amount of work that goes on behind the scenes to even get up and running on a Saturday morning.

Where do I start...

Thanks to the people that have turned up every week to help out with the running of our Saturdays, and they include the starters, straight track operators, hurdle track operators, the circular track time keepers (although

I think it was more of a social event for them) and the regulars that turned up at 6.30am to start setting up 'the field of dreams'.

Thank you to everyone that has put up their hand to help in other duties for the Saturday running of the club including the weekly set-up's, track assistants, first aid, and pack-up's.

Thank you also to everyone that has volunteered to help with the duties of running the carnivals including State relays, Zone, Regional & State. WHLAC have a large amount of dedicated officials and helpers that make these carnivals run as smoothly as they do.

I must also say that a number of our regular volunteers don't even have kids (athletes) still competing at the club, what commitment!

As I have said in my emails (nagging) "No experience necessary" get involved, you never know how much fun you will have.

Publicity- Jess Brewster

This season I took on the role of Publicity Officer and joined the Committee for the first time. It really was interesting to see how much work goes into running this club and the amazing effort that the volunteers who make up the Committee put into it.

The pre-season plugging of WHLAC was undertaken by those doing school visits, the odd banner display and a stall at Winston Hills Mall. Thanks to Frazer and the management team at the Mall for letting us utilise the space and to everyone who came down that day and helped out.

The Information Booklet was put together with the help of Michele Drinnan and Andrew Martin, who answered numerous questions and emails from a clueless newbie. Throughout the season, they also helped out with queries ranging from temperamental printers to the amount of these booklets that I should print out! Without their advice, this season would have been significantly more difficult and I thank them for all their help.

We continued on from last season in moving to fortnightly newsletters after the Christmas break. Thanks to everyone who contributed to the newsletter over the season; having such useful info and results really makes it worthwhile. Another thanks must also go to Pom for supplying us with paper and to Scott for forgiving me whenever I forgot to send him the latest newsletter!

Thanks again to all the Committee for the help I got during the season. The support given makes joining it remarkably easier and I look forward to next season!

Trophies- Rose Mylonas

Once again we conclude the season with the presentation of awards and certificates acknowledging and rewarding our athletes for their hard work and success over the past season and for some many, seasons of endeavour. This is a joyous task and one which I find very satisfying. I trust the athletes and their families will appreciate the quality of the trophies and medals that will be awarded this year.

I wish to thank Annette Trieste and her family and staff at Wholesale Trophies for their help and advice in delivering the magnificent range of trophies we will hand out today.

I also wish to thank John Liversage from Abby Digital Photography for the successful production of the team photo's.

Of course I thank my colleagues on the Committee and the Age Managers for their efforts in running another successful season of Athletics.

Safety & First Aid- Peter Mylonas

Thank you to all those parents who volunteered to do First Aid. We didn't miss a week and there were no life threatening injuries to report.

I believe First Aid can be more efficiently managed with one First Aid "chief" who will do most of the duties (which aren't onerous) plus the appointment of 3 assistants who fill in as required.

Sometimes the compliance requirements from the Association can seem daunting but with a little flexibility and pragmatism more efficient and less taxing protocols and procedures can be implemented.

As this will be my last year on the Committee I wish to challenge some young and enthusiastic newcomer to join the Committee and participate in the decision making processes.

I wish to thank my comrades on the Committee for their help and support over the past 20 years and I believe the new Committee will continue to grow and rejuvenate over the coming seasons.

Club Captain Speeches

Girls Club Captain – Shinelle Baker

As we come to the end of another athletics season, there have been so many things to look back on and be proud of, as well as have a few good laughs. From State Relays, to the Zone and Region carnivals and of course the all important State Multi's weekend; everything we have competed in, we've done it as a club, coming together to show support for each other, and have a whole lot of fun.

For me this 2010/2011 season has been incredibly successful due to the diligent work of our Committee members and parent helpers, all of whom are vital in the running of our club. It also has by far been my favorite, as I not only got to participate in all of the calendar events, but I got to share in my fellow athletes getting involved and achieving their goals, as well as supporting me with mine, and as club captain I feel that that is what athletics is truly all about. Playing the role of Club Captain has given me the opportunity to see just what our club is made of, and to get to know the younger and older athletics alike. We have such a diverse range of talented, enthusiastic young people, eager to turn up on Saturday mornings, at different carnivals to represent the club, and it makes me happy to know that these kids are apart of something that brought me such joy for so many years, and I can only hope that they get the same fantastic experience out of it as I did. As I hang up my position I take away an immense sense of gratitude, thankful for this opportunity to give back to a club that has given me so much. I thank everybody who has encouraged me and given me support throughout my athletics career, and I look forward to my final year, where I hope to see everybody back for another awesome season.

Boys Club Captain- David Thomson

Once again we have come to the close of yet another jam packed season filled with better results, new friends and memories that will tide us over for the off-season. Since the very beginning, we have participated in Trans Tasman, Gala Days, Zone, Region, State and Multi's to flaunt our array of talented athletes.

Whether you're an all rounder, focus on a particular event or come to athletics to socialise, there is quite literally something to do for everybody. At the risk of sounding cliché, at the end of the day all that matters is trying your absolute best because results will come and go but your spirit will be remembered for many years to come.

I personally believe that Winston Hills Little Athletics is one of the best communities to belong to due to its kind hearted and welcoming nature. For the many years that I have been apart of the club, the thing that I most admire is the friendliness of athletes and parents alike. It would be ironic to state that anyone is ever left out; because of the inviting nature the club is famously known for.

I would like to give special mention to the numerous committee members and coaches that devote their cherished Saturday mornings for us athletes. Although we have a unique way of showing it, your efforts are greatly appreciated and contribute immensely to the smooth and successful running of the day.

It has been my absolute privilege to represent you as your male captain and I hope to see all of you back for the 2011/2012 season so that we can relive the fun, family orientated, friendly club that we are so popularly known for.

Girls Vice Captain- Jacinda Martin

It feels like only yesterday I was counting down until the first running day of the season and now it is the end. This has definitely been the fastest season that has passed in my 9 years with Winston Hills.

Personally this season has been my most successful yet. Some highlights for me have been; being elected Vice-Captain, being part of a State Relay team that won gold, volunteering at the Special Olympics hosted by the club, the End of Year Dinner Dance and most importantly, qualifying for Region for the very first time. Achieving this personal goal proved to me that training hard and having a positive attitude really is worth it.

Winston Hills as a club has had a very successful year of athletics. With many athletes attending Zone, then progressing onto Region (some even qualifying for the State Championships) it shows our club is full of little athletes determined to keep the athletics spirit alive by doing their best and having a good time while competing.

Nearing the last running day of the season, a number of families took the 5 hour journey to Wagga Wagga to compete in State Multis. Everyone who attended agreed that these annual weekends away will never be forgotten. While many decided that hide and seek was more important than having an early night for the carnival the next day, Winston Hills still came away with 2 medal winners; Allanah Cochrane and Brad McNaughton. Congratulations to both, we all know that you put a huge effort into that weekend to come away with these great results!

As always, many thanks need to be given out to each and every one of the Committee members, Age Managers and regular helpers. Without them there would be no athletics running days at all. They all work very hard to make Saturday mornings run smoothly and everyone at the club should be very appreciative of the efforts they put in.

On a more personal note I would like to thank my Age Manager Colleen Elliott who has been with my group of girls (and the new addition of boys) since the U7's. She has put up with us for 9 years now and is still staying strong! Although we have grown out of using paddle pop sticks to decide on who has which lane, we will always need Colleen with us to make sure we make it to each event and compete to our best ability. Thank you!

I hope all athletes and parents have had a fulfilling and fun season and I am sure I will see most of you back next season. Good luck in all your winter season sports and see you in September.

Boys Vice Captain – Shaun Woodhouse

Winston Hills Little Athletics can feel quite proud of our achievements for this past season.

This season was one of enthusiasm and achievement, with a group of enthusiastic young athletes, a dedicated group of coaches, Age Managers and a Committee who worked well together with the parents of our athletes. At Zone, Region and State Carnivals, I would like to Congratulate all the athletes. Further I thank every member, parent, coach and Sponsor for their participation, encouragement and support during this season.

A special thank you to the coaches at our Centre who put their time in during the week days to bring out the best in our members.

Age Group Reports

Tiny Tots Girls- Kylie McKeon

It was a reflection of how dedicated the Tiny Tots girls were by the number who came back after the last running day in 2010.

I must start by saying a huge thank you to the assistant manager, Michelle Nixon, who took over after Christmas. She was fantastic with the girls.

Also, thank you to the dedicated group of parents who regularly came to set up and assist in the smooth running of all the activities. Being 'hands-on' made it so much easier for all the girls.

I am very proud of how our little athletes tried their very best each week and the confidence they gained through the season. I think there are some little stars in the making!

I hope to see you all next season for the Under 6's.

Tiny Tots Boys- Neil Brosnan

A new generation of athletes graced Gooden Reserve in the spring of 2010. Some entered the track for the first time in their tender years while others followed the footsteps of older siblings wanting to have a go in their very own black, white and gold jersey. The characters in the group stood out from Week One and led the way for their uncertain colleagues.

Athletes in the making of all kinds will emerge from this group. Mr Bruce has already got his eyes on a potential thrower or two whilst age managers Neil Brosnan and Suzanne Alderson are already planning the first relay team for spring of 2012.

Tiny Tots Boys and Girls joined forces between January and March 2011 to finish the season on a high note. Age managers, Kylie and Michelle, combined with Neil and Suzanne to take the Tots to the next level of athletic prowess. Finally, a special mention must go to the wonderful parents of the tiny tots children who have been enthusiastic and supportive to the last. We look forward to seeing you all again next season.

Under 6 Boys- Kelly Spackman

Well done to all of the Under 6 Boys who participated in this year's season of athletics. For some, this was the first time they had ever been involved in Little Athletics. It has been a great character and confidence building experience for all.

Steve and I have both thoroughly enjoyed coaching the Boys, setting them up with the right foundation to go on to become great athletes and represent WHLAC at future carnivals. There are some boys who love the field events, those who excel at the long jump and those who consistently compete against each other in the 300m. The boys should be so proud of how they all performed.

We have been particularly impressed by the way the boys participated in events with a positive spirit. The energy these boys have is amazing; always asking 'What event are we doing next?' Many of the boys run

enthusiastically to the 100m start to line up and go on to give their best in the actual race. It has been most gratifying to see the boys putting into practice what they had been shown with the perfect discus or shot put throw or the textbook long jump.

I greatly appreciate the support of parents each week who have encouraged the boys and assisted the team with time keeping, raking the sandpit, collecting the shot and discus, measuring, recording results and helping me to find my younger son Hayden when he would run off from time to time. Thank you to all parents for all the work undertaken.

Congratulations, boys on a fantastic season of athletics. I hope you have enjoyed your season as I have enjoyed coaching you! Next year, you can look forward to the opportunity of participating in Zone Championships!

It has been a pleasure to be the Age Manager of the Under 6 Boys and I look forward to seeing all of the boys (and parents) next season.

Under 7 Boys- Phil Barton

Wow, another season over and what a fantastic season it has been. The Under 7 boys are an enthusiastic bunch. On average we had 24 young athletes each weekend and considering the dynamics and the size of the group, they were well behaved. Each weekend was a combination of fun and learning. We continued to see the number of personal bests (PB's) grow each week and I am proud to report that as a group of boys we achieved a medal in each event at Zone. Well done boys!

And I cannot forget all my helpers. A special thank you to all the helpers (you know who you are). Without the support of some patient and loving parents the year would not have been as good as it was.

I hope you all have a great and safe break.

Under 8 Girls- Jayson Campbell

Another great year at WHLAC. It was great to see a lot of girls returning from last year and also fresh faces that joined us this season. It was good to see the girls compete in the State Relays at SOPAC and get a feeling of competing against other good athletes at these great venues. Congratulations to: Mia Munro, Georgia Munro, Tamara Boisse, Lauren Mooney, Brinleigh Campbell, Bronte Garside, Michelle Hamilton, Sienna Beldham-Collin, Mikayla Fuller, Elizabeth Sullivan & Ashleigh Ervin on a job well done. The Zone carnival was also good to see the girls compete against other local athletic clubs, with many of the girls recording PB's. Well done to Mia, Georgia, Taliah, Ashleigh and Mikayla, on advancing to the regionals where all the girls went exceptionally well, especially Georgia Munro with a Bronze in 100m and Mikayla Fuller a Gold in Discus.

Overall a big congratulations to all the U/8 girls that gave it their best every Saturday morning, to see you all improve so much from week to week was great to be involved with.

Thanks again to all the parent helpers, especially my great assistant Michelle on making a fun year. It makes it so much easier when everyone gets involved timing, measuring, or just grabbing the ice blocks. You also notice the girls trying a lot harder when their parents or even grandparents are involved.

Goodluck to all the girls in their Winter sports, we look forward to seeing you and many other girls next season.

Under 8 Boys- Michelle Rogers and Helen Kelava

What an opportunity it was for Helen and myself...to manage and organize a team of Under 8 boys this season!!!!!!

We really enjoyed how excited you were each morning to see your friends and to challenge yourself and your peers to beat your PB's each week.

State Relay Championships:

Our 4 x 100m team consisted of Erick, Luke, Jarad and Joel...and boy were they excited to be running on a track!!! An impressive effort for their first time at State Championships.

Erick and Luke then combined with the U8 girls in the 4 x 200m mixed teams and narrowly missed out on making the finals.

Ben was impressive in the 800m mixed teams. Definitely a distance runner to watch in the future!!!

Our throws/jumps team consisted of Nathan, Finn, Thomas and Zack. A fantastic effort was shown by all and we were extremely impressed by our boys professionalism, conduct, and sportsmanship.

We were so very proud of our team.

Congratulations!!!

Zone/Regional Carnival:

We had Jarad, Adrian, Macklin, Ben, Finn, Erick, Zack, Luke and Cameron attend the Zone Carnival with exceptional results. Not only did they all do their best, but PB's were smashed.

Exceptional results were recorded by Ben, Cameron and Erick. A shame we could not take these boys on further...but we will be a year older next year and look out!!!

Well done boys.

To see the improvement from all our boys over the season was truly amazing. Not to mention the fact that these events spurred our boys on to continue to break PB's right up until our last running day!!! For those whom this year was your first...we hope you loved athletics and managed to improve your fitness and ability in throws, jumps and runs...while making a few new friends along the way.

Thanks to those families who attended each week and helped to measure, write up results, recover and maintain equipment, and just generally support Helen and myself throughout the day. It was genuinely and greatly appreciated.

Under 9 Girls- Daniel & Michele

What a year for our princesses! Our girls have tried hard at all events resulting in many personal bests. We had the introduction of high jump and the walk, a new experience for all of us. This year we focused more on running, throwing & jumping than cartwheels & duck/duck/goose games!

Congratulations to Chloe, Annabel, Kaitlyn, Sophie and Paige for achieving their 5 year medal commitment to WHLAC after joining Tiny Tots in 2006.

We had great results from Zone, Region and State carnivals, with the girls really stepping up to the big stage and representing the club. Many girls have benefited from the great coaching/training provided by the club.

I hope that all our princesses have had a good year and we look forward to seeing them next year.

Under 9 Boys- Steve Monahan

It was good to see the boys turning up each week and getting the most out of their athletics. We had the core of athletes from last year plus 6 or 7 new comers. We also had the introduction of hurdles, walks and high jump. All boys were keen to take on these new disciplines and have some fun.

Well done to the team who went State Relay's and all the boys who went to Zone. It was a great couple of weekends with hundreds of kids competing and having fun. Congratulations to the boys who progressed to Region and a special mention to Jamie who qualified in 2 events, walks & discus, for the State Championships.

The following boys had great fun and tried hard each week to set new PB's. Jayden Honeywell, Jack Cawley, William Egan, Lachlan Bateup, Joel Brown, Patrick Cusack, Reece Ticehurst, Callum Walker, Robert Kowalczyk, Harrison Stoddart, Robert Windon, Xavier Adams and Aiden McMeneny

These boys also had fun and represented the club in

Christopher Durante- Zone representative

Joshua Serratore- State relays representative

Lachlan Porter- State relays, Zones and Regions representative

Cameron Bliss- State relays and Zone representative

Zac Woolridge- Zone representative

Jackson Bruton- State relays representative

Bhuvan Senthil- Zone representative

Connor Obrien- State relays, Zones representative

Jamie Monahan- State relays, Zones, Regions and State Championship representative

Jakob Bokenham- State relays representative

Omar Nadaya-Harb- State relays, Zones and Regions representative

Nicholas Long- Zone representative

Jacob Hardy- State relays, Zones representative

Ethan Doan- Zone representative

Connor Rose- State relays, Zones and Regions representative

The boys and I have had a great season and we would like to thank all the parents who helped out. A very special mention goes to Danielle Bliss and Cheryl Long, the amount of work these two ladies did made the season possible.

All the best to all in their future aspirations.

Under 10 Girls- Paul Cochrane

Another season came and gone with a great bunch of girls.

With 18 returning and 3 new girls – they quickly formed a friendly and competitive group with many PBs achieved each week.

At State relays we had Ashleigh, Emily, Francis, Paris and Taylah representing the U/10 girls and they all achieved a top 8 result.

At Zone we had great results for the girls, which ended up with Ashleigh and Olivia making it all the way to State. Olivia made it to three events at State and Ashleigh receiving a top 8 finish in the Discus. A great result by the girls!!

A special thanks to all parents that helped each week and Olivia for being the best assistant age manager you could have.

Hope to see your smiling faces again next season and it was a pleasure to manage a fantastic group of girls.

U10 Boys- Scott Wilbow

Another enjoyable year for the U10 boys, with probably myself and Pom Dymond having the most fun.

We had strong numbers starting off the year with a few new boys (Indie, Alexander and Jordan Poulson) joining the core group that has been around for some years. The new boys brought in new enthusiasm and personality to the group and fitted in well.

Socially the group has been building stronger friendships over the past few years as the boys slowly open up to each other.

On the track they are a mixed bunch, which is a good thing. We have the likes of Joshua, Jesse, Brody, Sam Darling and Zach Munro who bring a relaxed, happy, calming spirit to the group. Mix in the competitive nature of the likes of Jackson, Nickolai, Robert, Saxon, Sam Ferguson, Indie, Jordan Poulson, and Alexander and it provides for healthy/strong competition and plenty of PB's.

On the representative front :

State Relays

Jackson, Jordan Hill, Saxon, Brody, Indie and Nickolai put in strong performances in the field team events with the high jump/long jump team finishing 5th from memory.

Zone

Over the years that I have been in the role, Zone has tended to be my highlight. Not necessarily because of the results we have been achieving (which have been solid and improving each year), but primarily due to the number of boys participating. This year, we had around 12 or 13 boys (of our 18) participate and do themselves proud. An enjoyable weekend was had by all!

Regional

5 of our group made it through to Regional, however due to other commitments Jordan Hill was unable to participate. Brody, Saxon, Jackson and Nickolai put in strong performances against high quality athletes and can be proud of their effort and performances.

State

For the first time that I am aware of, we have athletes from this group going through to State. Nickolai in the walk and Jackson in high jump will do the group proud at State. Both have competed strongly in their chosen event all year and can be proud of making it through to this level. When you stop and think about it, going to State implies that the boys are in the top 20 in NSW in their event for their age group. Well done to both of you.

Finally, thanks to the parents who assisted me during the past season. Pom in particular, is a great help to me and well liked by the boys. For many, he is one of the main reasons they return each year.

U11 Girls- Peter Garside

It has been another outstanding year of athletics with my girls. Triple jump was included in our routine and all the girls were keen to master this technique from day 1. We've had quite a competitive year with the majority of us doing events outside the usual Saturday morning practice. Thank you to Sara Welsby for being a wonderful organiser and assistant. Sara was responsible for getting most of our group participating at Zone.

The following girls competed at Zone: Emily H., Petria, Sian, Maddy W., Clare, Mackenzie, Emma, Maddy B., Hannah, Isabel, Emily R., Beth, Jasmine, Rachel L., Sarah D. and Courtney.

Congratulations to those who went on to compete at Regional: Clare, Emma, Isabel, Emily, Sarah and Courtney. We're likely to see some of you wearing State jackets next year if you keep training.

Sara and I are very happy to see so many of our girls continue to return to Little Athletics year after year – most of the girls have clocked up 5 or more years. We enjoy seeing the warm friendship they share and the welcome they offer to new girls who participate with them each Saturday morning. Maddy B., Rachel L. and Emily H. joined us this season. They are keen-spirited athletes and have settled in wonderfully. Hope we see you back!

On a final note it's worth bragging about the way the U11 girls finished the season. The final day began with the Mall Mile and whilst it was once again taken out by one of Andrew's boys (congratulations Nick!), our very own Emma ran really strongly to hold on to second with a fast finishing Ben Allen breathing down her neck.

Later in the day things got really exciting with the Relay Challenge. Our girls blitzed their heat, with smooth, lightning-fast baton changes, against the 11 boys, 12's and 13's but came up against very stiff competition in the form of the U8 girls in the final. The little girls led until the last change where finally Clare was able to overpower their 4th runner (given that Clare's legs are twice her length it was something to see.) We were fortunate to have so many of our girls turn up on the last day and were not only able to pick a strong team, but strategically located a cheer squad at every change. It really was a team effort!! What a great way to end the season.

I look forward to seeing you all at Presentation Day and then for the 2011/12 season!!

Under 11 Boys- Olga Parramon

It has been a real pleasure to be the Under 11 Boys Age Manager, especially in witnessing how they develop their skills and their progress through the season by constantly challenging themselves and aiming for a personal best on each event. What has been a real honour to watch is how their personalities have developed through the friendships they have made in their age group as well as how accepting they have been of including boys from other age groups as well. What amazed me the most is their sense of sportsmanship towards each other, pushing each other and encouraging each other every Saturday to do their best. Even after completion of their own race returning on mass to their fellow friends and running with them, cheering them on to finish the race, especially the long races such as the 800m race.

I am a very proud age manager. It has been great to see our little ambassadors for WHLAC perform at Zone, Region, State, State Multi's and various Gala days achieving medals, personal bests, forming new friendships and having a go attitude. This is what little athletics is all about... "be your best."

Eric shows up every Saturday ready to conquer new challenges, Peter is always trying to smash his personal bests (PB's), Cameron is ready to try anything, and Blake's positive attitude is an asset to the group. Patrick always finishes his events with a big smile on his face, Matthew's high jump has been very impressive all season, and Rhys is always on fire. Nickolai dominated in walks all season and Luca's results in the State Multi's were very impressive. Although Kieran has not been with us for some of the season he was always a pleasure to have.

I would also like to thank all of the parents who have helped throughout the season, especially Nina and Richard, as I would not have been able to do it without them. Once again, well done boys on your achievements, attitude and great sportsmanship, you can all give yourselves a pat on the back for a job well done and hope to see you all next season. Don't forget to bring with you next season the "whooshka effect" for high jump and the "grunt factor" for discus and shot put."

Under 12 Girls- Emily Jordan

Being my first season not competing at Little A's was a new experience for me and I was so excited when I was asked to take on managing this age group. I'd like to thank Tracey our assistant age manager who looked after the girls while I sat my HSC exams.

In the first half of the season we had both Jane and Sara team up with the boys at State Relays in the mixed 4x400, where they made the final. The final running day of 2010 saw the Winston Hills Mall Gift being run, where Brooke made the final.

After Christmas we lost both Isabella and Tracey to Melbourne, we wish them all the best down there.

At Zone our age group was represented by Edwina, Kiera, Layryn and Jane, with all four of the girls achieved PB's over the weekend. Lauryn in her first athletic season, won the high jump and progressed to region in all four of her events, well done Lauryn!

Every week saw the girls improve their jumps, throws and runs, gaining PB's. Emma. S, Emma. M, Joanna, Cynthia and Simone all achieved this every week.

Thanks to all the parents who helped out the age group throughout the season. Special thanks goes to Jess and Lauren and the 13 girls who let us join them at various events over the season.

On behalf of our age group we'd like to thank the committee and coaches for their efforts during the season.

I hope that all the girls had as much an enjoyable season of athletics as I did, I would like to wish you all the very best with your winter sports and hope to see you all next year.

Under 12 Boys- Karen Thomas, Hugh Darling & Anthony Parrello

The 2010/2011 season was a fantastic season for the Under 12 Boys.

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. Solid and improved performances were seen by Jason Thomas, Anthony Drinnan, Callum Brosnan, Nick Darling, Riley Heaton, Tom Robson, Aaron Creagh, Andrew Rimac, Kurt Garnett, James Sullivan, Braydon Kirkley, Joshua Wooldridge, Kai Parrello, Lachlan Rose, Jordan Idiare, Patrick Mentis and Alexander Cummins

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 with many progressing to the Region level. Four boys had great results that qualified them for the NSW State Championships – Kai Parrello qualified first in the region, along with Alexander Cummins, Callum Brosnan and Jordan Idiare.

Jason Thomas showed the importance of trying your best every week. Jason achieved at least one PB EVERY WEEK! This fantastic effort was rewarded when he achieved 1st place in The Winston Hills Mall Gift, a 100m handicap club race. Well done Jason!

Congratulations to all the boys and parents who contributed to making it an enjoyable and rewarding season. A special thank you to those parents who assist us on a regular basis - Sean Cummins, Berna Robson & Grant Drinnan. Your help is greatly appreciated. It has been an absolute pleasure to be with the 12 Boys this 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 Hugh & Anthony for all their help and technical guidance which was invaluable and made Saturday mornings run smoothly.

Under 13 Girls- Jess Brewster & Lauren Nicola

Another season over and the U13 girls continue to grow (way too much for my liking), talk and compete. Whilst Lauren and I are fully aware that this is the age where a lot of girls start to drop off from sport, we are so pleased that the girls continue to come back week after week and, most importantly, still enjoy themselves.

This season saw the girls competing once again at State Relays, Zone, Region and the other club events. We decided to concentrate on the track at Relays, with Madi, Paris, Taylah and Lucy competing in the 4x100m, Madi and Taylah backing up for the 400m mixed with the boys. As always, despite the nerves the girls did very well, the 400m team gaining our first spot in a State final!

The group that went to Zone this year probably came away with our best Age Group results ever. Madi, Taylah, Lucy and Erin spent the weekend at the track, and all came away with numerous PB's. Lucy had an amazing series of runs, particularly a very fast 100m time that puts her up with the quickest in the group. Erin qualified for Region for the first time in both the walk and the javelin after only just missing out in the past few years! Madi competed in the most events out of any of the girls, and qualified with a PB in the high jump and surprisingly the 1500m as well! Taylah had a remarkable weekend of competition, with a PB in every event, qualifying for Region in the 100, 200 & 400 (which particularly was an amazing effort with a huge PB). A special thanks also to Taylah for filling in on the day to run the Senior girls relay. Despite no training at all, she ran superbly and deserved her spot.

At Region our 3 qualifiers all put in typically amazing efforts. Madi came away with another PB in high jump against very tough competition. Erin tried her best in the walk and was close to a PB in the javelin but just

missed out. Taylah did well in all her events but her 400m was once again her stand-out event, picking up another PB and also running in the Senior relay.

Congratulations must also go to Lucy and Shauna, who came first and second respectively in our division of the Mall Gift at the end of last year; you did the age group proud girls!

In addition to those who competed at Zone, we also have many other talented athletes who make up the rest of our core group. Kate and Shauna were new additions to the group this year who we hope to see back again next season, along with Urja and Paris who we didn't get to see nearly enough! Emily, Abbey and Isabelle are 3 girls who have been with the club for many years. All love to compete, enjoy turning up weekly and are a pleasure to have in the group, we hope you all come back again next season!

Thanks to Dave Brewster and Simon Nicola for completing our duties on the track again this season. Also to the parents who helped us out when we were desperate.

Good luck to all the girls for the school athletics season and we hope to see you again next season!

Under 13 Boys- Andrew Martin

Our core group from last season returned in force for 2010/2011, with many weeks seeing all or most of the boys in attendance. The boys are at an age now where there is much on offer but it pleases me no end that they choose to continue and participate in athletics. We are also seeing the boys develop (and grow) at different rates meaning added height and strength pushing others up through the ranks in their preferred events. The next couple of seasons will see this even out but it does make the competition all that more interesting.

Each of the boys excelled themselves across the numerous events, this year adding javelin and 200m hurdles, showing both great aptitude and attitude in their desire to improve. Hardly a week went by when the results sheets didn't show a number of PB's for each. They were again a very well behaved group of boys, something that continues to astound for boys of this age. This is a group of boys doing athletics for all the right reason in the true spirit of Little A's – "Fun, Family & Fitness".

Particularly notable was the success of our boys at State Relays, Zone, Region and Multis this year. We had a number of top 8 finishes at each of these events, including a first final appearance with the U13 Girls in the 4 x 400m at State Relays. We had almost all the boys participate at Zone with many making it to Region. Well done and thank you all.

Tim Martin	Another great year on the track and in the sand pit for our pocket dynamo. Led the way for most of the season in all flat races and in the long jump. Sensational running in the senior boys relay team.
Callem Lum	A real standout this season. Natural at javelin, massive improvement at high jump and in the sand pit. Showed great speed on the track. Learnt a couple of valuable lessons to build on for next season.
Brandon Long	"Mr Muscles" attended Zone for the first time and qualified for Region in both Discus and Shot Put. Great reward for one of the real triers in our group.
Corey Gaal	Always hard for a talented sports person with competing priorities. Suffered a few growing pains which hampered him a little but still performed great at Zone, qualifying in all 6 events for Region.
Evan Velonas	"The Gazelle" showed an additional turn of speed this year and was a great representative in our relay teams. Great at the jumps, still doing "scissors" at high jump amazing us all with each height.
James Thomson	Long jump and triple jump were events of note this year. Terrific improvement in both these events saw him make it to Region for long jump after some great late competition jumping at Zone.
Nick Shiel	Found the going a bit tougher this year. Still had a solid season and produced some great end of season efforts at Multi's and in winning the Winston Hills Mall Mile for the second time.
Ben Kahane	Developing into a solid triple jumper and always a good bet in the hurdles at both distances. Always great to have him around and he always appears to be having a good time

Andrew Bulloch	Gave everyone a surprise at the start of the season when he went close to toppling our noted speedsters. Great improver over all distances and in the jumps.
Jaidyn Mackay	Stepped up for the group into the field event teams at State Relays and came away with good results. A very determined yet quite young man starting to come into his own.
Hayden Smith	Another who found things a little tougher this year with a few niggles to the growing body. Always entertaining, loves his jumping and showed improved performance on the track.
Luke Miskovich	Our only new addition this season but showed a couple of our "old-timers" a thing or two around the track. Was very competitive from 200m to 800m but injury saw his season shortened.

A big thank you to all the parents again, particularly as they had to cope with my "other" responsibilities this season. Steven, Justin, Fred, Craig, Andrea, William and Tass all stood up and took charge when needed. This was very much appreciated by both myself and the boys.

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

Andrew Martin

Under 14 Girls- Ray Marvin

For the first time in a few years we managed to have a season that was relatively free of cancelled running days. This gave the girls plenty of opportunities to put in some great performances and we had a lot of fun during the year.

I'm really proud of the effort the girls put in to this season with plenty of PB's and a lot of fun each weekend. It's so great to see a group of girls that get along so well and who are willing to help out each week with recording, measuring, picking up the shot and discus and a whole lot more. It was a real pleasure to be the Age Manager for the girls again this year.

Thank you to the parents who help out each week because you certainly help lighten the load and I know the girls appreciate what you do. Special thanks go to Maggie Hill and Karen Cochrane for your help during the season and taking the group a couple of times while I was away.

I hope to see you all at Crestwood Reserve for the cross country races each Sunday morning at 10am during the winter season. It's a good way to keep fit and to be ready for the next track season and help your school cross country and athletics races that are coming up over the next few months.

Under 14 Boys- Peter & Rose Mylonas

This is our 11th year with this group of boys. We still have a team of 14 regular attendees on Saturday and most succeeded at Zone and went through to Region. Congratulations to Corey, Hayden, Adam and Josh Baker who qualified to compete at State.

Our throws team did well at State Relays with a 3rd placing, thanks and well done to Corey, Parley, Neil and Connor.

State Multies saw our smallest contingent ever attend with Adam & Neil representing our Centre (we still had the most from one Centre in our age group) with distinction. Neil came 10th and Adam 12th against tough competition.

Of course it is a well known fact that ALL of the boys who make up our team are "absolutely wonderful." They all seem to get on very well and are very supportive of each other. With a serious bit of training these very talented young men should all make it to State next year. We would like to see them ALL back for the next 3 seasons.

Also, I wish to thank our team of helpers who help make the Saturdays run efficiently. They are: Alex & Thea Parle, David Manz, Ron and Lorraine Lum, Mary Jordan, Craig Mackay and all the rest of our helpers including our AM locum tenens, Lachlan Byron.

We did get away to one camping trip to Glenbrook this year but it was a "trifle wet". However, we are planning on going to the Wombeyan Caves in April with 10 families from our Centre and it should be a character building exercise (for the parents at least) and a lot of fun all round.

I wish to thank the Committee for their hard work and support and we hope to see the BOYZ come back for another year of fun and comradeship.

U/15's Combined- Colleen Elliott

Our season started very strong with 2 medals at State Relays. Our Throws team once again won Gold and broke the record. Well done Taylah, Tina, Jacinda and Mayura. Our Track team won the Silver with perfect changeovers and great team work. Well done Courtney, Allanah (u/14), Eleni and Rachel.

Our season continued strong until Zone and that is when our injuries started.

Corey hurt his shoulder competing in Javelin and was out for the rest of the season.

Courtney strained her hamstring in Long Jump which also put her out for the rest of the season.

Alison dislocated her knee the following week after a very successful Zone which then put her out for the rest of the season.

Taylah also had a successful Zone but injured her knee the week before Region and yes, she too was out for the rest of the season.

Our remaining healthy athletes did us proud at Zone, Region and State.

Jacinda: After many years of trying Jacinda represented our Zone at Region. Well done Jess I knew you would make it this year. You have been motivated all season and you achieved your goal.

Abby: An extended holiday in Ghana probably wasn't the best lead up to Zone but Abby is a great Long Jumper and I am sure we will see big improvements next season.

Holly: Holly is our champion High Jumper. Well done on a great season.

Rachael: Rachael had a successful Zone qualifying for all her events to Region. She also did extremely well at Region.

Eleni: Every year Eleni is improving in Triple Jump. I am sure next season will be very successful for you

Sarah: Sarah loves the long distance races and is also a great High Jumper. Keep training Sarah you will achieve your goal of going to State.

Tina: Tina won 2 medals at State this year in Discus and Shot Put. Well done Tina.

Shaun: Shaun also suffered from injuries this season but managed to represent us at State in Javelin. Good work Shaun and keep training.

Morgan: Morgan was a great helper to me on Saturday mornings. Hope to see you back next season.

The 15's would like to thank the committee for the end of season Dinner Dance. What a great night we all had and can't wait until next year. Maybe by that time I will know how to shuffle. Good Luck to all the athletes in their winter sports and I hope to see you all back again in September.

Under 17's Combined- Grace Baker

Well, what a year it's been. Having both boys and girls in the group certainly had its challenges. The athletes started out turning up on Saturdays as though it was a weekly social event, but as the year ended and a new one started, so did the competitions. They all decided to put some effort in and the results were fantastic. Many made it to Region and some went through to the State Championships. Records were broken and many PB's set.

The highlight of the season would have to be Ari breaking the high jump record after having little sleep the night before at his year 10 formal. The other is Ali's collapse outside the boy's toilet due to not eating or drinking anything the night before.

I will miss the boys of accusing me constantly of being sexist and favoring the girls.
It was great to see many of you travel to Wagga for the State Multis Championships and cheer each other on.

Good luck to all of you who are leaving this season and don't forget there may be a job as assistant age manager next year.

Thanks also to Howard, Chris and Amanda for helping throughout the season.

Thank you to all the athletes, especially the boys, who made the season a fun filled experience.

I will miss you all.

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