



ANNUAL REPORT

2019/2020





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PRESIDENT'S REPORT

Phil Dew

At the time of writing this we find ourselves in a very uncertain and strange time in the world.

Only a matter of weeks ago we were having our final running day on a normal Saturday morning at Gooden Reserve. The week after, the State Carnival was cancelled due to concerns over the coronavirus which has been spreading all over the world. All sports now cancelled and kids can't even go to school. For a sporting club which is totally devoted to enabling kids to run and jump and throw and just have fun together with their friends, this is pretty hard to take.

We thought the disruption of the Region Carnival due to some of the worst wet weather conditions ever seen, was the biggest hurdle we would face, until the world changed and our concept of what was a disaster was suddenly challenged.

As my last season as President of this wonderful club, it was a disappointing end. There were many athletes who have worked all season to progress through to State and compete to the best of their ability against the best in NSW. And I'm sure many of them would have risen to be the best in the State.

I hope that many of these athletes will get the chance to compete at this level next year and that all of our athletes get the chance to compete and have fun on a weekly basis once again.

Unfortunately, along with State being cancelled this year, we have also had to postpone our presentation day, hopefully to a time somewhere before the start of the 2020/21 season. I really look forward to seeing everyone together again for that event, which will be my last one with the club.

Back to happier times. We had another enjoyable season at the newly named WHAC. Yes, no longer just Little Athletics but supporting our athletes as they continue on to Senior athletics competing in the Winston Hills colours.



These colours took on a new design this season and all of our returning athletes received a free replacement uniform so as to avoid any transition period from the old to the new. The new uniforms were certainly due, and well received by all. The introduction of "Winston Hills" across the back of the tops really made us stand out in the crowd and ensures that everyone knows who we are.

This past season saw our membership get ever so close to the 500 mark. We were one short with 499.

The season was an unusual one in that our main focus over whether we would be able to run our Saturday morning competition was air quality. With constant horrific bushfires throughout the State and throughout the whole season, a decision had to be made on a weekly basis as to whether we would be able to run in safety. Luckily for us the worst conditions seemed to be in the afternoons.

We actually only lost two running days which were due to wet weather. Many centres in our zone lost quite a few running days due to poor air quality as they run at night. We extended a warm welcome to all of the clubs in our zone to come and join us for a run on Saturday morning if they had been unable to run their own competition night. This offer was taken up and appreciated by our neighbouring clubs. The athletes and parents from these clubs were impressed with our organisation and welcoming attitude. This is something we can be very proud of. It's not all about beating your opponents from other centres, it's more important to have fun, share experiences, and make friends.

Another thing I am most proud of has been the generosity of our members this season. With many centres having more members than Winston Hills, some twice as many, we managed to raise the second highest total by any club in NSW for Ronald McDonald House Charities when they called upon Athletics Centres to "Show their Stripes". We raised \$4000 for the cause, with raffles, a cake stall and sales of striped socks. I think this says so much for the values of our centre and all of its members. Congratulations to all on this great show of support and community spirit. This is what makes our club great.



I believe there has also been a step up in the culture of volunteering around the club, on a Saturday morning and when it came to volunteering for carnivals. We take pride in the fact that we rarely if ever have announcements made at carnivals to remind us to supply volunteers. I would like to thank everyone who put their hand up and pitched in to help out this past season. After all athletics is run by volunteers. Mostly parent volunteers, from the person who picks up a tape measure on a Saturday morning, to the Committee members who give up countless hours of their time to ensure the smooth running of the club from week to week and all through the "off season". There really is no off season for committee.



If you haven't already become involved in the running of the club, I'm sure next season would be a perfect time to start. If you don't know what to do, I'm sure someone can show you. Just ask. Without your help, your kids can't have the best experience possible.

Having been involved in the Committee for the past 5 years, I can certainly recommend it. The present committee are doing an outstanding job and are such an amazing group of people. It has been an absolute pleasure to work with each and every one of them. They have all combined their talents, which are many and varied, to see the club progress in leaps and bounds in the last few years. It has been such an easy task for me, as President, to lead this group. I wish you all the best in the future and I'm sure the fine traditions of Winston Hills Athletics will be upheld in the years to come.

One of the people who have made this club great for many years as an Age Manager, Committee member, President and now Life Member is stepping down from official involvement with the club this year and will be sorely missed. I would like to thank Sara Welsby for her many years of service and for her hard work and mentorship for me personally and many other members of the club and committee.

Another of our past committee members who began as an athlete at the club and progressed to committee shortly afterwards and then went on to become Northwest Met Zone Coordinator, is stepping down this year to concentrate on other things. I speak of Emily Jordan, the youngest ever life member of WHAC. Emily is a young woman who has taken on important roles that most people twice her age would baulk at. She has been a most inspirational leader in our zone and made a huge difference in her few years as zone co, while still making appearances most Saturday mornings and helping out with uniforms or fundraisers or in the canteen. She commanded and gained the respect of everyone involved in the administration of the six centres which make up our zone. For someone so young she has left big shoes to fill and will be missed by all who have worked with her. Thanks Emily.

In closing I would like to thank all of our volunteers from Starters on the track to timekeepers, data entry, Age Managers, BBQ and canteen crew, line-marking crew, Committee members who also come under most of the aforementioned groups, and to every parent who picked up a rake or a tape measure or turned up early to set up or stayed back to pack up. None of this would be possible without each and every one of you. Thank you and good luck to all athletes and families for next year and years to come.



VICE PRESIDENT'S REPORT

Steven Pospischil

What a season we have had this time around! For WHAC as a club, we saw many new things that the committee has worked very hard to bring about, from new uniforms, upgrades to equipment and timing gates, to the very informative Facebook posts that keep parents engaged with the club. All this as well as the challenges the world around us has thrown at us!

None of this would be possible without the help of our very dedicated Committee Members and regular helpers. I'm sure you have all loved seeing the very colourful, informative and engaging Facebook posts that have come on a regular basis throughout the season. I'd like to thank our Webmaster and principle Facebook Administrator Anna Chevalier for her dedication and time to this. I do believe these seemingly small things go a long way to making this club great, and shows the WHAC spirit of community and family that we have inherited over the many years since the inaugural season in 1975.

I have no doubt either that everyone would agree that the new uniforms this season look great. The athletes do seem to wear them with pride, with the big WINSTON HILLS across the back so other clubs know who we are (and who just passed them!). Of course, a big change like that does not come easily and requires a lot of time and effort from volunteers. A big thank you to Richard Abela who took on the task of organising the uniform design and supply, filling a gap in the committee on top of his usual equipment portfolio. Richard was also instrumental throughout the season for investigating the problems we have had with the timing gates. Thanks to Richard's persistence, we were able to get them working with the help of the supplier. Again, I stress this was no easy task and took a lot of commitment from Richard.

Thank you to all our other committee members for your hard work and dedication. I love working with you all to bring fun and exercise to our athletes. Thank you to our volunteers throughout the season. I'm sure you know that it takes a lot of people to make athletics happen, and the committee loves seeing new faces putting their hand up to try something different where the need arises.

In our first season as a Seniors (ANSW) club, we had a few past little athletes join our club once again. To those U17 athletes finishing up, please consider joining us again as a senior athlete. This is something we'd like to move at a greater pace next season and we would love to hear thoughts on how we can better support our senior athletes.

Thanks once again to our very talented and dedicated coaches. The club has done very well in all events this season, which is testimony to the quality of our free coaching the club provides. Thank you for the time you put in to help athletes compete to the best of their abilities!

I'm looking forward to another season later this year, which no doubt will bring other changes and challenges to make sure WHAC is the best athletics club!



SECRETARY'S REPORT

Jeffrey Grubba

It with pleasure that I present my Report for Season 2019/2020.

This was a start of a new era for our Club. For the first time we competed as Winston Hills Athletics Club, for little Athletes and Seniors. It was great watching some of our athletes competing in Winston Hills Colours at the Senior events. The change to Senior will hopefully encourage more athletes finishing Little Athletics to stay in the sport and still represent Winston Hills rather than having to join another Club.

The Change of name also came with a new uniform design. It looked fabulous watching our Athletes compete each week.

I would like to thank Our Committee, Age Managers, Parents, helpers, Coaches and Officials who Selflessly give up their time for the betterment of the Club. Big Thank you to Rhian who has done a great job running the Canteen for the last 2 years and to Rose who assisted. Thank you to Peter and Lyn Crews who have operated the BBQ for the last 2 years. It is much appreciated by everyone. Thank you to Emily Jordan who has been the Zone Co-Ordinator but is stepping down. We appreciate all the work you have done for our Zone and for the Zone Committee. Thank you to our Great Sponsors who have supported our Club this year. Special Mention to Phil Dew who is stepping down as President. Phil has put in many years of service to the Club as a Parent, helper, Age manager, Committee Member, Vice President and President. The Club has run very efficiently during his Presidency and the Club should be indebted to Phil for the time and hundreds of hours he has spent working, mentoring and officiating. His efforts should be recognised.

To all the Athletes of the Club. It has been a successful season. Only one running day was lost to wet weather which we were fortunate and one running day was cut short due to poor air quality. Some excellent results were achieved at all the Carnivals under difficult conditions. It was Great to see the younger athletes competing at Zone, Region, State Relay and Multis for the first time. The future looks bright for the Club. The last running day which featured the Age manager race had a Carnival feel. It was great to see the excitement on the faces of the kids as they cheered their Age Managers on. The excitement was infectious and led to a record number of PBs being achieved.

The season concluded with the disappointment of the State Titles being called off due to COVID19. As a Club 49 Athletes successfully qualified for the Titles which was an outstanding achievement. I believe LANSW made the right decision. The welfare of the Community should come first.

Wishing everyone the best of luck in your winter sports and hoping to see you back in season 2020/2021.





TREASURER'S REPORT

Scott Henderson

I'm pleased to present to you the 2019/20 Treasurer's Report for Winston Hills Athletics Centre.

Your Committee is proud of our ability to use the funds entrusted to us to assist our athletes and those less fortunate in our Community and State. During 2019-20, your Club purchased new uniforms for more than 280 returning athletes and free training shirts for 500 athletes, with a combined cost of \$19,500. In addition, due to the generosity of our athlete families, we were also able to donate more than \$5,000 to Ronald McDonald House Westmead (\$4,000), LANSW Athletes with Disabilities (\$650), and LANSW Bush Fire Relief (\$450).

Registration fees increased, on a net basis, due to an increase in athletes. The number of registered athletes increased by 48 or 11% while registration fees, net of payments to Little Athletics NSW, increased by a similar rate. During 2019-20, registration fees for 297 athletes were paid using Active Kids vouchers, a significant increase from 104 athletes in the prior year.

Our canteen and BBQ were outstanding this season, due primarily to the efforts of Riahn Tuyau, Rose Mylonas, Peter & Lynne Clews, our weekly parent volunteers, and the patronage of our athlete families. The canteen and BBQ contributed \$10,719, compared to \$7,749 in the previous season.

This season, our sponsorship program continued under the guidance of your Committee and the leadership of Luke Zapatero. Unfortunately, we lacked a Major Sponsor and two of our sponsors decided not to pay us, resulting in \$11,750 of sponsorship income, a reduction of \$6,600 from the previous year. Due to the lower income, all of it was spent purchasing the training shirts for athletes. We would like to thank all of our 2019-20 paid sponsors, as follows:

Platinum Sponsors:	Novale Bathrooms; Winston Hills Mall
Gold Sponsors:	Classico Concrete; Irresistible Pools & Spas
Silver Sponsors:	Chatterbee Speech Pathology; McFarlands Quality Meats; Nadaya Financial; Mylonas, Mylonas & O'Callaghan & Associates Veterinary Hospital, Sports On the Run

Uniform sales fell this season, partially as a result of the free uniforms provided to returning athletes, who may have needed to purchase a new one, while purchases increased significantly due to the cost of the free uniforms and the need to build inventory of the new designs. We expect uniform sales and costs to return to their historical levels next season.

During 2019-20, your Club received \$6,440 in grants from our parent entity, Winston Hills Sports Club. We also remitted membership fees of \$5 per athlete, totalling \$2,485 to them.

Presentation Day expenses for the previous season continued to increase as more of our athletes were recognized for reaching higher levels of athletic achievement.

Competition expenses fell slightly despite your Club providing \$2,600 in grants to assist our athletes who represented NSW at National Championships held in Hobart, TAS, Darwin, NT, Perth, WA. While the grants were lower than last year, fees paid for the State Relays, Zone, Regional and other carnivals remained constant.

Repairs and maintenance expenses were lower but included another increase in repair costs for our mowers, consistent with an increase in their age. There were also higher repair costs associated with the wheels on trolleys used to transport equipment in and out of the field each week.

Your Club continues to value the contributions made by our parent and other family volunteers. During 2019-20, we spent in excess of \$3,500 on awards, prizes, and events to show our appreciation for their efforts. Purchases of assets and equipment were lower this season due to the significant investment of \$46,680 in equipment and technology during the previous two seasons. We continue to monitor the quality and usability of our assets and equipment in order to ensure athletes are provided with the best available equipment and a safe and effective environment within which to compete.

Coaches, conferences, and training expenses were lower due to the Little Athletics NSW Annual Conference being held in the Sydney Metropolitan area. Costs are expected to be higher as the Conference is currently planned to be held in Port Macquarie in July 2020.

Your Club remains in a strong financial position, with a closing cash balance of \$96,812, \$7,222 higher than the prior year. As we enter our 45th year of operations, your Committee will continue to maintain a high standard of stewardship over the funds entrusted to us and to use the funds to help us maintain our status as one of the largest and athletically gifted clubs in the state.

It should be noted that the Income and Expenditure Statement are fully reconciled and have been examined by a current member of the Club.



1 April 2018 to 1 April 2019 to
31 March 2019 31 March 2020

Opening Balance	82,694.89	89,590.09
Income		
WHLAC registrations incl. WHSC fees	34,299.80	38,468.85
Canteen and BBQ sales	17,155.40	21,602.65
Sponsorship	18,350.00	11,750.00
Uniform sales	8,195.00	7,095.00
Grants and rebates	11,113.89	6,440.00
Fundraising	475.00	3,400.00
Other income	2,545.00	1,680.00
Coffee commission	495.00	525.00
Investment income	260.70	80.94
Total income	92,889.79	91,042.44
Expense		
Uniforms	4,784.45	15,539.80
Sponsorship related costs	17,905.30	13,985.40
Presentation day / end of season	10,048.00	11,650.83
Canteen expenses	9,405.98	10,883.19
Competition expenses	6,307.00	5,764.00
Donations	1,500.00	5,100.00
Repairs and maintenance	4,228.35	3,774.85
Volunteer appreciation	1,645.60	3,534.86
Purchases of assets	8,486.90	3,296.70
Purchases of equipment	9,758.56	2,936.99
WHSC fees	6,040.00	2,485.00
Coaches, conferences and training	2,675.38	2,010.60
Grounds hire	1,333.77	1,065.60
General expenses	645.68	747.05
Postage, printing and stationery	353.41	254.82
Registration fees	180.00	65.00
Bank charges	696.21	725.96
Total expense	85,994.59	83,820.65
Income less Expense	6,895.20	7,221.79
Closing Balance	89,590.09	96,811.88



REGISTRAR'S REPORT

Kylie Webster

What an exciting year to be involved in Winston Hills Athletics. Some of the benefits we were able to offer our athletes this year as part of their registration included:

- Winston Hills unveiled our new uniform and were able to include this to all our returning athletes without increasing our registration fees.
- The 2019 / 2020 Winston Hills Training Shirt was for the second year given to all athletes as part of registration.
- The NSW government introduced a 2nd \$100 Active Kids vouchers for the second half of the calendar year.

Once again WHLAC were able to offer a 2 week trial to interested athletes prior to the commitment of registering. This allows new athletes to give all the events a go and experience the structure of the events on Saturday mornings. This year we had 107 triallists and from this number 75% went on to register with our club.

This season our registrations increased by almost 11% which was possibly due to the introduction of the second active kids voucher. This was able to give families the financial support to be able to participate in both a winter and summer sport.

From our 497 athletes, we welcomed 172 new athletes to Winston Hills. 22% of these athletes were for our tiny tots, with the remainder 78% being split across our 6 to 17 age groups.

Winston Hills this season also became approved as an Athletics NSW senior club. We are hoping this will encourage our senior athletes to continue competing at the conclusion of their time with Winston Hills. Dual membership with ANSW is also included in our U12-U17 age groups and it provides a pathway for LANSW members to represent Winston Hills as an ANSW club and be able to participate in ANSW events. This year our total ANSW registration numbers were 131.

Total Registrations 2019 / 2020 Season

Age Groups	2019-2020 Season			2018-2019 Season
	Female	Male	Total	Total
Tiny Tots	17	29	46	39
U6 Athlete	17	26	43	42
U7 Athlete	27	31	58	56
U8 Athlete	26	30	56	45
U9 Athlete	25	31	56	56
U10 Athlete	23	29	52	34
U11 Athlete	17	23	40	44
U12 Athlete	15	26	41	38
U13 Athlete	22	19	41	31
U14 Athlete	13	10	23	29
U15 Athlete	8	13	21	21
U17 Athlete	5	15	20	14
Grand Total	215	282	497	449

Thank you again to everyone who assisted me throughout the year, I couldn't have done it without you!



RECORDS AND RANKINGS REPORT

Anne-Marie Torrens

It is hard to believe that six months ago we all arrived at Gooden for our first Saturday running morning. It only seems like yesterday. Since then we have managed 19 running days recording on 17 of these days. We lost two days due to rain and had a couple of mornings cut short due to heat. Smoke conditions leading up to our Zone carnival also created some problems.

It also seems so long ago that we were having significant issues with our timing gates and computers. Our club welcomed the Timing Solutions team towards the end of January and since then all has been A-OK.

Over this season, our 499 athletes achieved 11,153 PBs. This is a massive jump of more than 1,200 PBs from last year. We also had multiple records broken or equalled over the course of the season, with four athletes breaking their own records they had set early on. We also had four records set for new events. These details are listed below. The hard work put in by all our athletes to continue to improve each week should be commended.

AGE GROUP	EVENT	ATHLETE NAME
8 Girls	60 m Hurdles	Jayda Isherwood
11 Girls	Discus	Madison Gale (x2)
	1100 m Walk	Matilda Webb
	80 m Hurdles (new)	Caitlyn Martin
12 Girls	80 m Hurdles (new)	Tara Tozer
13 Girls	1500 m Walk	Samantha Torrens
14 Girls	Triple Jump	Audrey Nadaya-Harb (x2)
	High Jump	Vanessa Apel (x2)
	Javelin	Rachel Bardney, Vanessa Apel (x2)
17 Girls	Shot Put, Javelin	Amelia McIlwaine (jav x2)
7 Boys	500 m pack race	Tayem Reading
9 Boys	High Jump	Taine Katalinic (x2)
11 Boys	80 m Hurdles (new)	Noah Sharman
12 Boys	Shot Put	Joshua Hand
	80 m Hurdles (new)	Rhys Webster
13 Boys	Discus	Roden Dew, Rafael Rebaza, Isaac Chevalier
15 Boys	100 m, 200 m, 400 m	Lachlan Wood (100 m equal)

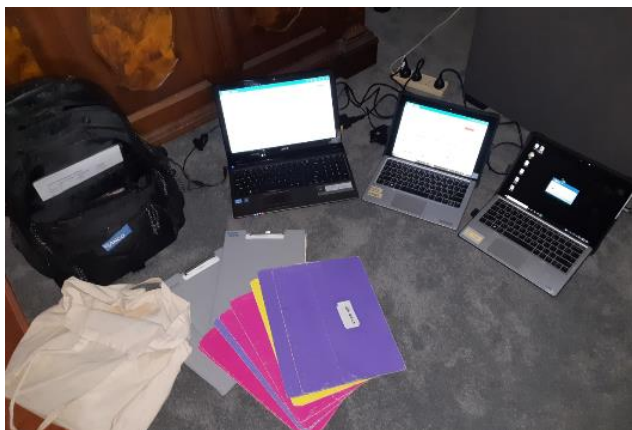
I would like to thank the team that help to ensure the results are available for you to view each weekend. These include the data entry team of Alison Andrews, Jane Francis and Donna Hand.

We have many starters at our club including David Porter, Chris Hand, Jorge Zapatero, John Civijovski, Alison Andrews, Daniel Bliss with Richard Abela and Matt Webster lending the occasional hand.

Finally there are our computer operators who during the season have included Alison Andrews, Kylie Christie, Kelly Spackman, Fiona Selmes, Richard Abela, Justin Barrett, Jane Francis, Sandra Gardiner, Jennifer Chen and Leona Bibb.

My thanks and great appreciation for the assistance given during the early part of our season must also go to Richard Abela. Without his help, persistence and sage advice I am sure we would not have had as much success as we did with the computers and having those issues sorted to ensure correct timing for all our races.

Lastly, to our WHAC Committee, a family like no other, thank you all for your support. Let's do it all again next year.





CHAMPIONSHIPS REPORT

Claire Pospischil

It's been another great season championships wise for WHAC. A big thank you to the parents, coaches and age managers who support the WHAC athletes and encourage them to give their best at athletics. A shout out also to the people who have volunteered their time to support the various athletics carnivals and competitions during the season as officials and parent helpers. It's a continuing honour to co-ordinate events for WHAC athletes who compete with spirit, determination and sportsmanship.

WHAC sent 61 teams to state relays at Homebush in November 2019. Across the weekend teams won eight medals. Three golds (9G throws, 12B 4 x 100, 14G throws), two silvers (14G jumps, 15B 4 x 100) and three bronzes (8B throws, 10B throws, 12B jumps). The 14G throws team also set a state relays record.

The zone carnival was held in December 2019, with the club sending 200 athletes and 4 relay teams. Bushfire smoke gave us all a few perseverance tests. Notable achievements at zone were:

- Seven under 7 athletes medalling in at least one event: 1st Hannah (500m), Joshua (shot, discus), Tatum (100m, 70m), Sarah (discus), 2nd Carter (shot), Tatum (long jump), Hannah (70m, 200m), Lucinda (shot), and 3rd Joshua (long jump), Hannah (100m), Rahil (50m)
- Four WHAC athletes broke zone records: Vanessa Apel 14G high jump, Rachel Bardney 14G javelin, Amelia McIlwaine 17G javelin and Lachlan Wood 15B 100m and 400m.

The region carnival was held in February 2020 with the club sending 130 athletes and 4 relay teams. This time the carnival had to deal with torrential rain, rather than bushfire smoke.

- Four athletes set new region records: Aaron Chevalier (10B discus), Amelia McIlwaine (17G jav), Vanessa Apel (14G high jump) and Matilda Webb (11G 1100m walk).
- Four under 8's athletes medalled at region: Jayda 1sts across 70m, 100m, long jump and hurdles, Anneka 2nd discus, Bernie 3rd 700m pack & hurdles and Elly 3rd 700m pack.

A good contingent of WHAC athletes also attended the state combined (multi) carnival in Tamworth. Three athletes medalled at the meet, Aaron Chevalier 1st u10B, Charlie Andrews 2nd and u10B and Rachel Bardney 2nd u14G.

49 WHAC athletes qualified for the state championships in March 2020, a fantastic achievement by each and every one of you! Unfortunately COVID-19 prevention measures caused the meet to be cancelled as well as making major changes to how we live our lives. These challenging times will pass and we will once again get an opportunity to congregate at athletics, attend meets and participate in this wonderful sport.

Tiny Tots

Age Manager Boys - Elise Hamilton-Foster Age Manager Girls – Natalie & Wesley Harris

Tiny Tots have had a fabulous turn out this season, with 30-40 Tots regularly attending each Saturday. The Tots program is built around developing gross motor skills in some of the athletic disciplines that the children will begin in U/6, with a focus on having fun! Our program each Saturday has consisted of an obstacle course, long jump, running races and shot put... and the best part of all, parachute and ice blocks!



It has been pleasing to see the Tots develop throughout the year – from the early days, when they were learning how to jump over their first hurdles, to later in the season, when we needed to set up the big hurdles otherwise some of the Tots would run over them like they weren't even there!



We have some exciting talent evident amongst the group already - future hurdlers, long jumpers, shot putters and runners. Although we may not be winning any prizes for dancing anytime soon; the crazy dance under the parachute has remained just as crazy throughout the year!



And the best part of every week? When we ask the Tots what their favourite part of the morning was ...and the resounding response: "ALL OF IT!"

Well done Tiny Tots on a stellar year and we hope to see you all back in Tots or U/6 next year!



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Under 6 Girls Age Managers – Belinda Hanlon & Debbie Scerri

What a fun season it has been in the U6 girls over summer.

Some little ones who came up from the Tiny Tots and some who were brand new to Athletics and looking forward to all that they could learn. Enthusiasm ran high over most weeks and long jump seemed to be a favourite activity for most, closely followed by 'Duck Duck Goose'.



Each girl tried their hardest throughout the season and we saw huge improvements in technique from start to finish. Hayley enjoyed riding her invisible scooter between events, Deslyn liked to practise how 'not to run' by mimicking a crab walk we had used to discuss incorrect running technique. Chloe-Jade favoured the sprint down the line and giving her coaches hugs, Beatrix enjoyed the longer distance runs. Olivia demonstrated excellent throwing technique and Sienna enjoyed discus (or plate throwing as we liked to refer to it). Bianca preferred the jumps over the runs and Aaliyah worked consistently in long jump too getting a huge PB towards the end of the season. Aardyha tried hard every week to improve her technique, Estelle showed excellent long jump technique, Shruti smashed out lots of PB's in the closing weeks, whilst Eashita smiled through every event. Giada liked running as did Luana with the 100m a hotly contested event.



What a pleasure it has been to coach these little ones throughout the season. Always providing many a laugh, and constantly keeping us on our toes, we slowly learnt how to respond to the starter in the running events and some of us even learnt how to build a camp fire whilst waiting for our turn in the throws. Many thanks to all the parents for volunteering their time to help at events, measure throws, provide encouragement and for helping to manage the girls throughout the events.

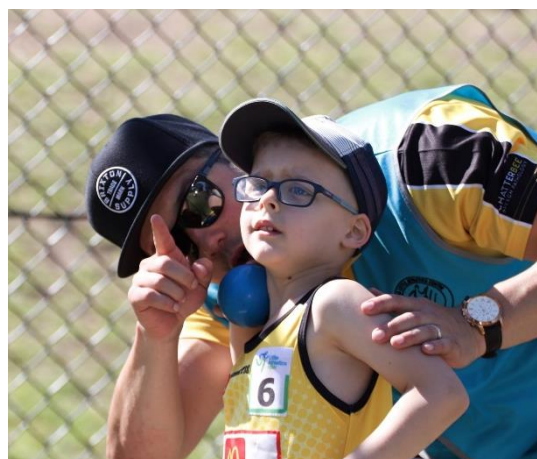
Debbie and I thoroughly enjoyed the season and look forward to seeing everyone back here next season in the U7's.

Under 6 Boys

Age Manager - Nathan Bouquet
Assistant Age Manager - Nick Long

After taking on the role with the Tiny Tots last season, it was great to be back at the club and see so many of the Tots transition into U6's. It was just as encouraging to see many new faces in the group giving athletics a go. We kept it fun and it was pleasing to see some of the basic fundamental skills we learned last year get put into action with a more structured, competitive format.

The truly great thing about athletics is being able to focus on knocking over your own PB's and have a team like environment to keep you motivated and pushing each individual to do your best. It was great see the rivalries form across each of the events as the season progressed. I was most impressed by the number of PB's by each of the boys throughout the year and the encouragement they gave to each other to continue to strive for improvement. We even had a few kids from the group come down to Gooden Reserve on a Sunday afternoon to work on technique in throws and long jump, and of course running, and running... and some more running. Where do they find the energy?



It made me happy to see the kids enjoying themselves every Saturday, running around and building friendships. I was really impressed with the kids focus to try and beat their PB's in each event, each week regardless of what position they were coming.

We are a community at WHAC and we're all volunteers. I want to thank all the parents that came down and helped out each week whether it be measuring, marking, timing, set up, canteen or just trying to wrangle 20+ 6 year old boys to move them safely from one event to another.



A special mention to my Assistant Manager Nick. With no vested interest (no kids competing), you showed up every week with nothing more than a smile and a love for the sport. The kids really enjoyed working with you and getting all those tips throughout the year. You made my job so easy and I couldn't have done it without you so thanks mate.



Given what's happening in the world at the moment, it's important that everybody pulls together. There will plenty out there doing it tough, so I ask that we all take the time to consider what we at WHAC do best and that's look out for one another through these challenging and uncertain months ahead.

See you all next season!



Under 7 Girls

Age Manager – Penny Wallace Assistant Age Manager - Samantha Johnston

It has been another great season for the girls. This season we had lots new athletes in our group and they fitted right in with the team.

The girls are always full of energy, enthusiasm and smiles each week. At the beginning of the season they worked hard on starts and staying in our lanes whilst running, and tried some new techniques to improve throws and jumps. In between events, some of our favourite things to do is cart wheeling 100m start line, digging in the dirt with sticks and last week's playing in the freshly cut grass. Despite our distractions between events the girls greatly improved during the season in running, jumps, throws and cartwheeling.



This season our girls were able to compete at their first zone carnival. We had 9 girls attend the zone for first time. Congratulations to Hannah, Lucy, Livia, Jemima, Harper, Imogen, Lilianna, Tatiana and Sarah for giving it a go and trying your best. And we got medals! Congratulations to Hannah came 1st 500m, 2nd 200m and 70m, and 3rd 100m. Sarah got was 1st in discus and Lucy listened to her mum who told her to “bring home some silverware”. Lucy threw a massive PB in shot put to get silver, 2nd shot put. Congratulations to all the under 7 girls who went to the zone carnival.



The girls continued to improve throughout the season, with lots PB's each week. They have been impressive this season easily moving between events, getting into their heats and being on their best behaviour around the track and field. Great work Under 7 girls!



The season is always made easier with help from our age manager, Samantha. Thank you for keeping us on track and completing all our results paperwork. Also, big thanks to all our fantastic parents, who help out each week, measuring, recording, ice blocks duty, completing our designated parent duties and helping out around the field when needed.

It has been a fantastic season and I hope they girls are looking forward to some new athletics events next season!



Under 7 Boys

Age Manager – Belinda Waddington
Assistant Age Manager – John Morris

What a wonderful season the Under 7 Boys had this year! We saw a lot of the same faces return to our lively group as well as some new additions to round out our group. Throughout the season our boys attend a variety of Multi, Zone as well as the Zone Multi Carnivals and achieved medals in many of these carnivals. We are also so proud of Tayem Reading who achieved a record in the 500m Pack Start as well as all of the kids who achieved PBS throughout the season. It was great to see the support each of the boys gave each other throughout the entire season and I can't wait to see that continue through to our next season.



This year the boys have had a lot of fun whilst keeping John and myself on our toes! They never seemed to run out of energy even when mine was long gone! We've seen kids become competitive runners, push each other in their pack runs as well as improve their techniques in their long jump, discus and shot put events.



I personally wanted to say a huge thank you to John for all of the support he has given me over the last two years as my Assistant Manager and I will miss having him with our group next season (although I know the U6s next season will love having him as an Age Manager!)



Thank you to all the parents who week in and week out always stepped up to support me with measuring, recording, taking up our volunteer age group duties as well as helping to 'crowd manage' all the kids! I couldn't do this without each and every one of you.

Here's to the next season in the Under 8s!



Under 8 Girls

Age Manager – John Polley
Assistant Age Manager – Kristy Haywood

2019/2020 was a very successful season for the U8 Girls, and it was fabulous to see some new members join the Little A's family in our group. The beginning of the season always sees us remembering how to do our events, helping our new participants learn, and upskilling our team of parents in running our events. This season, as U8's we also had the new challenges of learning hurdles and stretching our distance running out to 700m! Some of our girls discovered their enjoyment of longer distance running (not everyone shared this joy.... But by the end of the season we had all conquered the 700m!), and everyone learnt to hurdle. Impressively – Jayda broke the U8 Girls Hurdles Club Record towards the end of the season!



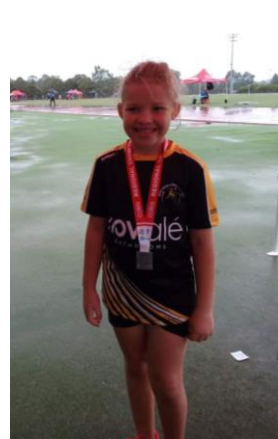
This was only one of the great achievements from the U8 Girls this year. A huge congratulations to the girls who participated in State Relays for the first time in November 2019. It was great to have such enthusiasm from the girls and their families, and very exciting for the girls to have the chance to compete at Sydney Olympic Park Athletic Centre. Well down to our Throws Relay Team – Aneeka, Piper and Lorraine, our 100m Relay Team – Rachel, Lucy, Jayda and Kiara, and also Mia and Sadie who ran in the Combined 200m Relay Team with the U8 Boys, and Elly who ran in the Junior Girls Middle Distance Relay Team.



Piper also took up the challenge of the State Multi Carnival in Tamworth in February 2020 – well done!

Our other important representative carnivals started with the North West Met Zone Carnival at Roxborough Park in December 2019. The weekend was challenging, with very smoky conditions to contend with. It was wonderful to see the U8 Winston Hills girls out in force - 11 of them entered 35 events, and came home with a huge collection of PBs!!! Well done Piper, Evie, Lorraine, Rachel, Alysha, Sara, Kiara, Jayda, Elly, Aneeka and Lucy for their achievements at Zone.

Five of our girls progressed to the Regional Carnival, held in extreme weather conditions (again!) in February at Blacktown International Sports Park. Jayda, Kiara, Aneeka, Elly and Rachel were selected to participate in a combined total of 12 events. Each of these girls progressed through to the finals for one or more event (total of 10 finalists), with exceptional results from Elly – 3rd in 700m, Aneeka – 2nd in Discus, and Jayda – 1st in 70m, 1st in 100m, 1st in Hurdles and 1st in Long Jump. We will be looking forwards to the opportunity for some of these girls to progress to State Carnival as U9's next year!



A huge thank you to the reliable parents helpers who have supported the U8 Girls this year – those who volunteer to assist to run/record events, take their turns on the rostered club duties, organise our important Zooper Dooper supply, and those who act as officials and on the WHAC Committee - our Summer Saturdays wouldn't be possible without you.



Overall, 2019/2020 has been loads of fun, and I'm super impressed with the efforts of the girls across the season. Everyone is running faster, jumping longer and throwing further - so all those early Saturday mornings have been worth it mums and dads! It has been fantastic to see this group learn new things, step up to new challenges, build their confidence, improve on their skills, and support and encourage everyone's efforts, whilst enjoying each other's company (and many games of Fruit Salad, Duck Duck Goose, Simon Says and

“Mickey Mouse”.....) along the way. I’ll be looking forward to seeing many of you return for the 2020/2021 season!

Under 8 Boys

Age Manager – David Macheski

And just like the 70m sprint it was all over when it feels like it only just began. Another wonderful season of little athletics with boys growing, literally and figuratively. In my first year as an Age Manager I had the wonderful privilege of watching a wonderful group of boys compete every week. It didn’t matter if they were season veterans who had been attending since Tiny Tot’s or were new to the club this year.



Regularly we had approximately 20 boys throwing, jumping, playing and bonding. From Jack Gale who is a discus throwing machine, to Peiu Viko who nearly threw 6 meters in shot put and Bernie Irvine who pushed for as club record in the 700m all boys gave their all each week. I was great to watch the development of all the boys. We had a number of boys compete at Zone and Regional’s as well as compete at the State Relay’s.



For me however it was also about the boys bonding as a group. With Locquin Clark constantly smiling no matter the event and Hayden Martin and Lachlan Macheski always trying to have a bit of fun with the other boys nothing sums up the group like the seeing them cheer on each other at the end of the circular track. Or perhaps the massage line organised by the boys at the end of another morning.

I can’t thanks the boys enough for a wonderful year and am already looking to next year!

Under 9 Girls

Age Manager – Luke Zapatero ***Assistant Age Manager – Louis Tuyau***

It was another great season for our 9 Girls. This season we discovered the wonderful magic of High Jump and didn't the girls love it. They also started competing in walks with some valuable help from some of the older athletes. We had many return athletes as well as many new faces and it was great to see that everyone had a great time while trying their best in all their events. It was always fun and games between events but as soon as it was time to compete, they showed immense focus and determination.



As a group we were very fortunate to be successful at many of the external carnivals such as Zone, Regional, Zone Multi and State Multi. We had several athletes qualify for the State Championships but it wasn't to be due to COVID-19. We did however manage to improve on last year's State Multi silver medals with Gold. Well done girls!



It has been an absolute pleasure working with these great kids and their parents.

We look forward to many more seasons ahead and having so much fun.

Thank you parents for all your help, none of this is possible without you.



Under 9 Boys

Age Manager – Gillian D'Souza
Assistant Age Manager – Amy Hitchen



What a fantastic Little Athletics season the under 9 boys have had! Starting the season as one of the largest age groups at WHLAC, with almost 28 boys, we also took the top spot at being the loudest! It was big, it was noisy but there was a lot of energy and enthusiasm amongst the boys.

It was great to see a number of boys return from the last season and also quite a few new comers join WHLAC. The U9 boys were introduced to two new events this year, the 700m walk and high jump which they really looked forward to each week and gave their 100%. Indeed, the boys have come a long way. With each passing week, they've worked hard to improve their personal best and take their performance to the next level. It was amazing to see the boys challenge themselves and really heart-warming to see them encourage each other to run faster, throw further or jump higher. Truly great sportsmanship and comradery! The friendly competitive spirit and drive to improve their personal best shows their love for sport and athletics.

We had some great highlights all throughout the season. High jump was one of our most exciting events to cheer each other on, whether it was chanting Donovan, Nathan, William, Ned or Eshan's name when they were getting PB's in high jump or encouraging our power-packed buddies Zac and Lucas as they powered over the high jump bar.

Another highlight for us was Patrick smashing it in his first year of walks, all the way to State! Taine joining him to proudly represent Winston Hills in High Jump. We can't wait to see your results!

As Age managers what would our Saturdays be without the smiles of Levi, Cayden, Harry or Ethan who were also always happy to try harder - be it running or long jump. As a large group we had lengthy waiting lines for long jump but it was always a lot of fun. Watching Eli, Sebastian, Elias, Ben and Jamie was always a pleasure.



Now 800 meter for little 9 year olds is no small feat but those feet kept going with great enthusiasm. It was awesome to see Ryan, Archie and Cooper shine each week as they pushed themselves.

Be it short put, hurdles or running, we had some great results from our quiet achievers Arjay, Nikhil, Toby and Xavier who were always willing to give it a red hot go and never complained! We loved watching Aarav, Joshua and Tom grow stronger in confidence and ability as the weeks went on!

It's been a pleasure getting to know the under 9 boys and their unique qualities, there's so much potential, so much to achieve. We can't wait to see you all again next season, continuing to strengthen your confidence and abilities while using this awesome platform to grow long lasting friendships!

Some key highlights for the U9 boys:

- **Taine Katalinic** - At 1.05m early in the season, achieved an excellent High Jump result of 1.22m to finish the season. At the LANSW carnivals Zone Championships Taine achieved 1.15m in High Jump. Further at LANSW carnivals Regional Championships he achieved a result of 1.23m in High Jump and ranked 2nd in the U9 Boys. Taine also qualified to participate at the LANSW State Championships.
- **Patrick Waddington** – Starting his walks season at 4:32.85 minutes and improved tremendously to finish the season at 4:05.68. At the LANSW Carnivals Patrick participated in the regional championships and ranked 1st in the U9Boys 700m walk finishing in 4:04.68 minutes. His best result this season and we are so proud of his result. This meant that Patrick qualified to participate at the LANSW Carnivals State Championships.



Under 10 Girls

Age Manager – Scott Johnston
Assistant Age Manager – Kim Kenna

Once again we had many athletes from last season return along with several new faces to the U10 Girls group. It was wonderful to see the girls enjoying themselves as they challenged each other to improve their own performance from week to week. Every single week the girls excitedly ran up to the Discus or Shot Put cage to start our weekly program. The feeling was not so energetic toward the end of each running day, particularly those weeks when we finished with the 800m!

As the season got underway it was great to have 8 of our group compete at NSW State Relay Championships in November with Sarah K, Violet K and Emilia R competing as a Throws team finishing in 4th place; Emelia M and Lyla R running a 4 x 400m with the boys; Amelia J, Emelia M, Lyla R and Amber H running 4 x 100m relay finishing in 12th, Madison R, Sarah K and Violet K forming a Jumps team and Amber H as the U10 runner in the girls 800m relay team. Well done to all athletes as you all ran, threw and jumped well with little baton change experience.



In December we had many girls competing at the Zone Carnival in up to four events that they elected to enter themselves. It was great to see so many taking part in what turned out to be a weekend of very smoky and challenging conditions. With many fantastic results and PB's across the group the following girls were selected to compete at the Regional Carnival:

Violet K – Discus, Shot Put
Sarah K – Discus, Shot Put
Emilia R – Discus
Amber H – 60m Hurdles
Katherine F – 60m Hurdles, High Jump
Amelia J – 70m, 100m and 200m
Emelia M – 100m, 200m, 400m, 800m
Alannah W – 1100m Walk

Special congratulations to those girls who qualified at Regionals to compete at the State Championships - Emelia M for 200m, 400m and 800m, Violet K for Shotput, Sarah K for Discus, Katherine F for High Jump. I encourage all of this year's U10 Girls to challenge themselves next year and consider entering events at the zone carnival to experience the excitement of competition outside of Gooden Reserve.



It was another successful season with everyone working on improving their results from week to week as we saw the U10 Girls achieve a total of 675 PB's this year. Our top three PB getters being Katherine Furno (42), Amber Haywood (40) and Emelia Rebaza (39), and so many of you achieving PB's during the final 2 running days!

And of course, Saturdays would not run as smoothly as they do without the continued assistance from our parents. Thank you particularly to the parents who consistently helped across the season assisting with setup and pack up, raking the sandpit, smoothing the take-off pad, measuring throws distance or retrieving the discus and shots.

We have reached the end of another great season together. I'm looking forward to the 2020/2021 season to once again see our U11 Girl athletes can continue to improve their own Personal Best results from week to week!



Under 10 Boys

Age Manager – Anna Chevalier ***Assistant Age Manager – Jenny Shaw-Pelusi***

It was great to have another wonderful season with this great group of boys. We had many returning athletes, as well as some new faces to join the group. What I love about this group is how much they all enjoy each other's company, and get behind each other with endless encouragement and cheering by the sidelines. Many PBs were achieved by the boys as their technique improved throughout the whole season. I really enjoyed seeing their faces light up when they achieved a PB.



The beginning of the season started with my absence for 5 weeks. Although my family and I were on holidays, we missed our Little As of a Saturday morning and we were excited to be back for the remainder of the season. A massive thank you to Jenny and all the parents for taking charge during this time, and their continued support throughout the whole season. It definitely made my job easier!

The 1100m walk and 1500m run were new events for this age group. It was great to see a few boys competing in these early 7:30 am events. We even had a keen runner in Xavier P who would also compete in the 3000m.

The first big carnival for the season was State Relays in November. U10 Boys entered a team in all available team events in their age group. Well done to Charlie, Aaron, Oliver, Thomas E, Ben, Thomas J, Mitchell, Carter Cory, and Noah. They all did extremely well competing at Homebush. A special mention to the Throws A team – Noah, Thomas J and Aaron on their Bronze Medal. Also to the Jumps A team – Cory, Aaron and Charlie on their 4th place.



Zone carnival was next in extreme smoky conditions that resulted in modifications to the events, whereby a number of track events were straight timed finals, no finals for field events and delayed events. Well done to Conner, Nathan, Ronin, Carter, Banjo and Byron for competing at Zone, a number of them being their first time. Every single one of these young athletes achieved a PB. Fantastic effort boys!!

Charlie, Aaron, Ben, Thomas J & Noah had to face winds and heavy rains at Region. Xavier and Cory qualified for region, however were unable to compete – well done for qualifying. They all kept their cool and did their best. We had some amazing results at Region.

- Charlie - 1st in Hurdles, 6th Long Jump
- Aaron - 1st in Discus and breaking the Region record. 4th Long Jump, 8th 800m
- Ben – 2nd 1100m Walks, 7th 800m
- Thomas J, 2nd Shot Put, 4th Discus
- Noah – 9th Discus



The State Combined Events was the next carnival on the calendar. This year it was held at the brand new Regional Track in Tamworth. Aaron and Charlie competed on the first weekend of March, alongside 9 other WHAC athletes. Again, the U10 Boys shone as Aaron took out the gold medal and Charlie the silver, with very little difference in the overall point score.

As the season was coming to a close, Thomas J, Ben, Aaron and Charlie were preparing to compete amongst the best in the State Track & Field Championships which was to be held on 14-15 of March. Just as we were getting over the challenges of fires, smoke, drought then excessive rains, COVID-19 makes an appearance and turns the world upside down. Unfortunately for our athletes, as necessary as it was to rollout social distancing restrictions and isolation, the Championships were cancelled last minute the afternoon before. Congratulations Thomas J, Ben, Aaron and Charlie for qualifying for State, it is truly an amazing achievement to be extremely proud of.



To all the u10 boys, Mitchell, Benjamin, Charlie, Thomas, James, Byron, James, Aaron, Connor, NATHAN, Liam, Cory, Noah, Billy, Oliver, Ethan, Ronin, Carter, Christopher, Thomas, Cailan, Calvin, Banjo, Levi, Joshua, Julian, Franklin, Min and Xavier, it has been a pleasure being your age manager. I hope to see many of you return next season for u11s where you get to throw a javelin, triple jump, give the frosby flop a go, and wear spikes if you'd like. Until then, stay safe and healthy ☺

Under 11 Girls

Age Manager – Brad Martin ***Assistant Age Manager – Kylie Webster***

It was yet another big year for the team. Madison broke a club record in Discus early this season starting the year off well and progressing to regional. It was the first year for Triple Jump and Javelin and the girls embraced the new disciplines with Caitlyn making it to State for Triple Jump and Matilda and Ava making it to Region for Javelin.

The Girls are getting to the age where they know what their strengths and weaknesses are, they have an idea where they should finish in the pack which was quite funny to listen to but despite their preconceived ideas/mathematics they put in a ton of effort to beat their nearest competitor and do their best. The PB's were falling each and every week and this continued into the last running day.



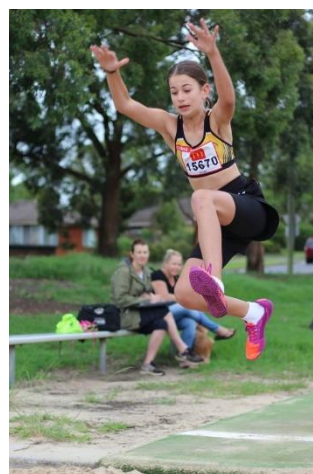
The first of the club events was the State Relays where we fielded a team of girls who were very competitive. Everyone who attended had a great day. This is one of those days that the Girls really rely on each other to firstly turn up but also to do their best as their individual events were tallied for their teams result. Next, we had the Zone Carnival, I was happy to see a lot of our Girls attend this as it really puts the Saturdays training into perspective with the aim of making it through to the Region Carnival and hopefully winning a medal and making it to State to get that Jacket they see other kids wearing with pride. The Zone Carnival was hot and windy with lots of smoke about. This didn't stop the girls giving their best.

During the Christmas break Caitlyn was lucky enough to attend Auckland, New Zealand, as the last ever Winston Hills Athlete to compete as part of the team in the Final Trans-Tasman Tour. She brought home a Silver Medal home with her for High Jump and a bronze for the 4x100 relay, Congratulations Caitlyn.



The Region Carnival was wet and miserable, with Sunday delayed by a week due to this weather. Madison qualified for region in Discus whilst Ava continued her strength with the Shot Put and Javelin. Annabelle took out the sprints title for the team this year and participated in the Junior relay which made it to region as well as Annabel making it through for the 100m and Triple Jump and Long Jump. Sejheta turned up for training and it paid off with a regions spot for walks as well as the 400. Charli qualified in high jump in her very first year of athletics and Emma jumped her heart out in Long Jump. Matilda was busy with the 400, 800 and Javelin. She smashed the region Walks record to race into another State Jacket along with Caitlyn who jumped everything she could completing in hurdles and qualifying for state with a first in Long Jump and Triple Jump and a second in High jump. Unfortunately, the carnival was cancelled due to Covid-19 concerns. Caitlyn then rounded out the carnival season with a silver medal at the Zone Multi being just pipped by a girl from out of the zone.

Georgia kept improving her PB's in each event this year and I think if we did a count back would take out the most PB's for the season. With an increase in height brought longer jumps and faster runs which is what Zoe produced this season. Our new member this year shook up the leader board, Charli jumped high and long and threw a shot put like a pro. You'd never know she was there, but Claire did a great job this year and was very consistent across all events as was Violet and Louisa all of which were regular attendees. Our other great performers were Abbie, Emma and Chloe who once they've had a growth spurt will be up there with the best of them, keep working girls because you have a great foundation and it won't be long until your right in the mix with the taller ones of the group.



Under 11 Boys

Age Manager – Phil McMillan
Assistant Age Manager – Sam Hinchelwood



We started the season off with lots of enthusiasm as the boys would strive each week to improve. We had a large group of 23 boys who were generally well behaved. There was always someone willing to drag the team bucket around with all our gear. The boys would also pitch in to help run back the discus and shot puts to their teammates. The likes of Luke, Noah Jeong, Alex and Marley were great helpers throughout the season.

Early in the new year we had lower numbers due to school holidays and a lot of interruptions with smoke and heat issues, not to mention the welcomed rain interruptions but we finished off strongly with heaps of PB's in the last few weeks.

It was great to see the boys striving to excel and the big smiles on their faces as they racked up another PB. We had lots of PB's throughout the season with a grand total of 499 Personal Bests with Charlie (39), Joel (32), Alex (30), Henry (29) and Jack (27) topping the list. Everyone has some good PB's including Jacob, Jackson, Rohan, Kira Jaiden Knox, Peter and Noah Jeong



We also had a lot of highlights throughout the season:

A special mention to Noah Sharman who set a new club record for the Under 11 Boys 80m hurdles with a fantastic time of 15.36 seconds on the last day of the season. Fantastic effort Noah

Julian qualified for the regionals and saved his best for the event. He threw a PB in the discus in poor conditions throwing 17.55m

Marley surprised us all in the 400m & 800m races as he tore up the track with some great times.

We had a strong presence for the club in the representative events:

We started out with the State Relays. A lot of the boys put their hand up to represent the club in their favourite event. A big thankyou to Henry and Bruno who didn't get their chosen event but showed their character and team spirit by agreeing to do the long jump and triple jump so we could field a jumps team.

The State relay team was:

- 100m Relay: Dean, Kingsley, Jacob & Joel
- 400m: Marley & Kingsley
- 800m: Luke
- Jumps: Long Jump – Bruno, Triple Jump – Henry, High Jump – Alex

The boys performed commendably and represented the club well.



The next big event in the season was the Zone in Baulkham Hills. The boys were very keen and we had a big presence for the club. Leading the way were Isaac, Henry, Dean and Joel competing in 4 events each. Then we had Harry, Alex and Kingsley in 3 events. Marley, Julian, Jack and Marcus also represented Winston Hills. The boys had some great performances over the Zone weekend with 7 of the team qualifying for the regionals.

Our Regional qualifiers for the Blacktown Sports Centre event were:

- Dean – 100m, 200m, 80m hurdles, and he also represented Winston Hills in the 4x100m relay
- Kingsley – 200m, 400m & High Jump
- Alex – High Jump & 1500m
- Julian – Discus & Javelin
- Marley – 400m & 800m
- Joel – Triple Jump
- Jack – Javelin

The boys performed admirably in sometimes atrocious conditions.

It was my first year as Team Manager and I was very ably support by Sam Hinchelwood who helped me immensely throughout the season.

Thank you to all the parents for their help this season. Each time we were on duty I would just send out a message and would be flooded with willing helpers. Thank you so much it makes our job so much easier. We always had parents willing to jump in and give a hand to measure, rake, time and organise. All your assistance was much appreciated.

See you all next year

Phil

Under 12 Girls

Age Manager – Mirjana Overton ***Assistant Age Manager – Skeet Gersbach***

It was a very unusual year for Little A's, however the girls took drought, rain and Bushfires into their stride.

Each Saturday morning was a pleasure, the squad always greeting me with plenty of "sass", good spirit and humour.



The team has developed some great friendships, and they push each other to achieve their personal best. PBs was the team focus and the girls were able to achieve things that seemed out of reach at the start of the season, Triple Jump and High Jump are great examples of their efforts and practise.

The girls represented the Club in Zone, Regional and State events with great results in Long Jump, Javelin and the Walk. The results at this level were fantastic, taking their personal performances to the next level.

I look forward to working with the girls next year and wish them all the best in the off season. I would also like to thanks the parents and the club for their assistance and providing a great atmosphere for our young athletes.



Under 12 Boys

Age Manager – Matthew Webster
Assistant Age Manager – Andrew Loveridge

Wow what a huge season for these boys. It was great to see lots of familiar faces as well as a few new ones. This group of boys are exceptionally strong athletes and that can be seen from their results and many PB's throughout the season.

Through every competition during the season these boys gave it everything.

From their great performance at Zone we had 13 athletes qualify for Region. Again too strong at Region and we had 6 athletes progress to State. Unfortunately they did not get a chance to compete at State.

I couldn't be more proud of all these boys that come out week on week and give their best.

I would like to thank all the parents that help out each week, your help makes all the difference to the running days.

I hope to see you all next season and hopefully we can compete at State in 2021.



Under 13 Girls

Age Manager – Michelle Nixon

Assistant Age Manager – Vicki Milton & Steve Clark

Despite the uncertain times of 2019/2020, our U13G have had a wonderful season!

To start, we had 9 new athletes that came along with great skills & were very welcomed. They became a part of our U13G straight away as our girls are so friendly & kind.



Our representatives in State Relays, Zone, Regionals & State was outstanding!! (sad the C19 cancelled State).

The way these girls cheer each other on, have fun, laugh & chat(a lot!!) Represents a great age group.

I will not forget the amazing parents, every week, who turn up to set up, pack up, canteen & general help. You know who you are - We could not get through each meet without you.

Finally, I had a rough end of season health wise. Vicki & Steve (Assist.Managers) a big thanks to you for covering me.

May everyone stay well & safe.

Be kind, help each other out , stay positive.

See you sooner than later!



Under 13 Boys

Age Manager – Claire Pospischil Assistant Age Manager – Peter Cunningham

Thanks to the great group of 13 boys for a wonderful 2019/20 athletics season. Peter and I have enjoyed watching you all grow, mature and enjoy athletics from both a competition plus social perspective. We have both really enjoyed age managing you as a group. It was a great to have a mixture of returning athletes plus new members who embraced the group and athletics quickly.



We hope the boys have good memories of fun times spent with friends, learning new skills and improving performances. We would especially like to thank Grant and the other parent helpers for assisting with our field events, thanks for supporting your sons.

A big thanks shout out too for the regular parent helpers for our field events, thanks for supporting your sons. Competition wise, the boys competed at the state relays and zone carnivals in 2019, plus the region and state combined meets in 2020.



Under 14 Girls

Age Manager – Fiona Nadaya
Assistant Age Manager – Lisa Bardney

It's amazing how fast a little athletics season flies. As the years go by, the group gets smaller, which is a standard occurrence. It's also nice, because the girls get to become closer and enjoy each other's company.

A big thank you to my Assistant Age Manager Lisa, whose support I could not have done without. Her talent and knowledge for throws made her an asset to our collective. Nothing you did for our girls went unnoticed and you were appreciated greatly.

As our girls are older now there are often event clashes with Athletics NSW senior athletics. Its nice when we are all back together, everything just carries on as normal and we still work towards getting our PBs each and every week.



As we were not fortunate enough to participate in the State Carnival this year and the Nationals for Senior Athletics, this just means that those girls who had medals in their sights will now have extra time to train and improve their skills.

A huge thank you to the girls that have stayed with me for many years now and some coming up to 10 years' service with the club, an awesome achievement.

Thank you to the girls that came regularly Kailey, Audrey, Molly, Victoria, Clare, Lucie, Hayley, Natalie, Rachel, Jasmine & Vanessa. I know it's hard with so many other commitments though seeing you each week made waking up early on a Saturday, worthwhile.

A big thank you to our regular parent helpers also, we could not have done it without you. Hoping to hang out with you girls again in our next season.



Under 14 Boys

Age Manager – Jeff Scerri

Firstly, I would like to thank the small number of athletes who turned up each week and continually strived to achieve their personal bests. Even though we only had 6-7 boys each week, we still had teams compete at the state relays with a number of boys also competing at the zone, regional and state carnivals.

I would like to congratulate Ben who made it through to state for high jump. Also, special mention needs to be made of Lucas, Harvey and William who all qualified for the regional carnival in a number of events. While not qualifying for State, the boys tried hard and achieved excellent results.

I would also like to thank the parents who were always willing to help out. A number of parents were regular helpers around the track each week while also assisting with the boys when needed.

Thanks for a great season boys, hope to see you all again next season.



Under 15 Girls

Age Manager – Steve Novkovic
Assistant Age Manager – Deborah Adric

Thank you to all the girls in the U/15's it has been an eventful season. It has been a pleasure to see the girls enjoying their time together, very lucky to have each other in the group.

Maybe next year the Boys won't be so scary!!

There has been lots of improvement from beginning of the season to the end, so well done!

You girls have been an absolute pleasure throughout the whole season.

This year clocked up 10 years for Zara, Mary-Rose, Mikayla and Chelsey in Little Athletics. On the flipside Eva had a fantastic 1st year at an Athletics club settled in really well.

Some notable mentions for the Regional carnival:

- Chelsey winning the walk, 4th in the 1500m
- Zara coming 2nd in the discus. Both girls would have attended the State carnival if they were held

Thank you to Deborah Adric for all the help this season and Umit Erdogan for all the support.

Looking forward to seeing all the girls back for next season!!



novalé
BATHROOMS

Under 15 Boys

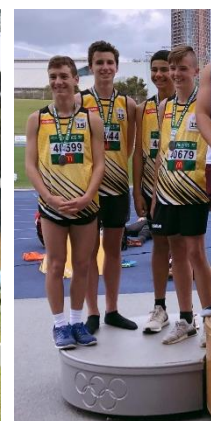
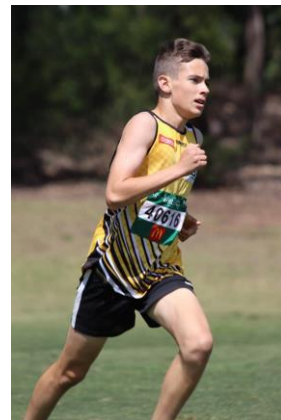
Age Manager – Steven Pospischil ***Assistant Age Manager – Heidi Juhart***

This was an interesting season in so many different ways for the U15 boys. Not only did they have to learn to behave like gentlemen in front of the ladies 😊, Little Athletics this season had so many things thrown at us from bushfires and smoke to washouts and then the cancellation of State. I can honestly say however that I am proud of this group in the way that they responded to these challenges, and we had one of the best seasons so far all around.

Congratulations to Matthew who qualified for State for the first time, and Zac who qualified for the first time in many years. I know the hard work and dedication that went into this achievement, so well done to both of you. You are both an inspiration to your peers and more importantly to the younger age groups.

I want to give a special shout out to Jake, who despite suffering an injury early in the season which kept him out for much of the season, still turned up every week to support his team mates and to help some of the younger age groups. At Zone and Region Jake even went to marshalling with the boys to keep their spirits up and give them encouragement for their pending events. This gives me immense pride to see this, and is exactly what the Winston Hills Athletics Centre is all about.

Well done to Lachlan, Brendan, Luke, Ryan and Zac for again qualifying for State. Keep up the good work. Caleb and Jy you definitely aren't far off with the great season you both have had as well. It's great to see the team settling into a few favourite events, so I'd love to see you compete in more ANSW events for WHAC. Looking forward to the 2020/21 season in U17!



Under 17 Girls

Age Manager - Jeff Grubba

It is my privilege to present my report. Only small in numbers we combined with the Boys for a very enjoyable year. Thanks to Anthony Milton, The Parents and all athletes for participating, giving your best, helping out and making Saturday Mornings run smoothly.

To the 17 boys finishing Little Athletics, hope to see some of you back doing Seniors. To those with one more year in 17s hope to see you back next year.

To Ella, Maddie and Amelia thank you for your efforts throughout the Season. We didn't see Jorja or Jenny on Saturdays, but both ladies competed in the Zone, Seniors and Regionals. Thanks to Ella, Jenny and Amelia for representing Winston Hills and performing creditably at the State Relays throws event.

Congratulations to Amelia and Jorja who qualified for the abandoned State Titles.

The Highlight of the Season was the outstanding throwing of Amelia in the throwing disciplines particularly her main event the Javelin. Amelia broke the Club, Zone and Regional records and would have been a major contender at the State Title. She also acted as a tutor helping out her fellow athletes improving their throws. In this time of Covid 19, stay safe and healthy everyone.

Hoping to see you back next season.



Under 17 Boys

Age Manager – Anthony Milton

Once again it has been my privilege to be associated with this group of fine young men for the 2019/2020 running season.



This year the prior year U15's, whom I have managed for a number of years, stepped up an age group and joined the continuing U17's from last year. Whilst I have only known the older cohort for a short period of time, your support and warm welcome to all of us was much appreciated from day one of the season. This shone through in the many fun side activities you all participated in whilst waiting for our events to start much to the amusement of the starters and other officials watching on.

I was very proud each weekend of not only the way that each of these young men conducted themselves at club level, but also the respectful manner in which they represented WHLAC at Zone, Regional & State carnivals.

Each weekend I was impressed to see each athlete attempt to better their records, whilst still managing to have a heap of fun along the way. Numerous PB's were set by all and then improved upon, 10 being achieved just on the day of the bushfire appeal.



During the course of the season a number of the group sought to compete at State Relays, Zone and Regional carnivals, with Ockert (800m) and Erick (High Jump) being successful in making it to State.

This group of young men also provided the club leaders for the season with Erick as Captain and Connor as Vice Captain. They did a magnificent job representing the club weekly and at the various carnivals. It was also worthy to note that even though Connor was unable to compete later in the season due to injury he still manage to attend the announcements each morning.



A big thank you to parent Brad Martin who was a constant asset all season assisting with either the group or on the track for our allocated helper days, your assistance was greatly appreciated. Many thanks also to all the other parents that lent a hand during the season whether that was raking the pit, collecting javelins and shotputs, resetting the high jump bar, or measuring, it certainly made for a much easier running day each week. Lastly a shout out to Jeff Grubba, Age Manager of the U17 ladies with whom we had shared events each Saturday, many thanks for your assistance and friendship during the season.

To our graduating athletes for 2020 Erick, Luke, Brett, Kayden and Zac I thank you for the season just past and wish you all the best, hoping that you continue to pursue athletics in the future.

For the remaining athletes within the group Aidan, Patrick, Ben, Rory, Gautham, Nathan, George, Connor, Ockert and Jeffery, thank you also for the season and I hope to see each one of you returning for your final running season.

**SPORTS ON
THE RUN**



SPECIAL THANKS

2019/20 COMMITTEE

An extra special thank you must go out to all the
2019-2020 WHLAC committee members.

Thank you for providing the skills, time and effort in
order ensure the club can run, jump & throw.



Phil Dew
Steven Pospischil
Claire Pospischil
Jeffrey Grubba
Scott Henderson
Kylie Webster
Richard Abela
Alison Andrews
Anna Chevalier

David Macheski
Fiona Nadaya
Anne-Marie Torrens
Matthew Webster
Sara Welsby
Belinda Waddington
Luke Zapatero
Shaun Henson

