



ANNUAL REPORT

2019/2020





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 Richards 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.

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 spilt 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)

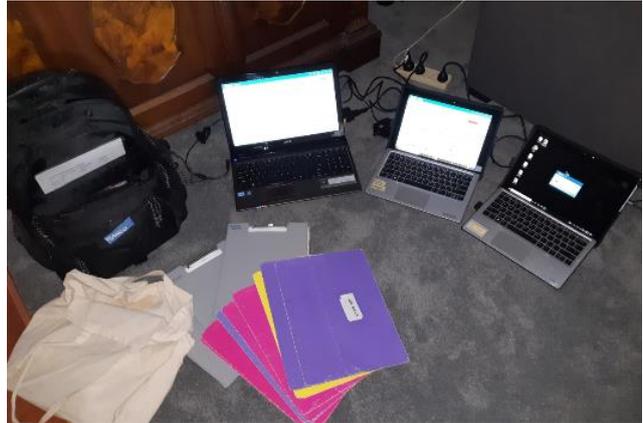
I would like to thank the team that help to ensure the results are available for you to view each weekend. These include the data entry team of Alison Andrews, Jane Francis and Donna Hand.

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 WHLAC. 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.



SPECIAL THANKS

2019/20 COMMITTEE

An extra special thank you must go out to 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



SPECIAL THANKS

OUR SPONSORS

PLATINUM SPONSORS



GOLD SPONSORS



SILVER SPONSORS

