



WINSTON HILLS LITTLE ATHLETICS CENTRE

2015/2016 Annual Report



Under 17 Mixed Age Group 2015/2016

**Presentation Day
1st May 2016**

President's Welcome
Club Captains Speeches
10 year service awards
Club Record Certificates
State Representatives Presentations
Tiny Tots
Best in Age/Most Improved and Runner Ups U6/U7/U8
Under 17s Presentation

Frank Atkins State Relay Track Team Trophy
Frank Atkins State Relay Field Team Trophy
Jim Arkins WHLAC Excellence in Athletics Trophy
Nicholas Fortuna Memorial Trophy
WHLAC Jumps Trophy
WHLAC High Jump Trophy
Dave Bruce Throws Trophy
WHLAC Javelin Throwers Trophy
Kerry Arkins Walks Trophy
Cathy Bail Sprints Trophy
Wayne Clark Hurdles Trophy
Ray Clarke Middle Distance Trophy
Winston Hills Veterinary Clinic Trophy

Presentation to helpers who have gone "Above & Beyond"
Don McDougall Trophy
Queen Elizabeth II Trophy
Spirit of Little Athletics Trophy

President's Closing Address

MOVE TO AGE GROUP PRESENTATIONS

Committee Reports

President – Sara Welsby

The 2015-16 season marked the 40th anniversary of WHLAC and the year promised to be a memorable one. We began on a high note, by being awarded a bronze certificate in the Centre Volunteer Administration Awards at the annual conference. Winston Hills has an admirable reputation as being a reliable, supportive centre and I thank the committee and our members for helping the club operate as efficiently as it does.

Sadly, the weather impacted several of our running days throughout this season. We lost four full days to rain, two others barely got started before the heavens opened and on several days we were kept guessing. Thank you for your patience and understanding that we will always attempt to run a day but that athlete safety is our major concern. It's for these reasons that we delay calling off a running day until the last moment and sometimes need to alter events to maintain safety.

October saw us host the State Special Olympics carnival. This was a terrific event, complete with a torch relay and lighting of the cauldron. I thank Simon Nicola for maintaining our relationship with this wonderful organisation, Olivia Cochrane for delivering a welcome speech at the opening ceremony and all athletes and committee who gave of their time to support this carnival. Over the years, Winston Hills LAC has hosted several carnivals for the Special Olympics and I recommend all members support any future events.

The club formally celebrated its 40th anniversary with a dinner in November. The function was well attended by current and life members and athletes both past and present. Several past presidents told of the changes to the club and Gooden Reserve over the years. It was both enlightening and entertaining. I'd like to especially thank Emily Jordan and her small band of helpers for organising this fantastic celebration and compiling a slideshow to take us all back down memory lane and beyond. Also thank you to our special guests and all who joined in the fun. I can't wait for the 50th!

As has been the case in past years, WHLAC chose to hold a charity fund-raising day. This season we opted to support the Daniel Morcombe Foundation whose focus is on child protection. Olivia Cochrane took a lead role in organising this day and for that the committee and the Foundation were very grateful. I would also like to thank Nick Darling, Johanna Selmes and Petria Welsby for their invaluable and enthusiastic assistance on the day and to the whole membership I'd like to acknowledge your generosity. Thank you!

Winston Hills LAC has had a stunningly successful season. Not since the years when the club maintained much larger numbers, have we seen such an impressive State medal count; double that of recent times. Well done to all our competitors. Given the talent and achievements of our younger athletes at zone and region, I predict this trend will continue and look forward to next year's carnivals. Another significant result worthy of special note is that of the Under 8 boys at the State Relays carnival. This age group took gold in both track and field relays. It's worth remembering that our younger athletes are unable to participate in both teams so 8 different athletes were required to make these 2 teams. What depth of talent from one age group! I recommend you read the Championships Officer's report as it's sure to contain more details of this season's wonderful achievements.

Much of this success is due to the dedication of our club coaches: Dave Bruce, Wayne Clark, Charles Tees, Geoff Dalrymple, Emir Mujcinovic, Paul Kennedy, Peter Mylonas and Paul Byron. We are truly fortunate to have so many qualified, experienced and keen coaches willing to give of their time to develop and refine our children's athletic skills. I recommend everyone takes

advantage of this amazing opportunity and on behalf of all our athletes, I thank our wonderful, generous coaches.

Many of you may not realise that clubs in our zone (North West Met) work together under the leadership of a Zone Coordinator. For the past several years that role has been filled by our own Peter Mylonas. In a similar way, the zones that make up our Region are led by a Region Coordinator. Again, none other than Peter! I would like to express the centre's thanks to him for filling these important roles. Peter is stepping down from his Zone Co role next month and the position is to be filled once again by Winston Hills. I'd like to congratulate Emily Jordan on her upcoming election as Zone Coordinator for North West Met Zone.

It takes many people to make an athletics club a success and they deserve our thanks. Without generous sponsors, our ability to deliver such a high quality product at a reasonable cost would be limited. I acknowledge the long-term support of Pelikan Artline, Winston Hills Sports Club, Winston Hills Mall and Pendle Hill Meat Market. To our dedicated age managers and assistants, you are the face of the club for your athletes and their families and we thank you so much for your efforts. To our regular running day helpers, too many to name here, whose willingness to just get in and get things done every Saturday morning, I sincerely thank you. Your support is invaluable and sanity-saving! Also to those many hands who work "behind the scenes" during the week doing data entry, line marking, mowing, maintaining equipment and more ... HUGE thanks! Many hands really do make light(er) work. Lastly, I have been so well supported in this, my first year as President. To all members of this fabulous committee, I personally thank you. Sadly some of you are leaving us this year after many seasons of service. Fortunately Simon, Andrew, Grace, Rose, Lauren and Stuart, we know where to find you if we need your help or advice. You will be missed!

In closing, I wish all our athletes a fun-filled and injury-free winter season. Whatever your sport of choice, I hope you play hard but fair. Be your best in all you do and value sportsmanship above victory. I look forward to seeing you all back in September for another fantastic season of athletics and more "Family, Fun and Fitness".

Vice President – Paul Byron

Taking on the role of Vice President in the company of 4 ladies on the Executive could well have struck fear into the most hardy male. Sara, Fiona, Karen & Bec have been very gentle on me and proven themselves to be a most amazing and professional group of Athletics administrators. It has been a pleasure to serve you this season.

My focus each Saturday this season was to observe the Athletes and get some sort of "feel" for the mood of our Club. I have to say it warms the heart to see such a happy group of young people enjoying their sporting outing on a Saturday morning.

Huge congratulations go to all our representative Athletes who competed at State Relays, Zone, Region, State Multi's and the LANSW State Championships this year. Your efforts were astonishing and the results have been incredible. Well done!

Sponsorship:

Without our loyal and generous sponsors, we would not be able to provide the equipment we need to make us one of the best resourced Little Athletics Centres in NSW. A huge thank you to our major sponsor, Pelikan Artline who continue to support us in a very significant way each year. I urge everyone to support them in kind by preferring to use their quality stationery products wherever possible. Pendle Hill meat market have not only provided the meat for our

BBQ for many years, but have actively sponsored the club as well. Thank you to Marica and her team for your ongoing support. Winston Hills Mall have again provided much needed sponsorship to the club this season. In addition, they again provided in excess of \$1100 in gift vouchers to present as prizes for our Winston Hills Mall Gift events held on the last running day of the season. Winston Hills Sports Club continues to provide staunch support as the parent body of the Athletics auxiliary. Their ongoing funding for infrastructure, equipment and representative Athletes is invaluable to our ongoing viability. Thank you to the Board for your continued support. I would also like to thank Kings Track & Field, Sports on the run, Cafe 2 U, Winston Hills Vet, Coffee with Paulie & Wholesale Trophies for their continued support of our club and indeed of our great Sport.

I will be seeking further sponsorship opportunities for the coming season to ensure we have the resources we need for the future. If you or anyone you know may be interested in sponsoring the Club, in any way at all, please do not hesitate to contact me.

Coaching:

Thanks once again to the best group of volunteer Coaches anywhere in the Sport! Your efforts have seen our Athletes have the most successful year for a very long time at the very highest level of our Sport. To Charles Tees, Wayne Clark, Dave Bruce, Geoff Dalrymple, Paul Kennedy, Emir Mujcinovic & Peter Mylonas our greatest appreciation for everything you give to the kids. I have contacted both Athletics Australia and the ATFCA for information pertaining to upcoming Coach education programs. If anyone is interested in becoming a Coach, please keep an eye on the website for more information as it comes to hand. It should be noted that these courses are funded by Winston Hills Sports Club. We are very lucky to have this support to continue to support our Coaches.

Secretary – Fiona Selmes

The Athletics season has finished and it has once again flown by with a myriad of running days, carnivals and meetings. Congratulations to all of our young athletes in participating in Athletics in the true spirit of 'Be your Best' and for all the parents, caregivers and supporters who cheer on the athletes each week.

The dedication and hard work of the committee and all the behind the scenes helpers has ensured a successful season. I would personally like to thank my fellow committee members for their support both during and pre-season'. While it may not be obvious, there is much preparation between April and September to ensure the centre is ready to start the new season. There are many long term committee members who will not be re-nominating for positions on the 2016-2017 committee. The collective knowledge of these members will be missed on a weekly basis but we hope we can continue to 'pick your brains on an as needs basis.

During the 2015-2016 I had the pleasure of attending all the LANSW state carnivals this year (Relays, Multis and State Track and Field Championships)-The participation and sportsmanship of WHLAC athletes demonstrates what a great bunch of young athletes we have.

In addition to the secretary role I also held the role of Uniform Officer. For the 40th Anniversary the committee and age Manager were issued new 'Saturday' shirts. White lightweight caps were also sourced to provide some sun protection. I look forward to passing the baton of the Uniform position to another committee member next year.

I hope to see many familiar faces back at Gooden Reserve in September (or sooner if you are joining the committee)

Treasurer – Karen Cochrane

I would like to thank Kim Ervin who handed over the Treasurer's role to me in May, and provided me with an efficient process that was easy to take over.

Thank you once again for the continuing support from our sponsors: Artline, Pendle Hill Meat Market, Winston Hills Mall, Winston Hills Vet, and Cafe 2U. Most money from our sponsors has been received – some still to come.

Registrations were slightly down on last year and we had to purchase more uniform stock and also 40th Anniversary merchandise (club polos, drink bottles and shoe bags) which in turn have increased our uniform costs.

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

We appreciate the efforts from our Canteen Committee who through their efforts contributed an additional \$5789.02 to our bottom line. The canteen also holds a balance of \$383.51 on their pre-paid visa cards. Our canteen that the profit from last year was down due to four (4) wash out days and some shorter days due to rain. They also noted a substantial reduction in the sales of lollies.

You may also note that I have adjusted the starting balance as at 31/3/15 the combined total of our accounts was on 52,510.04. A deposit was made on 10/4/16 to bring the balance to \$53,242.04.

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

Income and Expenditure Statement

1 April 2014 - 1 April 2015 -
31 March 2015 31 March 2016

OPENING BALANCE	42,592.65	52,510.04
<u>Income</u>		
Canteen	10,746.73	5,789.02
Coffee Sales		360.00
Fund Raising and 40 th Anniversary	150.00	4,565.50
Investment Income	312.53	423.42
Other Income	368.28	2,743.32
Sponsorship & Grants	13,750.00	19,702.90
Uniform Sales	9,485.00	9,810.00
WHLAC Registrations	40,944.45	33,167.20
Note: Money banked after 31.3.15		730.00
Total Income	75,756.99	77,291.36
<u>Expense</u>		
Postage Printing & Stationery	1,129.46	1,438.18
Purchases of Equipment	4,330.10	1,919.14
Registration Fees	14,904.00	3,926.00
WHSC Fees		3,960.00
Uniforms	6,525.20	17,048.58
Sponsorship, Advertising & Promotions	0.00	500.00
Coaches, Conference & Training	3,040.80	875.50
Competitions Expenses & Athlete Sponsorship	3,140.00	2,852.00
Fundraising Expenses	0.00	770.00
General Expenses	3,304.06	4,240.25
Grounds Hire	1,736.05	2,380.32
Ground Improvements	1,608.86	0.00
Ground Maintenance	5,146.16	776.86
Repairs & Maintenance	0.00	5,593.13
Presentation Day/End of Season	15,200.00	11,301.73
Age Group Photos	3,736.40	2,016.00
Bank Charges	684.49	738.26
Dinner Dance/40 th Anniversary	622.02	5,635.68
Purchase of Assets	0.00	0.00
Total Expense	65,107.60	65,972.63
Income less Expenses	10,649.39	11,318.73
Closing Balance	53,242.04	63,828.77

Registrar – Rebecca Newton

I would like to thank Sara Welsby for the time and consideration she showed me with the handover of the registrar’s duties. I would also like to extend my thanks to Fiona Selmes and Karen Cochrane for their constant support.

The total number of registrations for 2015/16 season are 447. Please see the table below for the breakdown for each age group:

Age Group	Members
Tiny Tots	50
Under 6	46
Under 7	43
Under 8	52
Under 9	49
Under 10	58
Under 11	39
Under 12	29
Under 13	19
Under 14	23
Under 15	15
Under 17	24
TOTAL:	447

Registrations were down this season (475 in 2014/15) however, it’s noted that we carried more members in the Under 6, Under 8, Under 10 & Under 11 age groups this season verses 2014/15.

The online registration system reduces the workload significantly for the registrar and it’s pleasing to see members take on board the ease of registering and making payments online. We held two Registration Pack collection days with minimal queues. We will look towards refining the online process for the 2016/17 season and thank our members for their ongoing support.

Championships – Simon Nicola

This season like most have gone so fast. It only seems like yesterday that we held our registration day, and now another season is over. For me life started here at Winston Hills back in 1997 when my eldest daughter Lauren started her journey, closely followed by other daughter Kirsten. I joined the committee in 1999 and only missed one season during this time. I have seen some fantastic athlete achievements during this span and many improvements to the facilities we have. My journey on the committee has enabled me get to know our club extremely well along with some great people. If you get the chance join the committee I encourage you to do so. I have had a fantastic time over the last 19 years.

From a championships perspective, our season finished a few weeks ago at Homebush where 38 athletes represented our club where 9 of them obtained 12 medals – 3 Gold and 9 Silver. Please

see the State Championships section to see their individual results along with everyone else's. I must make two special mentions, the first is for Lachlan Wood who obtained 4 medals out of 4 events at State – this is a magical achievement and my second call out is to a young athlete in the under 8's who at Region obtained 4 Gold medals in 4 events he competed in. You have to read my Region wrap-up to see his name. There are many other great results, but these stood out for me purely because they achieved greatness in 4 events at State or Region and I can tell you from experience, this doesn't happen often

Thank you to all of the coaches who assist in preparing our athletes throughout the season, the parents for assisting at the many carnivals in an array of roles and the age managers for their tireless work week in week out. My thanks and appreciation also goes out to our retiring Dr Zone/Region Co who has worked tirelessly making sure that our Zone and Region Carnivals run faultlessly

STATE RELAYS

State Relays is the first carnival for the season. This year we entered 42 teams (19 junior & 23 senior). This year the carnival was held at Campbelltown due to Sydney Olympic park be resurfaced

For those who ventured to Campbelltown can appreciate the quality of Sydney Olympic park as a facility, especially the parent spectator areas.

The under 8 boys shined beyond belief obtaining 2 gold medals. These 8 boys should be well applauded along with their age manager for getting them to this level

The under 10 girls and under 17 girls obtained bronze medals which is also a great achievement
The full results can be obtained here

<http://www.lansw.com.au/Portals/44/Competition/2015%20State%20Relay%20results%20-%20UPDATED.pdf>

Event/Team	Place
Boys U 8 - 4 x 100 Metres	1
Boys U 8 - Shot/Discus	1
Girls U 10 - Shot/Discus	3
Girls U 17 - Shot/Discus	3
Boys U 10 - Long/High	4
Boys U 11 - Long/High	4
Boys U 17 - Shot/Discus	4
Girls U 10 - Long/High	4
Girls U 15 - Long/High	4
Girls U 9 - Shot/Discus	4
Girls U 17 - Long/High	5
Boys U 11 - Shot/Discus	6
Boys U 9 - 4 x 100 Metres	6
Girls U 12 - Shot/Discus	7
Girls U 13 - Long/High	7
Boys U 12 - Shot/Discus	8

Boys U 14 - 4 x 100 Metres	8
Boys U 14 - Long/High	8
Boys U 14 - Shot/Discus	8
Boys U 8 - 4 x Long Jump	8
Girls U 15 - 4 x 100 Metres	9
Boys U 10 - Shot/Discus	10
Mixed U 17 - 4 x 400 Metres	10
Girls U 12-15 M. Dist Senior	11
Girls U 13 - 4 x 100 Metres	11
Girls U 17 - 4 x 100 Metres	11
Girls U 9 - 4 x Long Jump	11
Girls U 12-15 M. Dist Senior	12
Mixed U 9 - 4 x 200 Metres	12
Boys U 11 - 4 x 100 Metres	13
Mixed U 14 - 4 x 400 Metres	13
Boys U 12 - Long/High	14
Girls U 12 - Long/High	15
Mixed U 8 - 4 x 200 Metres	15
Boys U 12 - 4 x 100 Metres	16
Girls U 8 - 4 x 100 Metres	16
Mixed U 10 - 4 x 400 Metres	16
Girls U 10 - 4 x 100 Metres	21
Boys U 17 - 4 x 100 Metres	DNS

Zone Carnival

This was our first time of running a timed carnival and whilst the track ran pretty much to schedule, unfortunately for several reasons the field events didn't. We will take learning from this and make refinements for next year's Zone carnival.

From an athletes perspective having a timed program allows them to better prepare for events.

The results speak for themselves. Of the 179 athletes (out of a total of 730) that participated at Zone, 95 automatically qualified for Region (in the first 4 places) with another 35 athletes qualifying after a long wait for the other Zones without Region to complete their competition.

- ✓ The under 7 athletes performed extremely well for their first carnival and as they don't progress through to Region, the medallists are tabled below.
 - 2 girls and 2 boys medalled, with the girls all achieving 1 Gold and a Bronze medal. The boys achieved 1 silver and 3 bronze.

Under 7 Results Girls

Athlete	M/F	Event	Place F
Eva Clegg	Female	Shot Put	1
Caitlyn Martin	Female	200R	3

Under 7 Results Boys

Athlete	M/F	Event	Place F
Hayden Moynihan	Male	100R	3
Hayden Moynihan	Male	Discus	3
Marcus Prideaux	Male	200R	2
Marcus Prideaux	Male	70R	3

Region Carnival

We had 130 qualifiers for Region, with 104 actual participants on the weekend.

38 of our athletes qualified through to State

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

- Rhys Webster 4 Golds:
 - 70 sprint
 - 100 sprint
 - 200 sprint
 - 60 hurdles
- Tina Fuller
 - Silver in 60 Hurdles
 - Bronze in long jump
- Benjamin Gontarczyk Bronze in the 400 run
- Declan Abela Bronze in Discus
- Lawson Cunningham
 - Silver in 70 sprint
 - Bronze in the 100 sprint
- Marcus Rajan Bronze in Long Jump

Listed below are the club result by age group

Athlete	M/F	Age	Event	Seed	Heats	H place	Final	Final Place
Kaitlyn Apps	Female	8	60H	13.58	13.61	(6)	13.10	(5)
Kaitlyn Apps	Female	8	Shot Put	4.34m			4.25m	(8)
Tiana Fuller	Female	8	70R	12.38	12.37	(5)	12.26	(6)
Tiana Fuller	Female	8	100R	17.46	17.61	(9)		
Tiana Fuller	Female	8	60H	12.87	12.89	(2)	12.35	(2)
Tiana Fuller	Female	8	Long Jump	2.91m			2.89m	(3)
Alexandra Milton	Female	9	High Jump	0.85m			0.85m	(11)
Amber Luchtmeijer	Female	9	400R	1:22.32	1:23.27	(9)		
Amber Luchtmeijer	Female	9	60H	11.62	12.43	(6)	12.50	(7)
Amber Luchtmeijer	Female	9	800R	3:07.15			3:05.19	(5)
Charlotte Fleming	Female	9	70R	11.21	11.45	(5)	11.66	(6)
Charlotte Fleming	Female	9	100R	15.58	16.00	(5)	16.83	(5)
Heidi Vogelaar	Female	9	400R	1:36.82	1:29.24	(11)		
Heidi Vogelaar	Female	9	Shot Put	4.31m			4.25m	(11)
Jasmine Wong	Female	9	200R	35.07	35.36	(11)		
Jasmine Wong	Female	9	700W	5:14.76			4:49.95	(6)
Jasmine Wong	Female	9	High Jump	1.02m			1.01m	(4)
Jasmine Wong	Female	9	Shot Put	4.24m			4.49m	(9)
Matilda Tuyau	Female	9	700W	4:29.53			4:31.75	(1)

Matilda Tuyau	Female	9	Discus	18.41m			19.85m	(1)
Sophie Taggart	Female	9	700W	4:51.40			4:53.94	(7)
Sophie Taggart	Female	9	Discus	14.37m			13.57m	(8)
Sophie Taggart	Female	9	Shot Put	4.64m			3.84m	(13)
Ashleigh Kerr	Female	10	70R	11.39	11.52	(9)		
Ashleigh Kerr	Female	10	100R	15.91	16.14	(6)	16.14	(5)
Ashleigh Kerr	Female	10	200R	34.27	33.68	(6)	33.76	(7)
Audrey Nadaya - Harb	Female	10	70R	10.78	11.01	(3)	11.16	(2)
Audrey Nadaya - Harb	Female	10	100R	15.38	15.50	(3)	15.47	(2)
Audrey Nadaya - Harb	Female	10	High Jump	1.21m			1.27m	(1)
Audrey Nadaya - Harb	Female	10	Long Jump	4.13m			4.09m	(1)
Bianca Salloman	Female	10	60H	12.21	12.03	(3)	12.02	(5)
Chelsey Torrens	Female	10	1100W	7:40.80			6:51.75	(5)
Clare Grubba	Female	10	Discus	28.62m			32.02m	(1)
Clare Grubba	Female	10	Shot Put	7.79m			8.35m	(1)
Georgia Hansen	Female	10	High Jump	1.05m			1.05m	(15)
Jade Cooper	Female	10	High Jump	1.10m			1.10m	(6)
Kailey Webber	Female	10	1500R	6:37.72			7:01.40	(11)
Kailey Webber	Female	10	1100W	8:05.14			8:04.35	(10)
Lucie Francis	Female	10	800R	3:07.88			2:56.26	(5)
Taylor Cooper	Female	10	High Jump	1.15m			1.00m	(16)
Vanessa Apel	Female	10	60H	12.36	12.60	(7)	12.68	(8)
Vanessa Apel	Female	10	High Jump	1.19m			1.27m	(2)
Vanessa Apel	Female	10	Long Jump	3.46m			3.55m	(9)
Vanessa Apel	Female	10	Discus	15.41m			14.70m	(9)
Zara Novkovic	Female	10	Discus	15.47m			FOUL	
Zara Novkovic	Female	10	Shot Put	6.18m			6.21m	(4)
Alana Brown	Female	11	800R	3:02.95			DNS	
Alana Brown	Female	11	1500R	6:14.96			DNS	
Alana Brown	Female	11	High Jump	1.12m			DNS	
Alana Brown	Female	11	Discus	12.97m			DNS	
Holly Walker	Female	11	200R	32.39	33.16	(14)		
Jorja Wilson	Female	11	High Jump	1.18m			1.24m	(6)
Jorja Wilson	Female	11	Long Jump	3.76m			3.34m	(14)
Jorja Wilson	Female	11	Triple Jump	8.46m			8.41m	(6)
Lovita Agyemang	Female	11	100R	15.31	DNS		DNS	
Lucy Hicks	Female	11	Shot Put	5.94m			5.89m	(12)
Chloe Fuller	Female	12	Discus	17.54m			16.20m	(8)
Chloe Fuller	Female	12	Javelin	10.62m			9.92m	(13)
Emma Hansen	Female	12	60H	11.17	11.09	(3)	11.04	(4)
Emma Hansen	Female	12	High Jump	1.30m			1.27m	(4)
Emma Hansen	Female	12	Javelin	11.18m			DNS	
Erica Campbell - Rogers	Female	12	Shot Put	8.39m			8.52m	(7)
Eva Nadaya - Harb	Female	12	High Jump	1.30m			1.31m	(3)
Eva Nadaya - Harb	Female	12	Long Jump	3.98m			3.92m	(10)
Eva Nadaya - Harb	Female	12	Triple Jump	8.81m			8.57m	(10)
Eva Nadaya - Harb	Female	12	Javelin	16.06m			10.56m	(12)
Jennifer Grubba	Female	12	Long Jump	3.93m			3.56m	(13)
Jennifer Grubba	Female	12	Discus	21.49m			26.29m	(3)
Jennifer Grubba	Female	12	Shot Put	9.07m			9.42m	(4)
Jennifer Grubba	Female	12	Javelin	11.06m			22.52m	(1)
Kayla Wong	Female	12	800R	2:58.15			2:53.25	(11)

Kayla Wong	Female	12	1500R	6:10.73			6:10.54	(7)
Kayla Wong	Female	12	High Jump	1.28m			1.20m	(7)
Talhi Monahan	Female	12	1500W	13:18.53			12:59.07	(9)
Tallara Bamblett	Female	12	400R	1:18.39	1:13.84	(10)		
Tallara Bamblett	Female	12	60H	12.01	12.42	(9)		
Tallara Bamblett	Female	12	800R	3:00.77			2:43.07	(6)
Tallara Bamblett	Female	12	1500R	6:16.50			5:52.27	(6)
Elizabeth Sullivan	Female	13	Shot Put	7.55m			DNS	
Mikayla Fuller	Female	13	400R	1:17.30	DNS		DNS	
Mikayla Fuller	Female	13	1500R	6:03.29			6:09.24	(7)
Mikayla Fuller	Female	13	3000R	12:53.88			12:56.68	(2)
Mikayla Fuller	Female	13	Discus	19.39m			16.48m	(11)
Natasha Taggart	Female	13	400R	1:11.53	1:09.29	(5)	1:11.64	(7)
Natasha Taggart	Female	13	200H	34.16	33.64	(7)	33.82	(7)
Natasha Taggart	Female	13	800R	2:41.73			2:36.03	(2)
Natasha Taggart	Female	13	1500R	5:39.42			5:30.82	(2)
Natasha Taggart	Female	13	Long Jump	4.26m			4.09m	(4)
Natasha Taggart	Female	13	Triple Jump	9.10m			9.11m	(3)
Olivia Hofmann	Female	13	High Jump	1.25m			1.41m	(1)
Olivia Hofmann	Female	13	Shot Put	5.94m			DNS	
Tamarah Boisse	Female	13	200R	32.44	32.30	(11)		
Chloe Alderson	Female	14	400R	1:22.23	DNS		DNS	
Chloe Lavender	Female	14	100R	14.68	14.55	(11)		
Chloe Lavender	Female	14	200R	30.43	29.57	(8)	DNS	
Chloe Lavender	Female	14	80H	17.60	DNS		DNS	
Chloe Lavender	Female	14	200H	34.26	34.40	(5)	34.21	(5)
Danielle Drinnan	Female	14	200R	27.32	28.18	(2)	26.74	(2)
Danielle Drinnan	Female	14	400R	1:01.89	1:07.50	(1)	59.28	(1)
Danielle Drinnan	Female	14	800R	2:29.10			2:16.36	(1)
Danielle Drinnan	Female	14	1500R	5:17.91			DNS	
Eleanor Campbell - Rogers	Female	14	800R	3:12.60			2:56.42	(10)
Eleanor Campbell - Rogers	Female	14	High Jump	1.30m			1.25m	(9)
Elizabeth Staples	Female	14	100R	13.77	13.72	(2)	13.83	(2)
Elizabeth Staples	Female	14	80H	14.73	14.31	(5)	14.05	(5)
Elizabeth Staples	Female	14	200H	30.60	33.16	(2)	29.81	(2)
Elizabeth Staples	Female	14	High Jump	1.30m			1.50m	(1)
Elizabeth Staples	Female	14	Long Jump	4.81m			4.36m	(7)
Elizabeth Staples	Female	14	Triple Jump	9.62m			9.78m	(4)
Jordyn Brown	Female	14	Triple Jump	9.20m			DNS	
Jordyn Brown	Female	14	Shot Put	7.57m			DNS	
Paige Brosnan	Female	14	Discus	21.82m			23.48m	(2)
Paige Brosnan	Female	14	Shot Put	8.69m			8.18m	(4)
Tiana Anderson	Female	14	800R	2:39.94			2:36.06	(5)
Tiana Anderson	Female	14	1500R	5:39.42			5:31.08	(4)
Tiana Anderson	Female	14	3000R	12:16.96			12:16.93	(2)
Tiana Anderson	Female	14	High Jump	1.20m			1.30m	(8)
Tiana Anderson	Female	14	Long Jump	3.97m			3.72m	(12)
Tiana Anderson	Female	14	Triple Jump	8.75m			8.36m	(9)
Ashleigh Cochrane	Female	15	90H	16.72			16.78	(3)
Ashleigh Cochrane	Female	15	Triple Jump	9.49m			9.30m	(4)
Ashleigh Cochrane	Female	15	Discus	23.92m			24.71m	(2)

Ashleigh Cochrane	Female	15	Shot Put	8.13m			7.79m	(5)
Carla Goulooze	Female	15	100R	13.93	DNS		DNS	
Carla Goulooze	Female	15	200H	33.41	DNS		DNS	
Carla Goulooze	Female	15	Long Jump	4.22m			DNS	
Frances Bickham	Female	15	1500R	5:50.53			DNS	
Frances Bickham	Female	15	3000R	12:36.13			12:34.55	(3)
Georgia Mentis	Female	15	100R	15.11	DNS		DNS	
Georgia Mentis	Female	15	Javelin	26.46m			DNS	
Johanna Hofmann	Female	15	1500W	10:33.34			10:08.83	(4)
Johanna Hofmann	Female	15	High Jump	1.45m			1.39m	(3)
Johanna Hofmann	Female	15	Discus	15.97m			15.25m	(10)
Johanna Hofmann	Female	15	Shot Put	5.70m			DNS	
Kahleah Scott	Female	15	High Jump	1.30m			1.25m	(5)
Melinda Thomas	Female	15	Discus	10.41m			DNS	
Olivia Marfo	Female	15	Long Jump	4.34m			4.22m	(5)
Olivia Marfo	Female	15	Triple Jump	9.93m			9.91m	(3)
Rowena Milliss	Female	15	800R	2:25.43			2:14.93	(2)
Rowena Milliss	Female	15	1500R	5:11.51			4:59.28	(1)
Abigail Newton	Female	17	Long Jump	4.55m			4.21m	(11)
Abigail Newton	Female	17	Discus	31.50m			32.56m	(1)
Abigail Newton	Female	17	Shot Put	11.33m			10.68m	(1)
Abigail Newton	Female	17	Javelin	30.60m			32.24m	(1)
Caitlyn Hicks	Female	17	100R	12.83	13.11	(1)	13.35	(1)
Caitlyn Hicks	Female	17	200R	26.82	26.99	(3)	26.12	(1)
Caitlyn Hicks	Female	17	100H	15.53			15.38	(1)
Caitlyn Hicks	Female	17	High Jump	1.45m			1.35m	(4)
Caitlyn Hicks	Female	17	Long Jump	5.42m			5.34m	(1)
Caitlyn Hicks	Female	17	Javelin	27.82m			28.76m	(4)
Clare Bickham	Female	17	Triple Jump	8.18m			DNS	
Emma Monahan	Female	17	1500W	10:30.80			9:29.32	(4)
Emma Monahan	Female	17	Shot Put	7.53m			6.81m	(13)
Georgia Burgess	Female	17	Discus	21.14m			16.84m	(14)
Georgia Burgess	Female	17	Javelin	19.18m			22.12m	(9)
Johanna Selmes	Female	17	High Jump	1.45m			1.55m	(1)
Johanna Selmes	Female	17	Long Jump	4.90m			4.75m	(5)
Johanna Selmes	Female	17	Triple Jump	10.80m			10.73m	(3)
Johanna Selmes	Female	17	Javelin	27.48m			30.98m	(3)
Mackenzie Garside	Female	17	400R	1:07.85	DNS		DNS	
Petria Welsby	Female	17	Triple Jump	9.00m			8.50m	(10)
Benjamin Gontarczyk	Male	8	200R	36.57	34.65	(4)	34.86	(6)
Benjamin Gontarczyk	Male	8	400R	1:20.66	1:19.65	(4)	1:17.80	(3)
Declan Abela	Male	8	Discus	11.70m			18.72m	(3)
Harrison Mauger	Male	8	200R	36.74	DNS		DNS	
Harrison Mauger	Male	8	400R	1:24.51	DNS		DNS	
Joshua Hand	Male	8	70R	11.95	12.11	(6)	12.21	(8)
Joshua Hand	Male	8	100R	16.26	16.74	(10)		
Joshua Hand	Male	8	200R	34.57	34.02	(5)	34.84	(5)
Lawson Cunningham	Male	8	70R	11.28	11.47	(2)	11.46	(2)
Lawson Cunningham	Male	8	100R	16.32	16.24	(5)	16.88	(3)
Leonardo Macorig	Male	8	70R	11.64	12.15	(7)	12.04	(6)
Leonardo Macorig	Male	8	100R	16.90	17.12	(12)		
Leonardo Macorig	Male	8	60H	12.26	12.15	(2)	12.12	(5)

Marcus Rajan	Male	8	100R	17.38	17.82	(13)		
Marcus Rajan	Male	8	60H	12.93	12.88	(10)		
Marcus Rajan	Male	8	Long Jump	3.54m			3.33m	(3)
Rhys Webster	Male	8	70R	11.01	11.25	(1)	11.26	(1)
Rhys Webster	Male	8	100R	15.67	15.76	(1)	16.32	(1)
Rhys Webster	Male	8	200R	31.96	33.09	(1)	32.66	(1)
Rhys Webster	Male	8	60H	11.17	10.81	(1)	11.00	(1)
Roden Dew	Male	8	Long Jump	3.13m			DNS	
Roden Dew	Male	8	Discus	18.61m			DNS	
Roden Dew	Male	8	Shot Put	6.01m			DNS	
Samuel Grubisic	Male	8	70R	11.75	12.46	(11)		
Samuel Grubisic	Male	8	Long Jump	3.27m			3.10m	(5)
Samuel Grubisic	Male	8	Discus	13.93m			14.63m	(8)
Xavier Saffy	Male	8	Discus	16.18m			21.99m	(2)
Aidan Pospischil	Male	9	700W	4:50.46			DQ	
Alexander Clarence	Male	9	100R	15.64	DNS		DNS	
Alexander Clarence	Male	9	60H	11.59	DNS		DNS	
Alexander Clarence	Male	9	High Jump	0.95m			DNS	
Alexander Clarence	Male	9	Shot Put	5.59m			DNS	
Brock Prideaux	Male	9	100R	15.41	15.48	(2)	15.32	(2)
Brock Prideaux	Male	9	200R	31.33	31.27	(1)	31.41	(1)
Brock Prideaux	Male	9	400R	1:17.48	1:16.57	(9)		
Ethan Gale	Male	9	700W	5:20.04			DQ	
Lucas Scerri	Male	9	70R	11.36	11.41	(8)	11.31	(7)
Lucas Scerri	Male	9	Long Jump	3.48m			3.76m	(3)
Lucas Scerri	Male	9	Discus	21.76m			21.07m	(4)
Omith Edirisinghe	Male	9	High Jump	1.02m			1.00m	(9)
Omith Edirisinghe	Male	9	Shot Put	5.65m			5.42m	(12)
Aidan Brosnan	Male	10	Discus	19.56m			20.33m	(6)
Aidan Brosnan	Male	10	Shot Put	6.47m			6.54m	(9)
Ben Godfrey	Male	10	800R	2:55.28			DNS	
Ben Godfrey	Male	10	1500R	6:06.25			DNS	
Ben Godfrey	Male	10	High Jump	1.10m			DNS	
Ben Haaf	Male	10	800R	2:54.74			2:42.18	(2)
Ben Haaf	Male	10	1500R	5:48.10			5:40.99	(4)
Ben Haaf	Male	10	High Jump	1.25m			1.15m	(7)
Brodie Payne	Male	10	1100W	7:38.63			7:28.52	(4)
Callum Wood	Male	10	800R	2:55.35			3:10.51	(11)
Callum Wood	Male	10	1500R	5:49.37			6:19.92	(11)
Dominic Grubisic	Male	10	Discus	22.91m			22.45m	(3)
Dominic Grubisic	Male	10	Shot Put	6.66m			5.99m	(13)
Jacob Seaman	Male	10	400R	1:14.54	1:10.15	(1)	1:09.99	(1)
Jacob Seaman	Male	10	800R	2:44.77			2:39.76	(1)
Jacob Seaman	Male	10	1500R	5:35.43			5:34.61	(1)
Jacob Seaman	Male	10	Long Jump	4.15m			3.58m	(11)
Liam Whitehouse	Male	10	70R	11.19	DNS		DNS	
Liam Whitehouse	Male	10	High Jump	1.10m			1.05m	(11)
Luke Alderson	Male	10	60H	12.10	DNS		DNS	
Luke Alderson	Male	10	High Jump	1.19m			DNS	
Mason Newton	Male	10	Discus	19.02m			17.18m	(10)
Mitchell Seaman	Male	10	200R	30.57	31.27	(8)	30.82	(4)
Mitchell Seaman	Male	10	400R	1:14.89	1:18.47	(10)		

Mitchell Seaman	Male	10	Long Jump	3.97m			3.69m	(8)
Mitchell Seaman	Male	10	Shot Put	6.96m			7.16m	(6)
Riley Wilson	Male	10	Long Jump	3.67m			3.48m	(13)
Riley Wilson	Male	10	Shot Put	6.69m			6.53m	(10)
Shenhua (Jim) Chen	Male	10	70R	11.26	11.96	(11)		
Thomas Silvester	Male	10	400R	1:17.52	DNS		DNS	
Aaron Byrne	Male	11	Discus	23.00m			DNS	
Aaron Byrne	Male	11	Shot Put	8.56m			DNS	
Aaron Byrne	Male	11	Javelin	26.18m			DNS	
Brendan Pospischil	Male	11	1500R	6:04.18			6:07.65	(13)
Brendan Pospischil	Male	11	1100W	6:51.34			6:40.19	(2)
Caleb Knight	Male	11	Shot Put	9.86m			8.95m	(5)
Eden Boisse	Male	11	200R	30.77	29.93	(10)	29.62	(6)
Jy Windle	Male	11	Long Jump	4.04m			4.07m	(7)
Jy Windle	Male	11	Triple Jump	8.28m			DNS	
Lachlan Wood	Male	11	100R	13.82	14.35	(2)	14.24	(1)
Lachlan Wood	Male	11	200R	29.01	28.37	(1)	28.14	(1)
Lachlan Wood	Male	11	400R	1:06.01	1:06.04	(1)	1:03.26	(1)
Lachlan Wood	Male	11	800R	2:35.65			2:29.01	(1)
Luke Juhart	Male	11	400R	1:10.26	1:09.05	(7)	1:10.29	(7)
Luke Juhart	Male	11	60H	11.51	11.98	(11)		
Luke Juhart	Male	11	High Jump	1.26m			1.25m	(8)
Luke Juhart	Male	11	Long Jump	4.12m			3.93m	(12)
Luke Simpson	Male	11	Shot Put	8.31m			DNS	
Max Spackman	Male	11	400R	1:11.07	1:16.19	(13)		
Max Spackman	Male	11	Javelin	15.18m			12.98m	(12)
Ryan Salloman	Male	11	60H	10.83	10.49	(1)	10.47	(2)
Ryan Salloman	Male	11	High Jump	1.28m			1.25m	(5)
Ryan Salloman	Male	11	Long Jump	4.17m			3.99m	(9)
Ryan Salloman	Male	11	Discus	18.27m			17.50m	(9)
Zachary Porter	Male	11	Triple Jump	8.63m			7.92m	(8)
Zachary Porter	Male	11	Discus	18.78m			17.65m	(8)
Benjamin Milton	Male	12	400R	1:20.89	1:21.00	(10)		
Cameron Scott	Male	12	60H	11.82	13.35	(12)		
Cameron Scott	Male	12	Triple Jump	8.89m			DNS	
Kayden Anderson	Male	12	400R	1:19.69	1:19.26	(9)		
Kayden Anderson	Male	12	Shot Put	6.59m			6.45m	(10)
Luke Nixon	Male	12	400R	1:20.23	1:17.06	(7)	1:17.36	(8)
Patrick Spence	Male	12	100R	14.02	14.65	(9)	14.05	(5)
Patrick Spence	Male	12	200R	30.44	29.33	(7)	29.60	(6)
Patrick Spence	Male	12	Triple Jump	8.80m			8.93m	(6)
Patrick Spence	Male	12	Shot Put	10.55m			11.28m	(1)
Peter Campbell - Rogers	Male	12	High Jump	1.30m			1.25m	(4)
Peter Campbell - Rogers	Male	12	Triple Jump	8.50m			8.00m	(11)
Rory Martin	Male	12	1500R	6:27.10			DNS	
Erick Rajan	Male	13	80H	15.30	16.05	(6)	15.21	(5)
Erick Rajan	Male	13	200H	33.31	31.72	(5)	34.38	(5)
Erick Rajan	Male	13	High Jump	1.36m			1.35m	(5)
Erick Rajan	Male	13	Long Jump	4.04m			DNS	
Erick Rajan	Male	13	Triple Jump	9.01m			DNS	
Matthew Church	Male	13	100R	13.05	13.05	(3)	13.26	(3)
Matthew Church	Male	13	200R	27.69	27.78	(5)	28.83	(7)

Matthew Church	Male	13	80H	15.25	15.09	(5)	14.49	(3)
Matthew Church	Male	13	Long Jump	4.56m			5.16m	(3)
Matthew Church	Male	13	Shot Put	8.02m			8.59m	(6)
Nathan Apel	Male	13	Discus	16.61m			15.56m	(12)
Nathan Apel	Male	13	Javelin	11.90m			15.14m	(8)
Ryan McGuckin	Male	13	400R	1:11.46	1:09.50	(10)		
Ryan McGuckin	Male	13	800R	2:46.23			2:43.36	(8)
Connor John Obrien	Male	14	3000R	12:59.94			DNS	
Jamie Monahan	Male	14	1500W	11:48.66			DNS	
Jamie Monahan	Male	14	Discus	25.17m			DNS	
Jamie Monahan	Male	14	Shot Put	9.77m			DNS	
Jamie Monahan	Male	14	Javelin	19.30m			DNS	
Lachlan Porter	Male	14	100R	13.10	13.62	(4)	14.15	(4)
Lachlan Porter	Male	14	200R	26.75	27.28	(7)	27.22	(6)
Lachlan Porter	Male	14	High Jump	1.35m			DNS	
Lachlan Porter	Male	14	Shot Put	8.64m			8.38m	(9)
Nicholas Long	Male	14	100R	13.40	13.96	(6)	14.85	(7)
Nicholas Long	Male	14	200R	26.90	27.55	(8)	27.58	(8)
Nicholas Long	Male	14	400R	1:02.48	1:00.74	(5)	1:02.42	(5)
Nicholas Long	Male	14	High Jump	1.40m			1.50m	(3)
Nicholas Long	Male	14	Long Jump	4.82m			4.73m	(8)
Omar Nadaya - Harb	Male	14	90H	15.21	15.63	(2)	15.21	(2)
Omar Nadaya - Harb	Male	14	High Jump	1.51m			1.58m	(1)
Omar Nadaya - Harb	Male	14	Triple Jump	10.44m			10.29m	(8)
Omar Nadaya - Harb	Male	14	Discus	25.26m			29.80m	(2)
Ryley Bamblett	Male	14	200H	37.09			34.62	(6)
Ryley Bamblett	Male	14	800R	2:48.25			2:35.73	(7)
Ryley Bamblett	Male	14	1500R	5:52.99			5:29.51	(9)
Joshua kahane	Male	15	High Jump	1.45m			1.45m	(7)
Joshua kahane	Male	15	Triple Jump	9.89m			9.71m	(5)
Joshua kahane	Male	15	Shot Put	7.52m			8.00m	(8)
Joshua kahane	Male	15	Javelin	20.08m			18.80m	(7)
Callum Brosnan	Male	17	Discus	37.30m			DNS	
Callum Brosnan	Male	17	Shot Put	11.24m			DNS	
Joshua Wooldridge	Male	17	Discus	32.72m			37.26m	(4)
Joshua Wooldridge	Male	17	Shot Put	12.82m			11.73m	(2)
Joshua Wooldridge	Male	17	Javelin	42.90m			39.56m	(4)
Kurt Garnett	Male	17	400R	53.56	DNS		DNS	
Kurt Garnett	Male	17	800R	2:07.66			DNS	
Marcel Goulooze	Male	17	Discus	27.74m			DNS	
Marcel Goulooze	Male	17	Shot Put	9.80m			DNS	
Marcel Goulooze	Male	17	Javelin	25.58m			DNS	
Matthew Hannah	Male	17	200H	29.17	DNS		DNS	
Nick Darling	Male	17	200R	24.54	25.18	(7)	24.92	(5)
Nick Darling	Male	17	High Jump	1.55m			1.57m	(3)
Nick Darling	Male	17	Long Jump	5.32m			DNS	
Nick Darling	Male	17	Discus	24.54m			29.08m	(6)

The full Region results can be found here

<http://www.lansw.com.au/Portals/44/Competition/Results/Results%20-%20Region%206%20-%202016.pdf>

State Multi Championships

State multi-event championships is open to all athletes from 7 to 17s and consists of a range of 6-7 events (depending on age group) over 2 days. These carnivals are predominately held in a country town and is a fun social weekend away for athletes and parents. This year was held at Dubbo. It is a tough competition as you need to obtain consistent high results to be at the top of leader board. Some age groups can have as many as 40 athletes. This year 7 of our athletes represented themselves and the club and their results are below. To finish in the top 10 is an incredible feat, but to have 2 of our under 17 girls in the top 5 is amazing. Congratulations to all athletes.

The full Region results can be found here:

<http://www.lansw.com.au/Competition/Results/State-Multi-Event-Results-2015-2016-season>

Age	Place	Athlete
U8 Boys	15	Declan Abela
U9 Boys	28	Omith Edirisinghe
10Boys	28	Mason Newton
15Girls	13	Olivia Marfo
17 Girls	4	Abilail Newton
17 Girls	5	Johanna Selmes
17 Girls	12	Petria Welsby

State Championships

State Championships is the pinnacle carnival of the season, where the best of the best come from NSW wide to compete at Homebush. It's the day that every athlete trains hard for & for some everything clicks & for some it doesn't which can be cruel – but reaching State level is a suburb achievement & every athlete who you see today with their State jacket is to be congratulated.

This year there was 3 Gold and 9 Silver medals. This is outstanding
A special to Lachlan Wood to obtaining 4 medals out of 4 events

- Danielle Drinnan U14
 - Gold in 800 Run
 - Silver in 400 sprint
- Caitlyn Hicks U17 Silver in 100 Hurdles
- Lachlan Wood U11 with 4 medals
 - Gold in 400 sprint
 - Silver in 100 sprint
 - Silver in 200 sprint
 - Silver in 800 run
- Audrey Nadaya Harb U10 Silver in high Jump
- Clare Grubba U10 Gold in Discus
- Rowena Milliss
 - Silver in 800 run
 - Silver in 1500 run
- Patrick Spence U12 silver in Shot put

Below are the State results for all athletes

Athlete	M/F	Age	Event	Seed	Heat	Heat place	Final	Final Place
Jasmine Wong	Female	U9	High Jump	1.01m	0.95m	18		
Matilda Tuyau	Female	U9	700 W	04:31.8	04:30.3	16		
Matilda Tuyau	Female	U9	Discus	19.85m	21.24m	4		
Audrey Nadaya-Harb	Female	U10	70 R	11.16	11.11	19		
Audrey Nadaya-Harb	Female	U10	100 R	15.47	15.51	22		
Audrey Nadaya-Harb	Female	U10	High Jump	1.27m	1.36m	2		
Audrey Nadaya-Harb	Female	U10	Long Jump	4.09m	4.15m	4		
Chelsey Torrens	Female	U10	1100 W	06:51.8	06:35.0	12		
Clare Grubba	Female	U10	Discus	32.02m	32.61m	1		
Clare Grubba	Female	U10	Shot Put	8.35m	8.52m	5		
Vanessa Apel	Female	U10	High Jump	1.27m	1.20m	8		
Jorja Wilson	Female	U11	Triple Jump	8.41m	7.94m	23		
Emma Hansen	Female	U12	60 H	11.04	10.95	18		
Eva Nadaya-Harb	Female	U12	High Jump	1.31m	1.30m	20		
Jennifer Grubba	Female	U12	Discus	26.29m	26.10m	14		
Jennifer Grubba	Female	U12	Shot Put	9.42m	8.59m	23		
Jennifer Grubba	Female	U12	Javelin	22.52m	22.99m	5		
Mikayla Fuller	Female	U13	3000 R	12:56.7	12:32.7	21		
Natasha Taggart	Female	U13	800 R	02:36.0	02:47.1	17		
Natasha Taggart	Female	U13	1500 R	05:30.8	05:42.7	24		
Olivia Hofmann	Female	U13	High Jump	1.41m	1.35m	17		
Danielle Drinnan	Female	U14	200 R	26.74	27.49	17		
Danielle Drinnan	Female	U14	400 R	59.28	01:01.3	5	58.56	2
Danielle Drinnan	Female	U14	800 R	02:16.4	02:17.6	1		
Elizabeth Staples	Female	U14	100 R	13.83	13.57	16		
Elizabeth Staples	Female	U14	200 H	29.81	30.82	10		
Elizabeth Staples	Female	U14	High Jump	1.50m	1.45m	10		
Elizabeth Staples	Female	U14	Triple Jump	9.78m	DNS			
Paige Brosnan	Female	U14	Discus	23.48m	22.52m	18		
Tiana Anderson	Female	U14	3000 R	12:16.9	12:38.6	17		
Ashleigh Cochrane	Female	U15	Discus	24.71m	ND			
Johanna Hofmann	Female	U15	1500 W	10:08.8	09:55.2	15		
Olivia Marfo	Female	U15	Triple Jump	9.91m	9.67m	17		
Rowena Milliss	Female	U15	800 R	02:14.9	02:16.4	2		
Rowena Milliss	Female	U15	1500 R	04:59.3	04:47.0	2		
Abigail Newton	Female	U17	Discus	32.56m	34.85m	6		
Abigail Newton	Female	U17	Shot Put	10.68m	11.10m	8		
Abigail Newton	Female	U17	Javelin	32.24m	25.80m	16		
Caitlyn Hicks	Female	U17	100 R	13.35	DNS			
Caitlyn Hicks	Female	U17	200 R	26.12	26.85	14		
Caitlyn Hicks	Female	U17	100 H	15.38	15.47	2	15.28	2
Caitlyn Hicks	Female	U17	Long Jump	5.34m	DNS			
Caitlyn Hicks	Female	U17	Javelin	28.76m	DNS			

Emma Monahan	Female	U17	1500 W	09:29.3	10:37.6	17		
Johanna Selmes	Female	U17	High Jump	1.55m	1.45m	18		
Johanna Selmes	Female	U17	Triple Jump	10.73m	10.29m	16		
Johanna Selmes	Female	U17	Javelin	30.98m	24.55m	20		
Brock Prideaux	Male	U9	100 R	15.32	15.17	17		
Brock Prideaux	Male	U9	200 R	31.41	31.59	9		
Lucas Scerri	Male	U9	Long Jump	3.76m	3.54m	16		
Lucas Scerri	Male	U9	Discus	21.07m	17.08m	23		
Ben Haaf	Male	U10	800 R	02:42.2	02:44.0	17		
Jacob Seaman	Male	U10	400 R	01:10.0	01:09.4	11		
Jacob Seaman	Male	U10	800 R	02:39.8	02:42.9	15		
Jacob Seaman	Male	U10	1500 R	05:34.6	05:33.4	14		
Mitchell Seaman	Male	U10	200 R	30.82	31.38	16		
Brendan Pospischil	Male	U11	1100 W	06:40.2	06:25.1	7		
Eden Boisse	Male	U11	200 R	29.62	30.85	23		
Lachlan Wood	Male	U11	100 R	14.24	14	5	13.56	2
Lachlan Wood	Male	U11	200 R	28.14	27.99	1	27.5	2
Lachlan Wood	Male	U11	400 R	01:03.3	01:04.3	2	01:01.6	1
Lachlan Wood	Male	U11	800 R	02:29.0	02:25.4	2		
Ryan Salloman	Male	U11	60 H	10.47	10.12	9		
Patrick Spence	Male	U12	Shot Put	11.28m	11.72m	2		
Matthew Church	Male	U13	100 R	13.26	12.9	15		
Matthew Church	Male	U13	80 H	14.49	15.1	21		
Matthew Church	Male	U13	Long Jump	5.16m	DNS			
Omar Nadaya-Harb	Male	U14	90 H	15.21	15.78	17		
Omar Nadaya-Harb	Male	U14	High Jump	1.58m	1.60m	9		
Omar Nadaya-Harb	Male	U14	Discus	29.80m	25.39m	18		
Joshua Wooldridge	Male	U17	Discus	37.26m	35.53m	12		
Joshua Wooldridge	Male	U17	Shot Put	11.73m	11.78m	12		

The full results can be found here

<http://www.lansw.com.au/Portals/44/Competition/Results/State%20Results%20-%20by%20centre%202016.pdf>

Congratulations to all athletes on a fantastic year. This is my final report after 18 glorious years and I wish all athletes every success in the future

Records & Rankings Officer – Karen Cochrane

Another season has come and gone and we have seen plenty of PBs and numerous records. I have been very blessed to have such a wonderful and very diligent group of people who have made my role very easy. I sincerely would like to thank Fiona, Maree, Wiebke, Gwen, Kylie, Belinda and Leslie for all their wonderful work.

A big thank you to Jason for being so patient whilst the data was processed and uploaded to the website and also to Ken Poole from KLAC for always being there to fix our problems and taking over the webserver for us at very short notice.
16 records were broken or equalled this season.

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

Our record holders are as follows:

AGE GROUP	EVENT	ATHLETE NAME
U6 Boys	300m Pack Start	Nicholas McNally
U8 Boys	60m Hurdles (Electronic)	Rhys Webster (5 times)
U11 Boys	60m Hurdles (Electronic)	Ryan Salloman (2 times)
U17 Boys	Javelin	Joshua Wooldridge
U10 Girls	High Jump	Audrey Nadaya-Harb
U17 Girls	100m Run	Caitlyn Hicks
	400m Run	Caitlyn Hicks
	Long Jump	Caitlyn Hicks (2 times)
	High Jump	Johanna Selmes
	Shot Put	Abigail Newton

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

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

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

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

Officer for Constitution & Conflicts – Andrew Martin

Following on from a busy previous season, the 2015/2016 was much quieter from a Constitution and Conflicts perspective.

Our first full year as an incorporated association appears to have completed without any dramas. At the 2016 AGM, a few amendments were submitted for approval by 75% of the members present and entitled to vote. These amendments were primarily to correct typographical and cross reference errors in the original document. These were all successfully

passed and the revised constitution will now be submitted to Fair Trading for approval and registration.

Early in the season the committee passed an array of new and revised regulations. These can be found on the centre's website on the "About Us" page. The regulations approved and in force address the following areas:

- Application for Membership
- Cessation of Competitive Membership
- Auditing the Register of Members of the Centre
- Committee Positions and Portfolio Responsibilities
- Delegation of Powers, Functions, Duties and Responsibilities to Executive
- Register of Members
- Meetings of the Committee
- Club Captains
- Use of Facilities and Equipment of the Centre
- Perpetual Trophies
- Age Managers
- Codes of Conduct and Behaviour
- Elections and Voting
- Complaint Handling & Grievance Procedures
- Disciplinary Procedures & Appeals

Committee and centre members alike are encouraged to familiarise themselves with the regulations to ensure the proper management and operation of the Centre.

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

After 11+ consecutive seasons as a member of our committee I have decided to step down from a formal committee position. I will continue to offer my time to assist on running days where required and also in an advisory capacity to the new committee. It is a pleasure to see other committed parents taking on committee positions to bring fresh ideas and energy to the centre's management. This is vital to the success of any volunteer based organisation and I encourage more to follow in their footsteps. I wish the new Committee and all our members well as the club moves into its fifth decade.

Officer for Age Managers – Renee Seaman

Firstly, I would just like to say a very big thank you to everyone for volunteering your time as Age Managers and Assistant Age Managers.

The role of Age Manager is a varied one. Sometimes you are the counsellor, the time manager, the organiser, the coach and the administrator and there to provide that extra bit of encouragement.

I really hope you have enjoyed the season watching the athletes in your groups grow in confidence and achieve their personal bests. It is such a rewarding experience to see the happy little faces when they have jumped further or run faster than they ever have before. Your time, patience and encouragement plays a very big role in helping them do that so thank you for volunteering and dedicating yourself every Saturday morning. A very big thank you also to the parent helpers from each age group. Without your help and assistance our centre simply could not run, so once again a very big thank you!

I look forward to seeing you all back for a brand new season in September.

Social and Child Protection– Emily Jordan

This year was a big year in the Social calendar, we celebrated 40 years of Winston Hills Little Athletics Centre! All athletes received an anniversary drink bottle, we saw new 40th Anniversary committee shirts and shoe bags purchased. The main event to celebrate our 40th was our dinner on Saturday 7th of Nov, it was great to see our Life Members, ex-athletes, sponsors, representatives from the Association and our sister club Hills District there to celebrate a success with us. I'd like to thank my trusty team of helpers Jacinda Martin, Rose Mylonas, Grace Baker and my mother Mary Jordan, without you guys the night would not have been a success. In the weeks leading up to the dinner we searched through all old artifacts and photos on the club and these have now been stored in the back of the canteen for the person who organizes our 50th Anniversary. The end of the season saw us farewelling our Under 17 age group, this year we gave them the option of activity to do. So on the 10th of April they spent the afternoon playing bubble soccer, followed by Pizzas.

This season saw the introduction of the new WWCC for our volunteers, we are now all set up on this system and we have conducted all our checks. Special mention to Sara Welsby for her assistance in getting everything set up here at WHLAC.

I'd like to thank my fellow committee members, many of them have been on the committee for many many years and its time for them to step down, this year we farewell Rose, Grace, Lauren, Simon, Andrew and Stuart. So this means there is plenty of room for new members so please speaker to current members and think about joining the committee that makes this club great! Its been a great season and we hope to see you all back again next year.



WHLAC Life members at the 40th Anniversary Dinner

Trophies – Jacinda Martin

Those of you reading this on our 2015/16 Presentation Day- welcome!

Presentation Day at WHLAC is all about rewarding all of our athletes on their athletic achievements throughout the season. All athletes will receive a medal based on their personal achievements and attendance every Saturday morning. Some athletes will also receive trophies for their success at zone, region carnivals and other various championships. Athletes who competed at State are also presented with a club jacket to recognise their incredible achievement. A select number of athletes will also be presented with club perpetual trophies in which they have been nominated and elected for. These recognise exceptional results and dedicated contributions to our club.

I hope all of the athletes and their families will be pleased with the quality of the awards. These aim to not only congratulate of fantastic results of the season gone, but to also encourage athletes to return next year and continue to do their best in all they do.

I must thank Annette Trieste and her family at Wholesale Trophies for their help and guidance in the selection and production of the trophies.

I wish to thank John Liversage from Abbey Digital Photographs for his help in producing the team photographs.

And, a special thanks to everyone on the Committee who have worked hard to make this 40th season such a special experience.

Canteen – Grace Baker, Rose Mylonas and Emily Jordan

This season saw our second go at being the Canteen Crew of Club 76, we came to week one with more experience, knowledge and organisation. We all still had our jobs and this season saw Mary cut more than 2000 bread rolls, Rose slice more than 100 onions, Grace cut almost 7000 Zooper Doopers, Wayne flip 1500 eggs for Bacon and Egg Rolls.

With the 8am starts this year we realized quickly that our lunch and snack sales would be down, however we sold many more bacon and egg rolls.

We all did our bit to pitch in whether it was shopping during the week, picking up meat, making toasties or cleaning that slushie machine. This year also unfortunately saw our first wash outs and days where the rain caused us to finish early, this unfortunately contributed to less profits for the club.

This year we brought in a total of almost \$6000 to go directly back to the athletes.

A huge thank-you must go to our Chef Wayne Baker for cooking the BBQ to perfection each and every week. We must also thank our bread men Peter and Adam Mylonas for collecting and delivering our bread each week.

A special mention must go to Susanne Martin for coming along and helping out when we had a few of us have other commitments.

One final mention to Grace Baker, without her the canteen would not run she looks after the finance and co-ordinates the purchasing. Grace, along with Rose and Mary are hanging up their hats this season, these three women gave up their time for the past two years when they didn't even have athletes competing anymore to give back to a club that has given us all great memories and friendships over the years.

As we have now hung our canteen running hats up, the club is still searching for someone or a group of people to take over the canteen. It would be easiest if there were a group of people running again, so if your interested in either coordinating or working in the canteen or BBQ each week or even fortnight. Please let someone in the committee know, because if we don't have people to run it there will be no canteen for the athletes.



Club Captain Reports

Girls Club Captain – Olivia Cochrane

The 2015/2016 season has come to a close just as quick as it started. As the Girl's Club Captain I feel privileged to have been given the opportunity to serve the club for another successful and memorable season. This opportunity has been one that I will cherish and look back on with fond memories.

As my time as an athlete comes to a close I reflect on the great memories that I have gained from my 14 years around the sport. Since starting as a tiny tot and spending my two seasons off, as an age manager I have enjoyed coming along to athletics for fun and fitness that the sport provides. Over those years the thing that has brought me back to athletics is the friendships that I have made that I'm sure will last beyond my years at Little Athletics.

It has been yet another great season at Winston Hills and I would like to congratulate all the athletes on their excellent efforts and participation. This season has been very successful at all levels of competition with many records being broken throughout the season at both club and regional levels. We also had many medals won at zone, region and state carnivals with countless PB's from all the athletes on Saturday mornings.

I would like to thank the Committee and parent helpers for all their efforts in making Winston Hills Little Athletics Centre the great club that it is as we owe all our success to their continual support and encouragement in building this club to its current position. Their dedication to improving the club is outstanding. It is because of the hard working team of committee members that the club runs as smoothly as it does throughout the season.

I would like to wish all the U17s leaving this year all the best and wish to encourage them to continue with the sport as well as those whom will move on to their last season of Little Athletics. I would particularly like to thank Nick and Petria for sharing in the this experience with me and also a huge thank you to Hugh Darling and Peter Garside for encouraging me to participate and achieve a personal best each week over the past few seasons.



And last but not least I would like to thank the athletes for making me smile each and every week. It has been wonderful to watch you all grow and achieve PB's over the season as well as outstanding results at all levels of competition. I wish you all good luck in the off season and I look forward to seeing your smiling faces next season as I'm sure I will be back for Saturday mornings as something other than an athlete.

Boys Club Captain – Nick Darling

It has been a huge privilege to serve as the 2015/16 club

captain for Winston Hills, and it is sad to say goodbye to the club after 11 great years but I'm thankful that it ended with such a great season. It has been awesome working alongside my fellow captains and the committee, and I would like to congratulate all the athletes for their outstanding effort and participation. This season has been very successful at all levels of competition with heaps of records being broken and medals won at zone, region and state carnivals. Also a big congratulation to each individual athlete for constantly challenging themselves and getting plenty of PBs.

This club would not be what it is without the hard work and effort of the people in it. I like to commend the effort of the committee, coaches, age managers, starters, canteen helpers, people who went out of their way to set up/pack up, supportive parents and



everyone else who contributed to make this season work so efficiently and to see everyone enjoy their Saturday mornings. Big shout out to the guys on the BBQ for supplying myself with a great bacon & egg sandwich each Saturday morning. Finally, I'd like to thank my fellow 17s athletes and congratulate them on their outstanding work this season. I encourage all athletes to think about how they can lead and support the club in future seasons. I encourage all athletes who can to return to WHLAC next year for another great season in 2016/17.

Girls Vice-Captain – Petria Welsby

The 2015/16 season has been an incredible year for WHLAC, with athletes striving to achieve their personal bests and continuing to reach their goals at club, zone, regional and state levels. This was my 12th season at the club and has been a personal highlight for me in the under 17's. Along with being elected vice-captain, I have also made great friends and memories. Events such as helping at the Special Olympics, collecting money for the Daniel Morcombe Foundation on Red Day, attending and supporting athletes at Representative Carnivals and participating in State Multis are all great experiences that I have had the pleasure of being a part of. I would personally like to thank the committee for all the work they put into making the club run as smoothly as possible behind the scenes, not just on Saturday mornings. Also, a big thankyou to all of the age managers, coaches and parent helpers for the time and effort you put into WHLAC. In particular, I would like to thank Peter Garside and Hugh Darling, the age managers for the under 17's, as you have encouraged our age group to strive for our goals whilst continuing to have fun. Peter has been my age manager for my entire time at WHLAC and for this huge effort and his support I will always be grateful. Last but not least, I would like to thank Nick and Olivia, our club captains, who have been great role models not only for the athletes but also our age group and myself as the vice-captain. We will all miss you! WHLAC is a club that encourages athletes to strive for personal bests and improvement rather than focus on what place you came at a carnival and we support everyone no matter their ability or performance. It is a great feeling to see people cheering on athletes and helping out wherever they can on Saturdays. I'm looking forward to one last enjoyable season later in the year and encourage all athletes to make the most of their time with Little Athletics.

Age Group Reports

Tiny Tots Boys and Girls - Louis Tuyau, Steve Lakin and Madeline Welsby

What a season, it's definitely one that I'll never forget. It all started one fine Saturday morning in September when around 50 fresh faced little athletes congregated on the track ready to take the plunge into the wonderful world of Little Athletics. It was truly amazing to see these kids go from being shy, reluctant children and watching them grow in confidence and rise to all challenges presented to them. Our mission from Day 1 was to ensure that the kids had as much fun as possible and it showed. Every Saturday morning, we were always greeted with many smiling faces ready to tackle each event.

It was great to see just how much they had learned and developed throughout the season. One of our favourite events, the Obstacle course became too easy for the kids so we added hopping, jumping and even running backwards with a rubber chicken which was thoroughly enjoyed. Bringing out the parachute was always fun, especially doing a little crazy dance underneath it. We tried to squeeze in as many 50m and 70m running races as we could as kids absolutely loved racing together. It was also wonderful to see the parents cheering on all the kids which added to all the excitement.

We would very much like to thank all the parents who not only helped but created a positive environment for all the kids to enjoy themselves. We wish all the kids the best of luck and hope to see them running around the track for many years to come.

Under 6 Girls- Erin Smith

What a brilliant season our girls had!

It was emphasised from the start of the season that the girls did not have to place first in their events- they just had to attain a PB!

Peanut Butter? Puss in Boots? NO!! A Personal Best!

Each week the girls continued to impress themselves and everyone watching- one week almost the entire group attained a PB in at least one event.

As the season progressed it could be seen that the girls were not just getting physically stronger and more capable at the events but they were growing in confidence and they were forming invaluable friendships.

At the conclusion, we were all 'winners'!

Under 6 Boys – Dana Brown and Allison McNally

What a great season of Little Athletics for all the Under 6 boys in the 2015/2016 year. This was our first season as Age Managers, but with help and patience from the parents and boys we found our footing. The boys all put in some wonderful and awe inspiring performances and above all had a great time.

We were very proud of everyone's performances throughout the year and we congratulate all the boys for the efforts they put in each week and the results and PB's they achieved over the season.

We would like to express our thanks to all the parents who gave their time to measure, time keep and marshal the boys week after week. With so many children to assist we needed all the help we could get.

Here are the participants and some of the achievements;

So here's the 2015/16 Under 6 Boys – Nicholas McNally a great all-round athlete who broke the 300m record for U6 Boys. Marcus Thompson a fantastic long jumper and sprinter, Alexander Critsanov did an amazing job each week, Xavier Parsons a great little runner and jumper, Alex Honeywell an awesome long jumper and a super all-rounder, Vihaan Bhatnagar improved each week to an awesome discus thrower, Jaishaanth Gunanathan was also a great discus thrower, hitting past 8 metres, Christopher Brown always did his best at all events and did a great job sharing his action figures with his mates, Aaron Chevalier a great runner - especially 300m, Oliver Egan was a great little sprinter, Cooper Nurscher a great little sprinter, Benjamin Hand did so well at every event he entered, Akash Dey a great all-rounder with an infectious smile, Xavier Zahra did a great job every week especially in long jump, Noah Scerri had a super style in Discus throwing over 10 metres, Carlton Angus was a great all round athlete, Charlie Andrews achieved great result and great jumps, Akam Virk always did his best in every events, Jasper Carruthers did his best at every event he entered, Harry Charlwood an all round athlete who enjoyed playing alongside Christopher and his action figures, Ajith Prasanna did so well at every event he entered, Jonah Monteiro Junges had a great first year, Shajunan Yogeswaran was a great long jumper and runner, Harish Dulipkumar did a great job every week, Nicholas Zhang did an amazing job each week, Alex Bonanno a great little runner a strong first year.

Under 6 Boys congratulations on another great year and well done to everyone for doing your best. We look forward to seeing everyone back for the 2016/2017 season to run faster and jump even further!

Under 7 Girls – Brad Martin

The 2015 – 2016 season started off with 20 under 7's Girls and was shaping up to be a busy season, the girls were all pumped up and putting in great efforts with PB's being achieved each week. As the season progressed the girl's techniques and strengths were developing well but we were hit with storms and interruptions to the running days which affected our numbers and we ended up with a very consistent 12 girls each Saturday. The five hundred meter run, which was new to the girls this season, and quickly became the event everyone wanted to win.

Last season a lot of the downtime was spent doing each others' hair with a line of 10 girls sitting down giving each other various hair styles. This season the girls spent a lot of time doing cartwheels and other gymnastic type manovours as well as building stick teepee huts behind the discus nets, at all times the girls were inclusive of each other and generally played fairly and with respect. The girls have been become good mates and are quite competitive with each other. The key message we instilled in the girls this year was to strive for their PB and encourage their team mates.

This was the first year our girls were able to participate in the Zone Carnival. This was a great weekend with 4 of our girls participating. Two of our girls won medals - Ava Clegg won gold in the shot put and Caitlyn Martin won Bronze in the 200 meter run. The girls are looking forward to next year's carnival to give the other clubs a run for their money.

Also, congratulations to Madison Gale who came third in the final running day's Mall Gift and Sophie Norris who came third in the Junior Girls Mall Gift.

Special thanks to Michelle who volunteered as the Assistant Manager and to all the parents that helped out throughout the year to make the events run smoothly. Thank you to the other volunteers and committee members who helped set up and pack up, run the canteen (which the kids love), run the BBQ (which the parents love on a Saturday morning) and look after the web site. Without these people the days simply could not run.

The Under 7's Girls had a great season and I look forward to seeing everyone after the winter sports seasons.

Under 8 Boys – Phil Dew and Matthew Webster

What a great season we had with the U8 Boys this year. We started the season with over 30 registrations, and finished off with almost the same number.

We started our competitions for the year with our first attempt at State Relays. We entered teams in the 4 x 100 Metre relay, the mixed 4 x 200, the throws, and long jump. Our 4 x 100 team with Lawson Cunningham, Leonardo Macorig, Joshua Hand and Rhys Webster just scraped in to the final, exceeding our expectations already as this was their first race with a baton in their hands. After some much needed baton practice between heats and finals, the boys outdid themselves and everyone else, taking three seconds off their heat time to snatch the win! A great effort for their first relay. Well done boys

Next we had the throws team consisting of Samuel Grubisic and Roden Dew in Shotput and Declan Abela and Xavier Saffy in Discus. I thought we had a pretty good chance in this one, although convincing all the parents wasn't that easy. The boys all threw well and it was a consistent effort across the board. Once again the winners were Winston Hills. Maybe next year all the parents will wait for the results before they go home.

Two gold medals at our first State Relays! Fantastic effort.

Our long jump team with Samuel Grubisic, Benjamin Gontarczyk, Caeleb Henderson and Roden Dew, all put in good performances to finish a creditable 8th place. And we had Rhys and Joshua appearing again in the 4 x 200 mixed event where they ran their best but didn't quite make the final.

Well done and congratulations to all of the boys that competed and thanks to their parents for bringing them all for practice in the weeks leading up to the carnival and for having them there on the day ready to compete.

Our next big event was the zone carnival where 6 out of 9 events were won by Winston Hills. Congratulations to Rhys for his wins in the four sprint events and to Roden for his win in the Discus and Marcus for the Long Jump. We had many more top 8 placings, getting a total of 11 boys through to Region.

On to Region at Blacktown. We had some more great results starting with a new 60m hurdles record to Rhys Webster. This was in his heat. He went on to win the final without having to break his own record. Rhys also won the 70 the 100 and the 200. Look out for him at the State Carnival next year!

Well done also to Lawson for his 2nd place in the 70m and 3rd in the 100, Benjamin for 3rd place in the 400, Marcus for 3rd in long jump and Xavier and Declan, our huge improvers in Discus, for coming 2nd and 3rd respectively. And a big commiseration to my son Roden who broke his arm on the Friday night before the carnival and was unable to compete in Discus Shotput and Long jump.

Other highlights of our Saturday morning competition included a new club record to Rhys in the 60 hurdles, a few times. Well done again Rhys. We also had some massive improvements from many of the boys mainly in the throws this year. Most notably was the big improvement from Xavier, going from not remembering how to throw the Discus the first week, to throwing 22metres by the end of the season.

We have a competitive group of boys who all push each other to do their best every week and it's great to see everyone achieving lots of PB's.

It's been a pleasure to look after the boys this year and Matt and I would like to thank all of the parents who regularly step up to help out on Saturday mornings and make our lives a lot easier. Hope to see you all back next year.

Under 9 Girls – Tony Brown and Michelle Nixon

It was another great fun season of Little Athletics from all the girls in the 2015/2016 year.

This year was another big step up with some of the girls going all the way to represent WHLAC at the State Championships. We also attended the State Relays plus the Zone carnival in and the Regional carnival. The girls all put in amazing performances and I think everyone did an amazing job and had a great time. And a really special thank you to all the parents who help out every week, we really appreciate the assistance.

Here are the participants and some of the achievements;

State Carnival

- Discuss - Matilda 4th
- Walk – Matilda
- High Jump – Jasmine

Well done girls, a great achievement to get to State!

Region

- 70m - Charlotte 6th
- 100m - Charlotte 5th
- 200m - Jasmine
- 400m - Amber, Heidi
- 800m – Amber 5th
- 60m Hurdles – Amber
- 4 x 100 relay – Charlotte 6th
- High Jump – Jasmine 4th
- Shot Put – Jasmine, Heidi, Sophie
- Discuss – Matilda 1st, Sophie
- 700m walk – Matilda 1st, Jasmine 6th, Sophie

Zone Carnival

- 70m – Sindhu, Leah, Charlotte 2nd, Isabella
- 100m - Charlotte 2nd, Denita, Sindhu, Isabella
- 200m – Sindhu, Jasmine 4th, Isabella
- 400m – Amber 4th, Heidi, Isabella, Kathryn
- 800m – Amber 3rd, Matilda, Sophie
- 60m Hurdles – Amber 5th, Leah, Alex
- 4 x 100 relay – Charlotte 2nd

- High Jump – Jasmine 1st, Lara, Kathryn , Alex
- Long Jump – Matilda, Sindhu, Heidi, Leah, Alex
- Shot Put – Sophie 3rd, Heidi, Jasmine, Lara, Kathryn, Leah
- Discus – Matilda 1st, Sophie 5th, Alex, Kathryn, Lara
- 700m walk – Matilda 4th, Sophie 6th, Jasmine, Samantha

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

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

So here's the 2015/16 Under 9 girls – Samantha Torrens a great all-rounder athlete Sindhu Senthil a fantastic sprinter and long jumper, Jasmine Wong amazing at the 200m and now the high jump and a state rep, Kathryn Thomas a great runner and jumper and a pretty amazing discus thrower as well, Ashlynn Webber still an awesome long jumper and now a great high jumper! Charlotte Fleming our new queen of sprints, Natasha Vaughan a great hurdler and long jumper, Amelia Clark who is also a great all-rounder and relay runner now, Amber Luchtmeijer who was our long distance and hurdles champion, Sophie Taggart a great discuss and shotputter and walker, Heidi Vogelaar our fantastic zone and regional super all-rounder, Erin Nickl did a great job every week especially in the long jump, Alexandra Milton who is a great high jumper now as well as a long jumper and runner, Lara Brown a great jumper and awesome shot-putter (and still the age managers favourite), Matilda Tuyau was a brilliant (zone and now regional and now state!) discus thrower!) Abigail Byrne who did so well at every event she entered, Leah Nixon a great sprinter and jumper (and still the assistant age managers favourite), Melanie Bendeviski who was a great all round athlete, Isabella Jang who constantly achieved great results and great jumps, Abigail Cooper was a great jumper and hurdler, Imogen Fuller who always did her very best at all the events. Zoe McIntosh who improved each week to an amazingly runner, Denita Agyemang who was a great runner and Priya Peterson who also improved every week to a great runner and jumper, Anannya Bandaru who gave her best in everything she did, Mackenzie Coates a great start to little athletics and Georgia Coates also a great first year.

Under 9 Girls congratulations on another great year and well done to everyone for doing your best. We look forward to seeing everyone back for the 2016/2017 season to run faster and jump even further!

Under 9 Boys – Claire Pospischil

The 9 boys have enjoyed another energy filled and action packed season in 2015/16. The boys universally loved high jump as a new event, while there were mixed views on race walking and 800m. We got a team to the 4 x 100m final at state relays which was a great achievement. It was great to see Alex B, Harry, Nathan and Rafael turn up each week and participate well. We had nine boys to zone, including Brady, Lachlan, Liam, Riley and Alexander C. Five boys made it through to region, including Aidan, Ethan and Omith. State qualification was an option for the first time this season, with Brock (100m, 200m) and Lucas (discus, long jump) both making it to Homebush. Nathan also made the mall gift final on the last running day. All the boys maintained a strong interest in striving for PB's each week in a positive environment which was great to be a part of. Thanks also to the wonderful parents who helped out each week and make it such a pleasure to look after this group.



Under 10 Girls – Fiona Nadaya

Well what a crazy season we have had this year - one weekend rain and the next week not!

We still managed to have PBs every single week, which is our main goal at Little As.

This year we introduced the 1100 metre walk as well as the 1500 metre run into our programme. It was a 7.30am turn up so the committed ones were there each week, improving their times massively.

As usual it is my pleasure to be the Age Manager for our champion Under 10s Girls and I must thank Anne-Marie for her organisational skills and keeping everything running smoothly as it should.

Most of all we have to thank our girls whose enthusiasm, smiles and competitive edge give us a great Saturday morning every week.

Victoria, Kailey, Zoe, Ashleigh C, Ashleigh K, Lucie, Clare, Hayley, Annalise, Mary-Rose, Mikayla, Dana, Vanessa, Ainslie, Bianca, Zara, Mariana, Skye, Jade, Taylor, Georgia, Thenuli, Chelsey & Audrey.

Thanks also to our parents for their weekly support, only another 7 years to go :-) Next year Triple Jump and Javelin will be our challenges. How exciting!

And we finally get to wear spikes, woo hoo!

Congratulations also to Clare, Audrey, Chelsey and Vanessa for making it to State level and especially to Clare & Audrey for medalling. A great effort. Also congratulations to our U10s Girls Relay team who came FIRST in the Winston Hills Mall Gift on the last week. Yay!

Look forward to our Under 11s next year. Thanks for being a part of it and hope to see you all again :-)

Under 10 Boys – Renee and Todd

We started the season with 25 under 10 boys registered. Out of those 25 boys, 16 returned to the club and 9 athletes joined us for the first time.

This year our new events included the 1500m run and 1100m walk.

In November, we entered our most teams ever in the NSW State relay competition and all performed well highlighting that sportsmanship and fun can go well together.

At the Zone Carnival in December, our under 10 boys were successful in winning the 200m, 400m, 800m and 1500m. We also gained automatic qualification to regionals in the discus, shot put, high jump and long jump events with strong placings. The U10 boys recorded many personal best results over the course of zone carnival weekend.

The boys that went on to represent the club at the Regional carnival had some fantastic results and many personal best results were achieved. The following boys received medals at Regional level:

- Jacob – gold medal in the 400m, gold medal in the 800m, gold medal in the 1500m and bronze medal as part of the boys junior 4x 100m relay team
- Ben H – silver medal in the 800m
- Dominic – bronze medal in the Discus

From Regionals, Jacob, Ben H and Mitchell went on to represent the club at the NSW State carnival and performed very well.

During the athletics season, each of the under ten boys have grown in maturity and achieved many personal best results. We thank the under 10 boys for their always trying their hardest and displaying good sportsmanship. We hope all of our athletes have enjoyed their season with us.

A big congratulations to Ben Godfrey for his win in the Mall Mile and to Luke, Mitchell, Tom and Jacob representing the under 10 boys, for their second place in the club relay challenge.

Also a big congratulations to Shenhua (Jim) for his second place in the Mall Gift 100m sprint final and for winning the intermediate division of the Mall Gift 100m sprint.

We look forward to welcoming the group back for a new and exciting season in Under 11's Little athletics next season with some more new events to try and master.

Under 11 Girls – Jess Martin and Suzie Wilson

Another season has flown by already! And what a fun one it was.

This year was a very social season for the girls, with a focus on “fun” and “PBs” outdoing the competitiveness. This season the girls learnt how to do triple jump and absolutely smashed it! I

was amazed at how far little legs can hop-step-jump into the sandpit! Even our littlest girls, Zoe and Maddie were flying into the pit on week 1!

A few girls competed at zone with almost all of them running, jumping and throwing their way to personal best's. Holly, Lucy and Jorja went on to compete at the region carnival, all of them achieving their best and doing themselves proud.

Special mention must go to Jorja, who's determination and love for the sport drove her to qualifying for State in Triple Jump. The only qualifier from the group, and a first for Jorja! Well done.

Another awesome achievement was from Molly. This was her first season of athletics and she managed to pip the competition and win the Mall Gift 100m handicap race at the end of the season. Amazing effort, Molly!

With this being my last season of age managing I'd like to thank the girls for providing me with endless laughs every week, and for making me so proud to be your age manager. Nothing I love more than to see your smiling faces as you update me on your latest PBs.

Big thank you to the regular parents who I see week in and out to offer their help. Suzie and I could not run Saturday mornings without all of you.

Under 11 Boys- Steven Pospischil

Another fantastic season has come and gone! This year saw many of the athletes really stepping up and performing to their best. The boys never cease to amaze me in how they keep on improving, whether they be State athletes or are coming every week to have fun and beat their PB. This year we had success at the State with Lachlan Wood bagging 4 medals (Gold in the 400m, Silver in the 100m, 200m and 800m). What an outstanding achievement from this humble young man! We also had Eden Boise, Ryan Salloman and Brendan Pospischil compete at this prestigious event and performed to their best. We also had very good representation at the Zone and Region, with many of the boys achieving PBs. Let's hope next season we can convert more of these performances into State appearances.

Keep up the good work boys. Hope to see you back again in September for another round.

Under 12 Girls – Jeff Grubba

It is with pleasure that I present the under 12 girls report for season 2015/16. This season we welcomed

Madison, Madeleine and Ella to our group of 14 girls. It was my first year as Age manager and I could

not of asked for a better of group of girls who competed and performed to the best of their abilities and

mostly with a smile on their faces. It was pleasing to watch the improvement from all girls as the season progressed.

We had a number of competitors who competed at the various carnivals with varying degrees of success. We have some talented girls who I think with some more training and hard work can achieve

even better results than this year.

Thank you to all the Parents who helped out throughout the year. Your assistance and support made my job easier and helps the club run smoothly each week. Finally Thank you to the all the Girls Eva, Kayla, Madeleine, Isabella, Erica, Jennifer, Tahli, Emma, Chloe, Madison, Christina, Tallara, Phoebe and Ella. Hoping to see you all back in 2016/17.

Under 13 Girls/Boys - Jason Fuller

Well another season has come and gone and just like other years I loved being part of it all.

A small number of both Boys and Girls in this age group this year saw us combine the boys and girls groups together for the first time which I believe worked out well. Many of our group participate as much for the social aspect as they do for athletic performances and it is fantastic to watch some of the bonds being created or built upon from previous years.

Our very small but talented group of athletes strived hard towards many PB's and four State championship qualifiers. We had most athletes participate in the zone carnival at which they did their centre proud.

Congratulations to our State Qualifiers this year Matthew, Natasha, Olivia and Mikayla.

Besides the state qualifiers, I can honestly say that all our Athletes put in some great performances during the season.

Thankyou to the parents who lent a hand to measure, mark, record or rake – Those are the little things that make our running days run smoothly and do not go un-noticed.

Even during the season our numbers dwindled with boys and girls leaving pursue other endeavors. For those athletes who have moved on from the sport, I wish you all the best, and those who remain - I hope that you all continue on in Little Athletics next year. I look forward to see you all next season.

Under 14 Boys – Cheryl Long

We had a wonderful, small social group of boys this year, with all the boys getting along off the ground. Our numbers dropped this year to ten boys registered and I don't think I remember a running day with everyone in attendance. They all tried very hard to better their times or catch that person just ahead of them. Well done to the boys who competed and placed at Zone, then went onto Regionals. They all tried very hard. Congratulations to Omar for making State this year. I need to say a very big thank you to my Assistant Age managers, Jennifer O'Brien and Andy Cusack. Also a big thank you to the other parents who helped out to make our days run smoothly.

Jamie Monahan: Always tries hard on the field even at hurdles and always entertaining off the field.

Omar Nadaya-Harb: Omar found his groove this year. It had been missing the last few years. He qualified for State this year in three events. Well done Omar.

Nicholas Long: Nicholas used his long legs and his steady diet of chicken nuggets to improve his running times and jumps. Another great year Nicholas.

William Egan: William came back to Athletics this year after a few years break. Had lots of fun achieving some PB's along the way.

Ryan McLuckie: We didn't see Ryan much this year, but tried hard when there.

Patrick Cusack: Patrick always tries hard in every event, every week. He now has the longest Long Jump run up I've seen, but it works.

Ryley Bamblett: Ryley enjoys the long distance events the best. He has improved over all events this season. Keep up the off season training.

Connor O'Brien: Connor tries his best at all events but likes the long distance running best. He especially likes to catch up with his friends.

Jayden Honeywell: Jayden returned this season after many years away from Little A's. He achieved many PB's, well done Jayden.

Lachlan Porter: We didn't see Lachlan very often this year as he tried cricket as well. When we did see him he had found some speed we didn't know he had. Well done on your achievements this year.

I have enjoyed being the Age Manager this year. All the boys should be commended on their behaviour and their support of each other. I look forward to seeing you all next season.

Under 15 Girls – Karen Thomas

The 2015/16 season was a great season. We had 12 girls most returning from last year with one new face, Sarah. Most girls attended every week which was fantastic to see. The girls are a great bunch. Very friendly and sociable with each other. It was lovely to see the girls all encouraging each other to do their best.

More than half attended the Zone Carnival with a few girls making it through to the State Carnival. We also had many girls attend the State Relays and State Multi's with great results.

It has been wonderful to see so many girls give their best each week, and each week seeing so many of the girls achieve numerous PBs.

It has been a real pleasure to be with these gorgeous girls this year and I hope to see all their smiling faces return next year. For those who will not be returning next season to the under 17s, I hope your time at WHLAC has created memories and friends that will stay with you throughout

your life.



Another year has passed for the mixed U17 age group. After a tentative start the group bonded together and became, both, a competitive and social group, enjoying each other's company and encouraging one another in each event they participated in. This year the group was dominated by the girls with regular participation from Olivia, Johanna, Abby, Petria, Emma Mansfield, Deborah, Bailie-Rae, Caitlyn, Clare, Mackenzie, Emma Monahan, Rachel, Georgia and Joanna. The boys were represented by Nick, Joshua, Peter, Jason and Matthew. The group had the pleasure of Josh and Adam from the U15 boys joining them for the season.

As the season progressed we saw each person grow and develop into mature young adults.

Each athlete participated in the majority of events, both competitively and socially. Throughout the season we saw improvement in performance, with PB's being achieved on a regular basis and several club records being broken. Congratulations to Caitlyn (100m, 400m, Long Jump), Johanna (High Jump), Abby (Shot Put) and Joshua (Javelin).

Numerous athletes participated in the Zone Carnival, with 14 athletes qualifying for Region, and 5 qualifying for the State Championships, being Abby, Johanna, Caitlyn, Joshua and Emma Monahan. The club was represented at the State Relay Championships by Johanna, Abby, Mackenzie, Caitlyn, Petria, Nick, Peter, James, Kurt and Marcel.

Congratulations to Nick and Olivia for being voted in as Club Captains and Petria as Girls Vice-Captain. All three carried out their duties in a professional manner whilst encouraging athletes from their own group and younger age groups to do their best and enjoy themselves. A special thankyou for their efforts in organising the club's annual fundraising day.

A big thank you to the team of helpers we had this year. There were a select group of parents who stepped up to keep the morning moving along which was very much appreciated. The athletes themselves were often asked to help out and this they did without complaint or question.

We farewell a number of our athletes this year – Nick, Joshua, Kurt, James, Jason and Callum from the boys and Olivia, Joanna and Georgia from the girls. From the retiring age managers Hugh & Emily we thank you all for your support and wish you all the very best in your future endeavours. We also wish the athletes continuing on next season all the very best.

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

Winston Hills Little Athletics Centre 2015/16



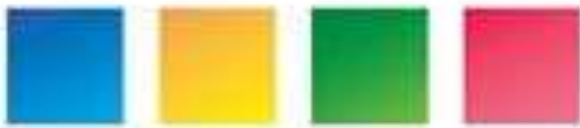
Back Row: Lauren Nicola (Health & Safety), Clare Pasquetti, (- General Committee), Jason Fuller (Webmaster), Phil Dew (Officer for Officials), Stuart Welsh (Course/Grounds & Equipment), Fiona Selous (Secretary & Uniforms)
 Front Row: Rebecca Newton (Registrar), Simon Seaman (Age Manager Officer), Emily Jordan (Child Protection Co-ordinator), Ross Mykolas (General Committee), Sara Welsh (President), Graig Baker (General Committee), Janelle Martin (Trophies), Karen Cochrane (Treasurer)
 Absent: Paul Byrnes (Vice President), Steven Nicola (Championships), Andrew Martin (Constitution & Conflicts)

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