



WINSTON HILLS LITTLE ATHLETICS CENTRE

YEARBOOK 2006/2007



**PRESENTATION DAY
1 APRIL 2007**

Presentation Day 2006/2007 — Program of Events

Presidents Welcome
Club Captains & Vice Captains Speeches
Under 15 Presentation
Kerry Arkins Walks Trophy
Frank Atkins Track Team Trophy
Frank Atkins Field Team Trophy
Ray Clarke Middle Distance Trophy
Mark Warwick Memorial Trophy
Nicholas Fortuna Trophy
Wayne Clark Hurdles Trophy
Austral Mortgage Jumps Trophy
Don McDougall Trophy
Cross Country Trophy
Dave Bruce Throws Trophy
Kathy Bails Sprints Trophy
Javelin Trophy
Queen Elizabeth II Trophy
Spirit Of Little A's Trophies
Gus De Brito Trophy
Life Membership
Trans Tasman Team Recognition
10 Year Trophies
Club Record Certificates
LAANSW 9 Year Service Certificates
Club State Representative Jackets & Trophies
Sponsorship Plaques
Age Group Presentations

Committee Reports

President – Hank Huston

As a Centre we can feel quite proud of our achievements this past season our 31st. This season was one of enthusiasm and achievement, with a group of enthusiastic young athletes, a dedicated group of coaches, age managers and a committee who worked well together with the parents of our athletes to continue the running of what has been for quite a long time now, a Centre of excellence.

As a Centre we can feel quite pleased with our representation at Zone, Region and State Carnivals, we congratulate all the athletes for their pursuit of excellence and the coaches for their dedication to our Centre. Further I thank every child, parent, coach and every Sponsor organization for their participation, encouragement and support during the past season. We congratulate all those athletes who improved their performances over the season and conducted their participation in a manner, which provided a pleasurable environment for all to enjoy. We also congratulate those athletes who pursued their goals through the various levels of Little Athletic Championships (i.e. State Relays, Zone, Region, State Track and Field, State Multis and the State Cross Country and Road Walks).

The Sponsorship provided by Austral Mortgage Corporation was a major boost for us during this season, for which we are grateful, and thank them. We are confident it will be an ongoing relationship for years to come.

Also a big thank you to Winston Hills Sports Club our umbrella organization, which has been with us for a number of years. A special thank you to Angus McLeod of PRD Nationwide Winston Hills who has been a sponsor for the past 15 years. Winston Hills Mall (Brett Wearne), Winston Hills Hotel (Cameron), Toongabbie Sports and Bowling Club (Keith Smith), Winston Hills Veterinary Hospital (Gordon Heslop), Wholesale Trophies (Annette and Joe) and Aus-web.com (Jonathan Chin).

Congratulations to Ashlee Clews, Cameron Searle, Jessi Elliott and Dermott Morgan our Club Captains in 2006/2007. This team, together with a large contingent of U15s this year, have been great role models over the past 9 to 12 years. Congratulations and best wishes for the future. We trust that some element of what you have experienced and learned in your time at Winston Hills LAC will contribute to your successes in the years to come. Hopefully we will see most of you back next season, competing in the combined Youth group, as part of the Saturday competition.

For the past few seasons, the Centre has encouraged athletes and parents to attend the State Multi Championships, which are held at different country Centres over 2 days. The parents enjoy the format and get to meet other parents over drinks and a BBQ.

This year the Multis were at Wollongong and we had a record number of athletes entered (95 in all) or 9% of the total entries. This year the committee decided to run a Winston Hills Handicap Multi Points Score in conjunction with the official points, and it was a huge success where any of the athletes could win a medal by getting PB's. This resulted in all athletes doing their very best over both days with many achieving PB's.

The other success of the season was the introduction of our Youth Athletes to a regular competition on a Saturday morning. We thank Lynne Clews and Christine Huston for their perseverance and much liaising with Athletics NSW to make it a success that it was.

As usual your committee has worked hard over the past 12 months and their input to this Centre has been more than I could ask for, THANK YOU.

A special thank you to those without children at our Centre, our coaches Dave Bruce, Wayne Clark, Mark Drennan and Charles Tees, also Dave Brewster, Jessica Brewster, Kim Carpenter, Marion Carpenter, Tere George.

Again I congratulate our group of Age Managers, coaches and committee for doing a wonderful job this year involving many, many hours and all of our member families who provided us with so much pleasure. I trust that each child has gained valuable development for participation in our 2006/2007 season.

Hope to see you all next season, when we can do it all again.

Vice-President – Peter Mylonas

I can report that this year the Committee has worked tirelessly and cohesively to give us one of the most successful years ever. In spite of ill-health Hank has performed magnificently to carry out his many duties and it is really an eye opener to find out how little you know and how dependant the general running and governance of the Centre is on Hank being on deck every week. Of course the temporary absence of Chris Huston has created its own set of problems but we know she will overcome her illness and be around to guide us through next season in whatever capacity she can fulfil.

I feel a number of adjustments to the programme and some streamlining of procedures has resulted in more successful running days. With continued consultation and improved training procedures we will continue to condense the time spent waiting around so as to maximise participation and give more time for social interaction and just plain fun.

Although our results in State competitions have been of the same high level of excellence we have come to expect it has been more pleasing to note the increasing level of participation in all competitions and we must acknowledge the increased level of commitment by parents and carers because regardless of the skill and enthusiasm of the athletes nothing happens without the commitment and sometimes sacrifice of their carers. The best example of this was the number of entrants in State Multis and the great camaraderie displayed by the athletes and their carers over the weekend and the new families who have become part of the Multis Pilgrimage.

This year I fought off a massive number of challengers to snare the sought after position of Zone Co-ordinator. I wish to thank all those who supported me as I groped around aimlessly and any success I had in completing my duties must go to all those helpers from Winston Hills who chiefted and volunteered selflessly. I particularly wish to acknowledge Alex and Thea Parle, Hank and Paul Byron for their support.

Of course nothing happens without the athletes and I thank them for all their great efforts and hope they have had lots of fun, developed new and enduring friendships, learnt new skills and improved old ones and achieved their personal goals. I wish to thank all those who are integral to the success of our Club; the parents and volunteers, the coaches and our sponsors; and we hope to see you back again next year.

I especially wish to thank my Comrades on the Committee for all their hard work and their patience and forbearance.

Lastly, I commend everyone to get involved whenever possible to maximise your time with your kids in Athletics.

Secretary – Paul Byron

This season seemed to fly past even quicker than those past. Six months hardly seems long enough to fit in all the action! Winston Hills has (as usual) put the “fun” into Family, Fun & Fitness.

Once again our athletes have done us proud at every event they attended. The standout for me was the astonishing number of PB's achieved at the State Multis. Well done to you all!

The administrative functions of the Centre are currently in a state of great change. We have put in place a number of measures to improve efficiencies & reduce the burden on our dedicated volunteers where possible. With the assistance of Telstra, we will be investing in some significant technology infrastructure during the off-season, which will allow us to become even more efficient. Once again, the Winston Hills Sports Club has been supportive of our initiatives & we will continue to look to them to assist us wherever possible. LAANSW is also endeavouring to move more of the Centre based paperwork online. We should see significant moves in this direction in the coming year.

The Secretary's job would be an impossible one without the vast resources the Centre has stored away over the years. As it happens, the primary source of this information is invariably Hank. I have found myself seeking his counsel constantly over the past two years & his seemingly photographic memory of absolutely everything "Athletics" has proven invaluable. For this reason, I would particularly like to thank Hank for his dedication to the Centre & the total support he gives me.

To my fellow Committee members: For your patience & co-operation, thank you all. It is a pleasure to work with such enthusiastic & helpful people. To Samantha, Lee & Alex, thank you all for your invaluable contributions this season: You will all be missed. To Lynne & Chris, I don't quite know how to express the fear I have that the Centre might not actually function without you; we can but try.

For anyone considering stepping up to help on the Committee; I highly recommend it. The reward for your efforts is evident in the smiling faces of each of our 500+ children running around Gooden Reserve each Saturday.

I could not let this opportunity pass without thanking the Age Managers & Coaches for their excellent work. They are the athlete's primary carers in this environment: an onerous responsibility we sometimes overlook. Thank you all once again for your dedication to our Children.

Good luck to all those U15s moving on & we look forward to welcoming back those U16s, U17s & U18s to continue our hugely successful experiment next season. In the meantime, I hope to see everyone at Cross Country & the AGM.

Registrar – Thea Parle

This season saw 534 athletes registered with WHLAC. The streamlining of the registration process continued this season with three shorter sessions held on different days of the week to assist families still participating in winter sport. WHLAC again offered a \$10 discount per athlete for those families who registered before the season commenced. This allowed us to have 462 athletes in the Little Athletics Centre System on the first running day.

The Tiny Tot program was revamped and allowed our youngest participants the opportunity to commence their 14-week season on the last registration day (Week 0) to enable these children & their parents to get their bearings without any other age groups present.

This season also saw the Centre introduce a Youth Age Group to provide those athletes with a competition in the gap between Little Athletics and Seniors (18+) Athletics. These athletes held a registration with a senior athletics club.

With a view to next season, I would like to encourage all parents to take advantage of the new Online Centre Registration System that will allow registrations to be done at your convenience from home or work on the internet. You will receive an information pack in the off season outlining this new method.

As this is my last season in this role I would like to express my appreciation and acknowledge the assistance of our Treasurer, Grace Baker for making the onerous task of registering every athlete a slick and agreeable process.

Records & Rankings Officer – Thea Parle

In my fourth season in this role I have continued to meet a great many athletes (& parents) and put a face to the name and registration numbers that are processed week in, week out.

It is a very rewarding job to manage the results each week and watch each athlete's performances improve over the course of the season. The girls have lead the way this season with six Centre records; five in the field and one on the track. Congratulations to:

Paletina Lemi	G11	Shot Put 12.80m
Tepa Lemi	G13	Shot Put 11.90m, Discus 40.72m
Taylah Sengul	G11	Shot Put 13.29m, Discus 36.80m
Sonya Taumaialo	G11	60m Hurdles 10.0s

We have also had several inspiring athletes who achieve more than forty personal best (PB) performances during the season:

Jason Thomas	B8
Sara De Silva	G8
Emily Thomson	G14

Finally, WHLAC is very fortunate to have a dedicated & friendly bunch of volunteers, but particular mention must be made of the Age Managers, Assistant Age Managers, Recorders, Starters & Timekeepers. Without their dedication and the considerable sacrifice of their time for the athletes, the results would be impossible to collate & publish. Thank you and enjoy your off season.

Treasurer – Grace Baker

Another successful season has ended for Winston Hills.

Financially the club is once again in a healthy condition largely due to a \$10,000 sponsorship deal from **Austral Mortgage Corporation**. Other sponsors which have supported us throughout the 2006-2007 year include – **PRD Nationwide Winston Hills, Winston Hills Mall, Winston Hills Veterinary Hospital, V & A Cruising Coffee, Tropical Sno-Cone (Peter Pinkewich), and the Toongabbie Sports & Bowling Club. The Club has also received a sports grant from Telstra.**

In addition, support has once again been given from Winston Hills Sports Club, who has provided new equipment, and coaching support.

A big thank – you to Tere George, Chris Huston and Kerry Lowe who through their tireless efforts have produced great profits from the canteen and uniform sales. Also, Gavin Clarkin continues to be a great asset to the club, by bringing in so many sponsors on board.

Thanks to the Committee and all members of the club for their support throughout the season.

WINSTON HILLS LITTLE ATHLETICS CLUB

Income and Expenditure Statement

Period: 1 March 2006 to 28 February 2007

Opening Book Balance @ 1 March 2006	33,967.62
Income	
Canteen Sales	15,637.24
Fundraising/Raffles	1,229.05
Investment Income	210.80
Other Income	365.00
Photo Rebate	845.40
Sponsorship	23,213.90
Uniform Income	11,312.00
WHLAC Registrations	37,190.00
WHSC Rebates	3,850.00
Total Income	<u>93,853.39</u>
Expenses	
Athletic Consumables	1,325.50
Bank Charges	7.50
Canteen Expense	11,951.11
Coaching - Membership/Courses	6,699.00
Equipment Purchased	6,101.79
Food & Refreshments - AGM, Rego Days, etc	56.00
Gifts (Wheelchair Association)	670.00
Grounds	9,556.52
LAANSW Expenses	18,701.54
Maintenance	1,075.22
Miscellaneous	1,342.61
Postage	758.50
Presentation Day	7,934.49
Stationery and Printing	1,337.05
Telephone	590.15
Trans Tasman Expense	1,428.00
Uniform Expense	8,164.00
WHSC Registrations Paid	3,030.00
Zone Expense (T-shirts, programs)	1,814.02
Total Expenses	<u>82,543.00</u>
Closing Balance @ 28 February 2007	45,278.01
Balance per Bank Statement and Cash on Hand	47,797.49

Difference makes up unrepresented cheques to the value of \$2,519.48

Item 1:

Unrepresented cheques consist of 8 cheques which are expected to be cleared in March.

Item 2:

Expected income and expenditure still to occur:

Presentation Day Expenses: approx \$8,000
Dinner Dance income: approx \$500
PDR Sponsorship 2006/07 \$4,000

Item 3:

Coaching Membership includes 2 payments of membership for 18 coaches in the one year.

<u>Balance Statements as at 28 February 2007:</u>	
Westpac A/C	29,861.82
Commonwealth A/C	17,124.97
Canteen Cash A/C	810.70
	47,797.49

Officer for Age Managers – David Manz

On behalf of the athletes, their parents and carers and the Committee I thank the Age Managers and their Assistants for their significant contribution to the successful running of our club. The job of being an Age Manager is an onerous and demanding position, balancing the needs and desires of the athletes and the expectations of parents and carers with some parents and carers their to lend support every week and others who are not.

The Age Managers are the glue that binds the club together, they are at the interface between athletes, carers and Committee and it is they that facilitate the successful running of each competition day and act as the conduit of communication throughout the club. Again, thanks to their hard work and dedication, we have achieved another outstanding season with the minimal of fuss. Well done Age Managers and we hope you will graciously return for next season.

For those that don't know, the position of Age Manager is open to anyone to nominate for each season and the successful applicant is chosen by the Executive plus the Officer for Age Managers. It is recommended to have two or three designated assistants within your group.

The levels of regulation and club duties do not make being an age manager easy and it is a wonder that anyone would volunteer. It must be the lure of wearing the white shirt that makes all the difference.

Please give your support to Age Managers and get behind them and allow them to make each Little A's day an enjoyable day for the kids.

A special thanks go to Howard Searle (U15 Boys) and Gavin Clarkin (U15 Girls) as they "finish" this year (maybe) after many years of faithful service and an extra special thanks to Christine Huston and Lynne Clews for their efforts in our initial year with the Youth Athletics.

Marketing Officer – Gavin Clarkin

With the successful closure of the 2006/2007 season upon us I would like to thank all our athletes and the families for a very enjoyable season.

Winston Hills LAC has been very fortunate to have a very dedicated team of coaches, age managers and a committee of “doers”, who work well with the mums and dads to position the Centre as a role model for others to follow. However this would not have been an easy task without our great and generous sponsors. For a club of this size to function properly we need to provide facilities and equipment and this takes a lot of resources and money.

This is where our sponsors play a vital role in providing the support and money to establish a first class facility and a safe environment for our athletes and coaches. This is done by the purchase and upgrading of equipment. Therefore, on behalf of the WHLAC and parents, I would like to thank them for their generous support.

This year we saw Austral Mortgage Corporation come on board as a major partner. Austral Mortgage Corporation is a major financial institution here in Australia and in New Zealand. They are one of the leading home mortgage lenders, specialising in low rates both fixed and variable. We thank Mark, Paul and Zuzana for their ongoing support and genuine interest in the welfare of our Centre. Please support Austral Mortgage whenever you can.

Many thanks to Angus McLeod for PRD Nationwide Winston Hills, who has been our sponsor for the past 15 years. Our other major contributors are Winston Hills Mall, Winston Hills Hotel, Toongabbie Sports and Bowling Club, Winston Hills Veterinary Clinic, Winston Hills Sports Club (our umbrella organization) and Aus-web.com. Our special thanks go to them for the wonderful and generous support that they give to the children of our Centre.

In conclusion I would like to thank the committee for their support and also a big thank you to all our sponsors of the Centre and I look forward to their continuing support and assistance in the development of the Centre and it's athletes.

Officer for Officials – Lee Macer-Wright

I have been thrilled by all the help that has come from parents of our athletes this year. A BIG thanks to you all, you have made my job easy!

All the carnivals ran very smoothly, with Winston Hills standing out as a well polished, competent club. All credit goes to our dedicated parents, who have given a lot of their time (some more than others) to make the carnival days a breeze.

One of the carnival organisers said to me: “I wish all the other clubs were as helpful” . This is a great relief when words like this are spoken, as opposed to running around playing "hide and seek" all day with unwilling parents. I can tell by the fact that my legs were not aching by the end of the day, that we have a caring group of parents in our club. Quite frankly, you are all worth more and I reckon that the pay be doubled for next season!

I will be passing on the baton to someone else at the end of this season and I wish you and your children all the very best for the seasons to come.

Championships Officer – Ray Marvin

The season drew to a close on the weekend of 17th and 18th March with the State Championships held at SOPAC and as with the other Championships held during the season, there were many fantastic

efforts by our athletes. With the season now at an end, it is time to review the results from the season of 2006/2007.

State Relays

This was the first of the Championships and was held back in November at SOPAC. The teams acquitted themselves well again this year bringing away 11 medals (1 Gold, 4 Silver and 6 Bronze). There were 26 Top 8 performances, which was a great result.

1 st	U8 Girls	Shot/Discus	5 th	U12 Boys	Long/High
				U13 Girls	Shot/Discus
2 nd	U11 Mixed	4 x 400m		U14 Boys	Long/High
	U13 Girls	Long/High	6 th	U9 Girls	4 x Long
	U14 Boys	Shot/Discus		U10 Girls	Shot/Discus
	U15 Girls	Shot/Discus		U12 Girls	4 x 100m
3 rd	U10 Girls	Long/High		U14 Girls	Long/High
	U10 Boys	Shot/Discus	7 th	U8 Boys	4 x Long
	U11 Girls	4 x 100m		U9 Boys	4 x Long
	U12 Boys	Shot/Discus	8 th	U9 Girls	Shot/Discus
	U14 Girls	Shot/Discus		U15 Boys	4 x 100m
	U15 Girls	4 x 100m			
4 th	U8 Mixed	4 x 200m			
	U9 Boys	Shot/Discus			
	U10 Boys	Long/High			
	U14 Girls	4 x 100m			

Zone

This year's Zone Championships saw the introduction of events for the Youth Athletes for the first time and this is something we hope to see continue in the future as we encourage more athletes to keep competing. Winston Hills was able to field 215 Little Athletes and 13 Youth Athletes at Zone this year. This is an increase over the previous season, however, there are some Age Groups that fielded small numbers and this is something for us to work on next year, as we need to encourage as many athletes to compete as possible.

The Under 7 athletes have their first taste of Championship competition at Zone and of the 13 athletes completing, 5 managed to win 13 medals in total.

	<u>Name</u>	<u>Event</u>	<u>Final Place</u>	<u>Final Result</u>
U7 Boys	Corey Cuelho	200m	3	40.15
		Pack	2	1:42.30
		Discus	3	13.42m
U7 Boys	Timothy Simmons	100m	3	18.07
		50m	1	9.21
		70m	1	12.50
U7 Boys	Blake Spurway	Shot	3	5.61m
U7 Girls	Emily Rozic	70m	3	13.30
		50m	3	9.71
U7 Girls	Rachel Vaughan	Long	1	2.99m
		70m	1	13.10
		100m	3	18.87
		50m	2	9.46

The next step for the Under 8 to Under 15 athletes is the Region Championships and there were 117 athletes who qualified to compete at the next level. The amazing statistic here is that there were 196 athletes in these age groups and so 60% qualified for Region.

Region

This year we travelled to Barton Park at Parramatta for the Region 1 carnival and once again we were blessed with fine weather for the weekend. Of the 117 athletes competing over the weekend, 67 achieved Top 8 finishes. The next level for the Under 9 to Under 15 athletes is the State Track & Field Championships to be held at SOPAC in March and Winston Hills was fortunate to have 32 individual athletes qualify for State plus another 5 athletes from the successful Junior and Senior Girls 4x100m Relays.

State

This is the culmination of the Little A's season and every athlete who qualifies for the State Championships should be very proud of themselves. Despite some awful weather on Saturday afternoon the performances were top-class and many PB's set over the weekend. The athletes managed to achieve 16 medals with 4 Gold, 7 Silver and 5 Bronze making up the tally. The medallists were as follows:

<u>Age</u>	<u>Name</u>	<u>Event</u>	<u>Place</u>
U11 Girls	Sonya Taumaialo	60m Hurdles	1 st
		100m	1 st
		Long Jump	1 st
		200m	2 nd
U11 Girls	Taylah Sengul	Discus	2 nd
		Shot Put	2 nd
U11 Girls	Paletina Lemi	Discus	3 rd
U13 Girls	Tepa Lemi	Discus	2 nd
U14 Boys	Maeva-nui Teina	Shot Put	2 nd
		Discus	3 rd
U14 Girls	Lauren Dowle	Javelin	3 rd
U15 Girls	Nicole Dahlberg	Javelin	2 nd
U15 Girls	Jessi Elliott	200m Hurdles	2 nd
		200m	3 rd
		100m	3 rd
Senior Girls	Natalie Rimac Emily Gough Rebecca Watts Jessi Elliott	4 x 100m Relay	1 st

There were 21 Top 8 performances (5 x 4th, 6 x 5th, 3 x 6th, 4 x 7th & 3 x 8th), which is an outstanding effort at State level.

<u>Age</u>	<u>Name</u>	<u>Event</u>	<u>Place</u>
Junior Girls	Kayla Sisinni Lucy Claxton Sonya Taumaialo Shayna Killey	4 x 100m Relay	4 th
		Shot Put	4 th
		Shot Put	4 th
		400m	4 th
U10 Boys	Shaun Garner	Shot Put	4 th
U11 Girls	Paletina Lemi	Shot Put	4 th
U14 Boys	Anthony Baddock	400m	4 th
U15 Girls	Jessi Elliott	90m Hurdles	4 th
U11 Girls	Matilda Souter	1500m	5 th
U12 Girls	Jean Harvey	Shot Put	5 th
U13 Girls	Tepa Lemi	Shot Put	5 th
		Javelin	5 th

U14 Girls	Rebecca Watts	200m	5 th
		100m	5 th
U10 Girls	Sarah Marvin	1500m	6 th
U14 Boys	Aiden Evans	800m	6 th
U15 Girls	Louise Marvin	3000m	6 th
U12 Boys	Mitchell Claxton	200m	7 th
U12 Girls	Jean Harvey	Discus	7 th
U15 Girls	Emilie Duval	Long Jump	7 th
U15 Girls	Rachel May	90m Hurdles	7 th
U10 Boys	Shaun Garner	High Jump	8 th
U13 Girls	Brianna Murray	Javelin	8 th
U13 Girls	Amber Van Zeeland	Shot Put	8 th

All the athletes from Winston Hills have performed at a high level throughout the season and they are all to be congratulated for their efforts. The support of their parents and coaches is paramount to the success that our athletes achieved throughout the season. Thank you to everyone for their assistance throughout the season.

Coaching Co-ordinator – Paul Cochrane

Sprint Coaching Clinic – 14/1/07

In my role as the coaching coordinator, I would like to thank Charlie Tees and Paul Byron on a very successful sprint coaching clinic that was held last Sunday, 14th January 2007.

Twenty five (25) children of all ages attend this clinic and were taught numerous skills as well as nutrition and re-hydration techniques which will hopefully enable them to adapt into further development of their sporting endeavours.

A great day by all that participated (both children and their parents) and once again, thanks Charlie and Paul for dedicating your time and knowledge for this clinic.

General Coaching

All coaches are back on board after a very well deserved Christmas break and are now working with children interested in training for the up-coming Zone carnival.

Social Co-ordinator – Penny Morgan

This year was a quieter than usual year on the social front as parents and committee members commented how time spent everyone is these days.

The Christmas get together proved popular and judging by the photos a good time was had by all, this no-fuss function looks set to be a yearly event.

This year's dinner dance took on an "Australiana" theme, it was great to see everyone having a good time, the dance involves a lot of effort and once again numbers were not as high as expected and the dance ran at a loss.

Special thanks on behalf of all that attended the dance to Lynne, Peter, Chris, Hank, Kerri and Rose. Thankyou also to everyone who provided prizes and giveaways on the night.

This task has in the past been taken under the wings of Lynne Clews and I would like to thank Lynne for the effort she has put into this enormous job , best of luck in your leisure time Lynne and once again you are 1 in a million!!

Uniforms Officer – Christine Huston & Kerry Lowe

Another season over, we would like to thank Lynne and Pat our side kicks who helped throughout the season and especially on the Thursday nights, which were very successful again this year.

By selling the uniforms separate from the registration days we had more room and were able to sell at the clubhouse and not have to lug the uniforms around. This season we purchased a new uniform cupboard that made finding sizes a lot easier than in the past. We purchased new baseball hats and still have plenty of bucket hats in stock.

On a personal note I (Christine) would like to thank the club in general for the wonderful support I have received from everyone during my illness, support is the most important thing for recovery and Winston Hills Little Athletics people have been wonderful. Kerry, my “other half”, thank you for taking control at such short notice, I guess I threw you in the deep end, you have done a great job.

See you all next season

Equipment Officer – Paul Kennedy

Thank you to our sponsors whose efforts have allowed the club to purchase new equipment that will allow Winston Hills to enjoy the use of high quality equipment for running days and training. This year we upgraded the main set of high jump bags and are looking to do the same for intermediate bags and also junior bags.

During the off season we will endeavour to make new trolleys so set up and pack up can be made easier.

Thanks for everyone’s help

Publicity Officer – Andrew Martin

It was a busy time in the Publicity portfolio this season, always busy, always something to do. The season started with creation of the season’s information booklet and comes to a conclusion with this yearbook. And then there was everything else in between.

Our website became a focal point for our members to get the latest information about our Centre. Our website usage has experienced a significant increase in usage over previous years. Every effort is made to keep the site up to date on a weekly basis with the latest in terms of athlete performances and upcoming events involving Winston Hills LAC.

We visited and placed ads in the newsletters of some 20 local schools to alert all prospective athletes of our registration dates and times. This was in addition to the ad which appeared in the Parramatta Advertiser and Hills Shire Times – thank you to Paul Rhodes for preparing this ad. These efforts saw another increase in the number of athletes registering with our centre.

Our newsletter underwent an overhaul this season to provide our members with a professional looking record of events at our Centre.

We saw a number of our athletes being profiled in the local newspapers, with at least three half page profiles and a number of additional photo appearances. We also had a mid-season report appear in the Toongabbie Sports & Bowling Club journal and were represented the Centre at the TSBC Open Day in November.

Thank you to all those who provided input and assisted with this role throughout the season. The more people involved, the greater the publicity that can be given to our centre which can only mean a bigger and brighter future for Winston Hills LAC.

Track & Field Officer – Rod Houston

The two week program was refined this year with the inclusion of a 3 weekly jump program alternating between high, long & triple jump. This allowed the day to run smoother with less hold ups – most age groups finished at a reasonable time.

Starting on time is key to getting through the program each Saturday - thanks to all the athletes, parents, age managers & president for following the timetable at the start of the day.

The 1500 run and walks at 8AM was well supported this year – the number of athletes turning up for these events increased during the year.

Thanks to all those that helped throughout the year and see you next season.

Officer for Conflict Resolution & Constitution – Gary Byron

The draft of the proposed new Constitution for the Winston Hills Little Athletics Centre has been completed, and has been submitted to the Committee for consideration and comment, prior to its presentation to members for adoption at a Special General Meeting or the Annual General Meeting to be held in May, 2007.

Preliminary by-laws are being drafted for consideration and adoption by the new Management Committee, immediately following the Annual General Meeting.

No conflicts have arisen within the WHLAC that have required mediation or other action to resolve them.

Trophies Officer – Lynne Clews

This season the Tiny Tots finished & had their presentation on the last running day before Christmas. This seemed to work well with all tots receiving a trophy which put a smile on all their faces. The U6, U7 & Youth age groups had their presentation on the last running day of the season. We have introduced new medals this season & also supplied these same medals for a Centre handicap event at the State Multi Event in Wollongong held on the first weekend in March. This proved to be very popular with all the athletes that competed giving everyone a better opportunity to bring home a medal.

Captain's Reports

Boys Captain – Cameron Searle

Being selected as club captain this year was a great honour and represents the many years I have enjoyed coming to little athletics.

The saddest thing however, is my time at last has now come to an end. From my first day in U8s, where I was so nervous I wouldn't jump into the sand at the long jump, I have enjoyed the excitement of the Saturday mornings as well as all the carnivals. I have made many new friends and enjoyed all the banter between the age groups over the years.

I would especially like to thank all the hard working committee members that have made WHLAC such an enjoyable environment throughout the years. When writing this report I think how can I put all the memories down? Well I can't! There is too many locked away in my head and it would be a novel if I listed them all. Besides every person will have their own individual memories to re live when they all finally say goodbye to LAs.

As I move onto a new era I wish all the athletes and parents many enjoyable moments as they move through the years. Good luck to all the athletes whom make representative honours in the future to come. Good luck and goodbye to all my fellow U15 athletes, I hope we will still have the opportunity to keep in contact in the future, and finally to all the WHLAC athletes, enjoy your sport and time here, strive for your PBs, and make sure you have fun doing it.

Girls Captain – Ashlee Clews

Good Afternoon fellow athletes, parents, committee and guests.

9 yrs ago on this very oval athletics began in my life. When I first started athletics I would never have dreamt that it would have such an impact on my life. I still remember my first Saturday, I was so excited, I met so many new friends and I loved the 50m run and from that day on it became a ritual to wake up early every Saturday and come down ready to run. But besides Saturdays, athletics had so much more. Every year I enjoyed going to different gala days all over the State and going down to training. When I was little I loved training so much that I practically went everyday. That may have changed now but to me it's all about fun. Speaking of fun, State Multis is the best weekend ever. Every year I can't wait to travel somewhere new, stay in a different place & compete at a new ground but mostly meet new friends & have a great time with club friends.

None of this could be possible without the help of so many people. I love the fact that I can truly say I have two families, my blood family and my athletics family. Everyone here is so kind and supportive I couldn't ask for a better bunch of people. They are really there for the kids and as well they all have different rolls to fulfill. I would just like to personally say thank you to everyone who helps out to make every Saturday so much fun. My mum and dad, thank you, I love you both, you both put up with me taking me everywhere doing everything for me, you're amazing. Mr Huston thank you for being such a great president you keep our athletics family running, and to all the committee you may not truly know how much effort they put in behind the scenes. They do so much and they deserve a big thank you. Also to all the age managers and parents who help out with all age groups and support everyone. But also thank you to the athletes without you athletics wouldn't be athletics. But my main thank you goes to Mr Clarkin & also Mr Macer-Wright who left us last year but he was great and of course to the girls. You have all been there through everything, you have made this the best years I have ever had and I love you all. Your all amazing in different ways, like Therese she always manages to make me laugh, and Lauren, Michelle, Emily, Louise and Dom are the nicest girls ever. Nicole is always helping out, Holly and Rach I have the best memories with them, Sarah a crack up, Chels this girl always has fun, Jess she's my

twin and what a runner and Lauren C the heart of our group she's always striving & pushing us to keep going. This group I love and the leader of our group Mr Clarkin he is great fun & kind - he is the best age manager ever. I really couldn't ask for more from anyone. Everyone in our club is amazing in different ways.

Anyway I'm blabbing on. My last thank you is to our sponsors, Austral Mortgage, PRD Nationwide & all the others. Thank you to everyone. Well goodbye for now but not forever.

Boys Vice-Captain – Dermott Morgan

I would like to take this opportunity to thank Howard for putting up with our large rowdy group!!

I would also like to thank the committee of WHLAC who do a great job in ensuring a quality centre for all athletes, also to all the people that allow our mornings to run smoothly by acting as starters, officials timers etc your time is appreciated.

I wish all the under 15's the best of luck in the next stage of their life.

To all the younger athletes my advice is to enjoy your time at Little A's as it goes so quick, there are lots of friendships that can be formed in this great environment.

Girls Vice-Captain – Jessi Elliot

It really hasn't sunk in yet that my little athletics time is over. I have been involved in little athletics for 9 years and will now continue on at Senior athletics.

Athletics has been a very important part of my life. Between training during the week and competing here on Saturdays I have been very busy. But it has been well worth the effort. I have made State a number of times, travelled to New Zealand for the Trans Tasman carnival, been in the top 3 at State Multis and made Nationals twice. So to all the athletes who are willing to put in the time to train you will see results in no time.

I would like to thank all the coaches who have put up with me over the years. If they hadn't put the time and effort in coming down to coach, I could never have achieved as much as I have today. I would also like to thank the committee for everything they have done to make Winston Hills Little Athletics such a wonderful club to be involved with.

Gavin Clarkin has been my age manager for the last 4 years. He has to be the most patient person I know. He has always been so encouraging and supportive but rarely could ever get us to do a 800...Wonder why?

To all the under 15's, I have really enjoyed our Saturday mornings together and I hope many of you will be back next year in our under 16 and 17's.

Last week I competed at the Little Athletics State Carnival for the last time. My final event was the Senior girls relay. We won the Gold.... What a way to finish off....

Finally I would like to say a special thank you to my coach, Paul Kennedy. He has definitely gone above and beyond what is expected of a Little Athletics coach. Coming up to important carnivals he would take me to Homebush to get practice on a tartan track. He has always been supportive and is always there to give me those last words of encouragement just before I go out on the track. "JESSI, I KNOW YOU CAN DO IT". So thank you Paul for everything you have taught me over the years and with our school athletics carnival only a couple of months away I will be back at training very soon.

Thank you.

Age Group Reports

Under 6 Girls

It was a delight to be one of the age managers for this particular group of young enthusiastic girls. It was a challenge at the start of the year, with 45 girls registered in this age group. It was therefore decided to split the group into two – U6 Girls White and U6 Girls Gold.

A big thank you to the following parents who assisted with this age group – Jay Craig (U6 Gold) manager, Mark Boland and Denelle Gardoni who assisted myself with the U6 White girls.

Also, thank you to all the children's parents who got in there and helped rack the sand, time races, measure throws, etc. Your help was appreciated and without your help we couldn't have run Saturday mornings so smoothly.

I have enjoyed being involved with such a wonderful group of young girls who learned some new skills this season such as shot put and discus. You all tried hard and received lots of PBs this season. You should be proud of your achievements this year and I look forward to seeing you all back next season with those wonderful big smiles on your faces.

Paul Cochrane

Under 8 Girls

Once again it is that time of year to reflect on what the girls have achieved this season. It seems no sooner does Little A's start then suddenly we have come to the end again.

The Season started with 26 girls, both new and old faces. It didn't take long before friendships were made and lots of games had while waiting for events to happen.

This year saw the introduction of the hurdles. The girls have done extremely well conquering this new event with very few falls. All girls participated well in the 70m, 100m, 200m, 400m and some grumbling when they found out they had to do a 700m but managed that with ease, to the surprise of some I think. Long jump, discus and shot put were also put through the paces.

Well done to Olivia, Gabi, Kiera, Sara, Abi, Jaime, Edwina, Emma, Annabel, Charlotte, Alicia, Chloe and Brie for making it through to compete at the Zone Carnival this year. This was also the first season the girls were eligible to compete at Regionals. Congratulations to Gabi, Sara, Edwina and Annabel who represented the Club proudly at their first Regional Carnival with Gabi winning a bronze medal for Shot Put. A fabulous effort.

The girls also competed for the first time at State Relays, with our running team of Abi, Sara, Annabel and Charlotte just missing a spot in the final of the 4x100m and Abi and Sara making the final of the 4x200m mixed relay. Our jumps team of Chelsea, Edwina, Chloe and Olivia competed very well and our throws team of Gabi, Edwina, Chelsea and Brie were winners of the Gold Medal, the only gold medal for the club. Well done to all these girls.

As we know Little A's is not always about winning but about improving yourself each week. It is about fun, making new friends and catching up with friends made from previous years. We saw all the girls achieving PB's week in and week out. You should be extremely proud of yourselves girls. Your sportsmanship, your dedication, your laughter and sometimes your tears have made this a very memorable season for myself and your illustrious Age Manager, Mick whose dedication to the girls each week speaks volumes about the joy Little A's brings to us all. A very big thank you must go to the parents because if not for you we wouldn't be seeing the girls each week.

Chantelle, Olivia, Gabi, Kiera, Sara, Abi, Jaime, Kasey, Johanna, Chelsea, Edwina, Georgia, Emma, Paige, Annabel, Tyneasha, Charlotte, Alicia, Emily, Seodin, Brooke, Chloe, Lainey, Aynaz, Marina and

Brie thank you all and we look forward to seeing you all again next year.

Jacqui Shepherd and Mick Cahill

Under 9 Boys

Under 9 was a big jump for little athletes. Three new events, 800m, the walk and high jump, representation in the club relay teams at zone and region, progression to State Championships, spikes and, for the boys at Winston Hills, a new age manager.

We had a terrific year. We lost a number of boys to competition cricket but welcomed a few new faces in their place. We had 16 boys in total who competed throughout the season and everyone showed fantastic application and attitude to competing and doing their best across all events. And you were all so remarkably well behaved on what were some very hot and long Saturday mornings.

Akshay – the first of our new boys who always tried hard, showed great interest in learning on Saturdays and at training.

Airfun – our sole qualifier for State after some terrific performances at zone and region in the shot put and discus. Showed great improvement throughout this year in all events, the highlight for me being his efforts at getting over the high jump and scoring some great PBs.

Alex – showed great speed and improvement in long jump early in the season. Represented in the running events at State Relays.

Andrew – not always able to make our weekly running days but always tried hard in whatever he participated.

Ben K – a real surprise packet this year, culminating in achieving region qualification for high jump. Incredible determination at whatever he attempts, always listening and trying hard.

Ben L – took to our two new events, the walk and high jump, like a duck to water. Also put in some fantastic efforts throughout the season in each of the running events.

Brandon – our second new face this year who was a pleasure to watch compete and strive to do PBs. He proved a lot to himself this year, always smiling, and will be all the better for it next season.

Brendan – came from nowhere this year to improve his throws out of sight, just in time to make our State Relays throws team, finish in the top 8 at region, and also to make the zone final in the 70m.

Cameron – not the most elegant but definitely one of the quickest in the group. For a first timer, Cameron led our runners at State Relays and also qualified in the 100m for Region. Top 8 in 4 events at zone.

Conrad – Anything that involved jumping, that's where you'd find Con excelling. He made Region in hurdles and long jump, just missing out in a jump-off for high jump.

Evan – Represented our age group in the running events at State Relay and did his best against some really hot competition. His running and jumping improved throughout the season and he has big things ahead.

Jaidyn – unable to make most of the season but is looking forward to getting back into Little As next season.

James M – A member of both our throws and jumps team at State Relays that finished in the top 8. Also performed well at zone with four top 8 finishes.

James T – Always pushes himself in both track and field events, with a liking for the distance events and throws. Won the club handicap gold medal at State Multis on the back of a huge long jump PB.

Nathan – I don't think anyone was more determined to do his best each week, whether it be on the track, or doing the throws or jumps, you could see it in his eyes that he was always doing his best.

Nick S – when Nick realised that he could run fast and put his mind to chasing those in front, he really did challenge hard and scored some tremendous PBs across the range of events. Made the finals at Zone and ran at State Relays.

Nick W – Another dual top 8 finisher at State Relays, in both throws and jumps, and four top 8 finishes at zone. Unlucky not to make it to region but another always determined to give their best in all events.

Timothy – Took a real step up in pace this year. Hard to beat at anything on the track and always challenged in the jumps. Qualified in four events for region, including the U9 representative in the junior boys relay, coming away with three top 8 finishes.

Thank you also to the parents who helped out week in, week out. It makes an age managers lot a good deal easier when you step forward without being asked. Justin, Stephen, Andrea, Monica, Andrew and Andrew (yes, there were a few of us), your support was most welcome.

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

Andrew Martin

Under 9 Girls

All through this season, the Under 9 girls have had lots of fun, lots of athletics and a lot of time to talk! And I'm proud to say that they used their time well!

Last years 8 girls had a group of around 23 girls. This season, though only 10 of those girls re-registered our age group still grew to 31! With 18 new girls all eager to learn, play and participate as often as they could, it was definitely a lot of fun being Age Manager this year! Because the girls are older we learnt to high jump, to walk and we moved to the 800m run! Most of the girls soon came to love high jump, but typically few enjoyed the walk or 800m. For those who did though, well done!

Congratulations must go to all the girls who represented the club during the season: Kimberley, Kayla, Taylor, Isabelle, Abby, Tionne, Caitlyn W, Monique, Christine, Eliza, Jade, Sana, Caitlin H and Elisha. All of the girls competed and behaved exceptionally and I think all of them achieved at least one PB if not many more. Congratulations also to Kayla for being part of the Junior Girls relay team who qualified for state, making Kayla our first State Representative!

The achievements above were great to watch, but there was many more that occurred every Saturday. At some stage in the season, each and every girl was able to pull off at least one spectacular performance. Therefore, congratulations must go to: Adele, Caitlen T, Kaitlyn F, Stephanie, Madilyn, Rhiannon, Samantha, Shubhika, Bianca, Bethany, Alexandra, Anisha, Chloe, Mathura, Avika, Vanessa and Erin for providing these performances, you all know what they are!

I'd like to thank all of the parents for assisting me during the season. This included duties such as helping to keep 30 girls under control, helping out with events when I'd make a desperate call for help or gracefully accepting my offer to work in the canteen! Without all of the parents of this age group, we would have fallen apart so thank you! Thanks must also go to Lauren Nicola for being the Assistant Age Manager for the best part of the season. With Lauren taking the girls through their warm-ups and assisting with everything I asked of her, my job was a lot easier!

Lastly I'd like to thank each and every one of the Under 9 Girls. Anyone who has had to put up with me for a season deserves congratulations and what the girls achieved this year made me so proud to be a part of it. Thanks to all of you for listening when I shouted, trying your best and pretending to be enthusiastic about running an 800m! I wish all of you good luck for your school athletics and cross country and I'll see all of you again next year!!!

Jessica Brewster

Under 10 Boys

An already great bunch of athletes were enhanced by the addition of some new talent and the return of some experienced athletes from seasons past. It was great to see the new boys quickly assimilate and fantastic to see the new parents get involved and become enthusiastic helpers from the seasons outset. Rose and Elaina really want to thank their parent helpers for all the support during the season.

This year has been very successful on the carnival front with full participation at State Relays and finally snaring that first elusive medal. At Zone we had 16 entrants and 10 progressed to Region where 6 finished in the top eight and 3 boys progressed to State. Congratulations to Shaun Garner (high & shot), Lachlan Parle (discus) and Adam Mylonas (walks) on progressing to State and good luck and well done from all of your team-mates and support crew.

State Multis saw 7 of our boys turn out with all of the boys putting in strong and consistent performances with heaps of massive PBs. Joel Edwards in his first year in athletics took out the Winston Hills Handicap gold with 6 huge PBs.

The mateship and camaraderie at Multis was a highlight and the support crews set a few PBs of their own as well.

Overall the boys have been a well behaved, cohesive and fun group who give of their best in competition and support each other in all these endeavours. We thank all of the parent\carers for their ongoing support and friendship.

We encourage all of the boys to keep up their athletics because all are capable of achieving at the highest level with a little determination and the right guidance.

The U10 Boys wish to thank the Committee, Volunteers and Sponsors for their support and hard work through the year.

Lastly, we encourage all of the boys to give Cross-Country a go and to have a safe and happy off-season and we hope to see you all back plus a few mates in September 07.

Rose & Elaina

Under 10 Girls

As the end of the season draws to a close, I look back at some wonderful memories of all the girls this season. The strongest one is that of friendship and encouragement. It has been a pleasure to lead these ladies through the season of new challenges, PBs, achievements, energy, smiles and just having fun. Each girl can be proud of her own accomplishments. It has been very rewarding to watch the delight on each girl's face as they reached that goal or learnt something new.

There have been some notable individual and group achievements this season.

The **State Relays** provided another wonderful stage for the girls to show off their talents. Our Jumps team of **Allannah, Lucy, Michaela and Tienna** arrived home with a bronze medal. Different combinations of the girls, along with **Sarah, Mikaela and Kirsty** also competed well in the track and throws competitions.

Some of the girls had their first taste of competition and enjoyed the **Zone carnival** in February. Congratulations to **Lucy, Allannah, Taylor, Sarah, Marissa, Kirsty and Tori** who progressed to the **Regional level**. A special mention goes to Allannah who missed out on qualifying for the state by 1 cm in Long Jump (4th) and Marissa who came a very close 4th in the Walks. **At the state carnival in March**, Sarah will be competing in the 1500m. We all know she can go out and knock 'em dead. Lucy is a member of the Junior Girls Relay who came 2nd and will also be hoping for a big race at the state carnival.

Our season culminated for some of the girls with a fun weekend at the **State Multis**. All girls represented our club well, with many individual highlights including: Kirsty with a brilliant 200m run, Allannah throwing a magnificent Discus for her final throw, Sarah leaving them behind in the 800m and Lucy finally breaking 3minutes in the 800m. I even came home with a well-earned Throws (bottle tops) trophy and am working on a PB for next year.

To all my other ladies in the Under 10 Girls, thank you for making my role as Age Manager so enjoyable. To **Danielle, Maddison, Joanna, Kiarna, Sharni, Kayley, Kate, Tayla, Natalie, Emily, Jessyca, Fina, Hayley and Lauren** – well done. To me, you are all champions!!!!

A big thank you to my **wonderful Assistant Age Manager**, Sharon and hubby, Mick, as well as Ray, Gabby, Paul and Karen who have been very supportive of myself and all the girls each week. Thank you to all the parents who chipped in to help in some way.

A huge thank you to the dedicated committee members and coaches who make this club so successful, professional and fun. We may not tell you each week, but you do a fantastic job.

Debra Claxton

Under 11 Boys

We had 16 boys signed up this year, 4 casuals and 12 usuals:

Joshua Shepherd, Joshua Baker, Lee Kennedy, Nathan Duval, Andre Krucican, Ivan Raguz, Luke Creagh, Thomas Swiatek, Jack Giannini, Christopher Norris, Christopher Neale, Daniel Watts, Logan Tomajek, Seamus Linehan, Dejan U. and Nicholas Baddock

The boys had a lot of fun and made a lot of friends. There were lots to talk about: school stuff, cool stuff and boy's stuff. Some things were gruesome and some things were awesome. It was interesting.

There was a new event added to our program this year, the Triple Jump, which few boys found it easy to master but others thought it was a lot of memorizing: HOP, STEP and JUMP. Not HOP HOP Step or Step Step Jump. Jim and I were confused at the start, but thanks to the help of Lee Macer-Wright, Gavin Clarkin and Paul Kennedy, they sorted things out for us. I wish I had the video to catch the excitement and the embarrassing moments. But they all got the hang of it ... eventually.

State Relays was a success, Jack and Joshua S were in the 4 x 400 Mixed and got a Silver Medal. Nathan, Joshua, Andre and Lee were in the 4 x 100 placed 9th; the Field Relay team was made up of Luke, Seamus, Daniel and Thomas who placed 12th. I have to thank these boys for representing the club without hesitation, even though they were new to little athletics this year. The boys had a great time, gained experience and achieved a lot of PBs .

Eight boys represented at Zone Championship; some were still on holidays. Nathan, Luke, Josh, Lee, Ivan and Jack progressed to Region; it was amazing and finished in some surprising results. Joshua Shepherd came 2nd in 400m and took home a Silver Medal and went to State Championships. Well done Boys!!

There were only 3 boys off to State Multi's: Joshua Baker, Joshua Shepherd and Lee Kennedy. The State Multi Handicap Competition was a great success to our club: Gold Medal was awarded to Josh S, Silver Medal to Josh B. and Lee won the Bronze Medal. It was a great weekend away and we sure had FAMILY, FUN AND FITNESS.

This season ends and its time to say thanks to those wonderful people:

Starters, Timers, Canteen Helpers, BBQ cooks, Officials and Committee members and to those parents, brothers and sisters who shared their time to help us.

MILLION THANKS to Jim Giannini who this year had the honour to wear the WHITE SHIRT to be my assistant. GREAT JOB JIM!

Lastly, I have to mention that our Boys: Josh S. and Jack together with the U10 girls won the FRANK ATKINS TROPHY last year for their achievement at STATE RELAYS 2005 in 4 x 400 mixed. Congratulations!!!!!! This is the second year in a row now. We don't mind getting it for the 3rd time. We'll see.

Have a good athletics break and hope you will have great success in your Winter Sports.

Hope to see you all next year.

Pat Kennedy (Age Manager), Jim Giannini (Assistant)

Under 11 Girls

Here we are again at the end of yet another successful season. What a year the U11 Girls have had. Before I go on, let's just recap on what the U11G's have achieved in 2006/2007 season:

NSW LAANSW State Qualifiers

Sonya Taumaialo 60H, 100m, 200m, Long Jump, Relay
Matilda Souter 400m, 800m
Paletina Lemi Shot Put, Discus
Taylah Sengul Discus, Shot Put

WHLAC Records

Paletina Lemi Shot Put 12.80m
Taylah Sengul Shot Put 13.29m
Sonya Taumaialo 60m Hurdles 10.0s
Taylah Sengul Discus 36.80m

2007 North West Metropolitan Zone Records

Taylah Sengul Shot Put
Paletina Lemi Discus

2006 State Relays Results

2nd Mixed 4 x 400m
3rd 4x100
4th Shot/Discus

2007 State Multis

1st Sonya Taumaialo
7th Paige Wilson-Mosey
11th Samantha Cahill
17th Courtney Elliott
27th Paletina Lemi
33rd Jacinda Martin
50th Brianna Edwards
56th Emerencianna Hartshorn
58th Holly Dymond
64th Morgan Chamney

Not one of the U11Gs has failed to step up to new challenges. This year we saw Turbo Javelin and Triple Jump added to our program. With coaching assistance from Scott Souter and Michael Sengul the girls have taken up the disciplines with great enthusiasm. Watch out for Taylah and Tina in the throws and Paige, Eleni and Sonya in the Jumps.

The girls have smashed records this season and you all deserve the accolades. Sonya Taumaialo broke the 60m Hurdles record which was held by Jana Pittman. Congratulations and continue to grow. Not only do the U11Gs have throwers and sprinters, one of our Middle distance runners, Matilda Souter, has qualified for State Championships. Everyone wishes you well.

Each girl has improved on her performance from the previous year, whether it is technique at a discipline or even if it was their commitment to come to training and extend themselves. Every single one of you is a champion - Georgia, Emily, Angela, Courtney, Sam, Paige, Morgan, Taylah, Rachel, Holly, Brooke, Jacinda, Shannon, Em, Emma, Eleni, Tina, Ashley, Sarah, Matilda, Olivia, Sonya, Lisa and Brianna. Remember never give up, keep improving and come back next year with spirit and determination.

Of course I must mention and thank the dedicated parents who consistently turn up each week to coach and support their children as well as driving the kids to training. We all understand this can sometimes be difficult with other commitments, but look at the results your children have achieved. You must all be as proud as I am of this wonderful, talented group.

See you all next year and stay safe until then.

Helen Chamney

Under 12 Boys

“12 Boys, Personal Best and Puberty”

2006/2007 Season was a great season for the 12 Boys. While some boys came back **sounding** and **looking** a little more mature and manly, most times they still carried on and acted like the boys I've known for the past 7 years. Commencing High School was a major event for most of the boys while the boys still in Year 6 were stockpiling ideas and plans for their jump to high school next year.

As the heading suggested, we had many PB's with the last weeks of the season seeing a frantic rush for 'best in age' and 'most improved'. This turned out to be quite a close race. The boys were always giving 100% in effort and this showed on their weekly results. What was very pleasing was the way in which they encouraged each other. With the clapping of their hands as Joel high jumped to rewarding Pita with KFC if he PBs at the throws. My apologies to McDonalds.

We had many victories along the way. Our relay team did well in the Trans Tasman competition in January, bring home two medals. Well done to Owen and Joel. We then went on to our representative time of the season with great results at Zone, then Region and finally State with five of our boys going through. Good luck, Owen, Joel, Pita, and Mitchell.

Finally, at a weekend event, held for the kids of course, we came to State Multis held at gorgeous, hot and steamy Wollongong. We had four boys perform magnificently (obviously the sign of a great age manager) with Sean finishing 6th, Mitchell 7th, Sanjai 10th and Ali 33rd. Well done, not only did you PB and compete brilliantly, you represented the club with pride.

Finally a big thank you to my never-ending parental support. Richard your humour made my mornings, Jack your support was unwavering, the mums who did the canteen, and to the dads who worked the sandbox, sorry long jump pit, thank you all for an enjoyable season.

And to my boys, good luck for whatever winter sports you take on. Enjoy the rest, have a go at cross-country and I look forward to seeing you again in September for the 2007/2008 when it all begins again.....

Cathie Leckie

Under 12 Girls

This season has seen our girls stepping up to a new level of achievement in all areas of Little Athletics. This is a great group of young ladies who have been very dedicated to attending most Saturdays throughout the season. Well done to you all for trying your best and improving your personal bests in all the events. We had a good representation at our Zone carnival and a number of girls made it through to the Region carnival and then even further to State!! Bearing in mind that our region is one of the most competitive in NSW, it was wonderful to see that our girls made it through to the finals of most of the events they chose to compete in and to top it all, achieving PB's as well!! My job was made easy by the generous help of the U12G parents every Saturday morning and I thank you all for that. A BIG thank you to Phil Cobb for stepping in to take over managing the group for the second half of the season while I was tied up sorting out the rosters for the carnivals. To single out one athlete would be unfair to the whole group, because you have all been such a pleasure to be with every Saturday morning. Keep on smiling and enjoying yourselves as you have done this season. Thank you girls for the past season and I wish you all well for the 2007-2008 season ahead.

Lee Macer-Wright

Under 13 Girls

Firstly, thanks you to all of the athletes and parents for putting up with 2 new age managers this year. Stability is what athletes need and require in their later junior years and we intend to give this to these great and talented group of girls. We have tried to focus on technical disciplines this season and have seen some great improvements from all girls. Whether it be learning the rotation for discus or shot, experiencing javelin for the first time or some of the finer techniques in sprints or jumps. The results achieved this season at Zone and Region is proof and brings smiles to our faces.

It has taken us a season to get to know all of your personalities, your little tricks and excuses. Next season we will be a lot wiser and get even more performance out of you all. Next season onwards is when you need to start thinking seriously about your athletics future. That's not to say that you don't have fun, that's a given in our books.

We started the season with 25 young ladies, and each week we at least averaged between 16 and 20 attending. We had a few injuries through out the season which couldn't be helped but your attendance each week makes Saturday more worthwhile.

These polite young ladies should not be taken lightly. When the competition starts they become much focused on the task at hand. The politeness may remain but the focused aggression and determination in succeeding shines through.

14 under 13 girls competed at zone, with 11 of them qualifying through to Region. Congratulations to Rosie Bradshaw, Tarran Eykelenkamp, Caitlyn Gallagher, Emily Gough, Tapa Lemi, Brianna Murray, Kirsten Nicola, Samantha Rowntree, Amber Van Zeeland, & Tamara Williams who all qualified through to region.

Our Region results were mixed on the days, but this happens. Those who didn't perform at their best on the day can take away pride and also the pain and disappointment that is needed at times to make you more determined next time.

Our Region results were.

100 Metres

Emily Gough 8th

Long Jump

Samantha Rowntree 9th

High Jump

Rosie Bradshaw 9th

Tamara Williams 11th

Samantha Rowntree 12th

Caitlyn Gallagher 14th

Shot Put

Tapa Lemi 2nd

Amber Van Zeeland 3rd

Triple Jump

Tapa Lemi 9th

Discus

Tapa Lemi 1st

Amber Van Zeeland 5th

Brianna Murray 16th

Javelin

Tapa Lemi 2nd

Brianna Murray 3rd

Kirsten Nicola 11th

Senior Girls Relay

Emily Gough 1st

To our other athletes who haven't received a mention so far Rachael Baihn, Alysha Calder (injured most of the season), Brittany Cook, Danielle Cox, Tori Easthorpe, Lauren Ferguson, Rebecca Hadfield, Nicole Hayes, Rebekah Leard (its my birthday & I don't do Zone) Tanith Lum, Jessica Punch (I stuffed my knee before Zone), Kate Scholz, Tamara Smith and Nicole Thomas you all show great sportsman ship and enthusiasm, so keep chasing those PB's.

We have such a diverse range of personalities that make Saturday morning a joy to be part of. Thank you to each and every one of you for making athletes fun.

See you all next year....

David Van Zeeland and Simon Nicola

Under 13 Boys & Under 14 Boys

“14yrs takeaway 13yrs equals One Successful Year.”

Another year has quickly passed by for our group of maturing boys. Once again it has been a pleasure to guide them around Gooden Reserve each Saturday morning over the past 6 months. This task seems to be getting easier each year as the boys know what is expected of them and usually lend a hand to measure, record or rake in between wrestling matches or touch games.

Our day would start most Saturdays this season around 8.15pm where the boys would gather at the high jump mats. No not because it was our first event but rather there was girls to be found there. So after our Anthem off we would go to the track. The battle was then on, “shotgun lane 4, shotgun lane 3, shotgun next heat” was regularly heard from the boys. Of course there were some outstanding results with this type of competition taking place. Anthony Baddock proved tough to beat over the short distances as did Aiden Evans but placing a hurdle in front of them enabled Brandon Webster to leap ahead. Off we’d go to our next event and you would bet that by now Maeva must be due to arrive and sure enough there he was just in time for throws. Any parent who decided to sneak off to the shops across the footbridge had better look to the left first or they might just collect a discus in their trolley with Maeva throwing over 48metres. All four of boys mentioned above had fantastic results at our representative carnivals this year with each making it to the State Carnival at the time of this report. Maeva again will represent in Shot, Discus and Javelin, Aiden in 800m, Anthony in 400m and Brandon in High jump and Hurdles. By now it’s our 3rd event and Luke is into his 2nd hot dog and coke, Sam and Benj share some red frogs and Jake doesn’t want to do the 800 along with Daniel, Nick, Tarek, or Tim but that’s cool. So off they run and it’s left to Aiden Kelly, Aiden Ferguson, Jack Solomons, Rhys and Sam to chase Aiden Evans twice around the track. Event 5 and we go off jumping in the sand or over the bar. By now its starting to warm up and those ice blocks provided by Mrs Ferguson are much appreciated by all. Thank you for all your help this year. All the boys like to play in the sand; it’s just like at the beach and guess what, the girls are there also. Whilst the 14 yrs boys are distracted Brad leads the 13yrs into the pit jumping all the way to Region in Triple not to mention Jave, Shot and discus also. Rhys also jumps to Region in this event whilst Hoy Hoy and Luke hurdle the girls and also make it to region. Brandon is able to get the furthest off the planet in High jump with a new PB and is starting to catch his brother. It’s now 11.30am and “who’s up for Jav” is the question. Half a dozen have lasted the morning and I guarantee two of those are Chris Murie and Chris McNaughton. Each week these two parents have helped in recording, measuring or packing up and it is greatly appreciated. A big thank you also to Paul Webster who has been there each week making my job a lot easier.

Finally I would like to congratulate the committee and all the coaches at WHLAC for all the work they put in to make the club the force it is in Little Athletics. Your hard work does not go unnoticed. To all my boys, well done, enjoy the winter and I look forward to seeing you back again next season.

Paul Clarke

Under 14 Girls

Once again I find myself singing the praises of the under 14 girls. Their continued efforts in improving their skills, the way they interact with other athletes and people has made it again a pleasure to be their age manager.

This year we enjoyed the company of new recruits Silvana and Emily who in a short period of time quickly learnt that athletics is not about wining but to participate in the sport and beat up on the under 15 girls. Not that they would admit to it (tongue in cheek).

More importantly, state relays we just can’t crack that medal in 4 x 100 (4th again), however the field team medalled yet again. Outstanding performances throughout the year culminated in 9 girls through to regional championships, and six through to state championships.

Highlights through the year, state multi performances headed by Major Hanson and crew, touch football and dare I mention it, beating up on the under 15 girls.

So to all the Pete's, who helped with measuring, raking, and traffic management, special guest appearance by Mrs Watts and most of all **The Under 14 Girls**.

It has been a very happy and enjoyable season.

Regards Paul and Steve

Under 15 Boys

Well this is it, my final age manager summary!

Since the U8s I have been associated with WHLAC and the age group in which Cameron was in.

There have been some wonderful athletes come and go during these years, some only for a season or two, some for many seasons, and of course the boys that have stayed to the end.

Cameron Searle	8 yrs
Adam Wylie	7 yrs
Dermott Morgan	3 yrs
Bradley Bridge	2 yrs
Aaron Weston	2 yrs

The most important and gratifying thing about being age manager and coach is watching the individuals grow, improve, and most of all, enjoy themselves.

This year has seen some great strides in PBs for all the athletes in all the events. The boys have constantly challenged each other at each discipline to improve, which definitely helped when they participated in the carnivals. We also had the odd challenge with the U15 girls to add variety to the program, which everybody enjoyed. The only thing I seemed to miss each week were the hurdle results! Wonder where they went to? Hey boys!!

Highlight – Has to be state relays, making the relay final was just a tremendous effort. We didn't have enough boys to put any other team together except the track relay team, and we only had one recognised sprinter. The boys then ran 49.9secs, which was a great time in this event, and the smiles and jokes said it all on the day. Great effort !!

Congratulations boys on a fine year and for all the years I have been at WHLAC.

Finally, I wish to thank WHLAC for my time here, I couldn't have imagined being anywhere else during this period. It is one of the few clubs that allow family and friends to join in the fun with all the athletes, which makes the environment so enjoyable.

Parting comment for all the remaining athletes: "keep enjoying yourself whilst you are here".

Goodbye and good luck to everybody.

Howard Searle

Under 15 Girls

One of the most pleasing aspects of the U15 girls this season has been the participation rate and results. 13 out of 14 girls attended the Zone Championships with 10 girls qualifying for Regional Championships. Of those 10, 5 qualified to compete at the NSW State championships. Our results at State were exceptional all 5 girls gained top 8 finishes and we returned with 4 medals plus our senior girls won the 4 x 100m relay.

Once again the NSW State Multis championships at Wollongong was amongst the highlights of the year. A great weekend where 13 of the girls attended, competed and proceeded to entertain the other under 15 girls with their line dancing and hi-fives and then continued the fun later at the beach playing soccer and getting dumped in the surf.

The introduction of the Bloody Slow Cup was another successful theme. An event that allows the girls to compete together as a team against other age groups, I hope this continues as a tradition to help promote cross competition between age groups.

To the girls who have been with us for the past few years. Emilie, Louise, Therese, Sarah and Nicole. You were initially a quiet group often overshadowed by the other girls but it has been very satisfying to observe you develop your skills, your technique but most of all your confidence.

To the old crew Chelsea, Michelle, Holly, Ashlee, Jessi, Lauren L, Lauren C, Dominique & Rachel. Thanks for your loyal participation over the seasons. Between us all I'm sure we've consumed dozens of cans of shaving cream and thousands of water bombs.

It has been a privilege and a pleasure to have been your age manager. Regardless of whether you have donned a set of spikes for the last time, or will be returning next year for 16s & 17s or moving on to Seniors I hope that you take with you fond memories of your association with Little Athletics at Winston Hills. Just remember we can't all be champions but we can all be friends.

Gavin Clarkin

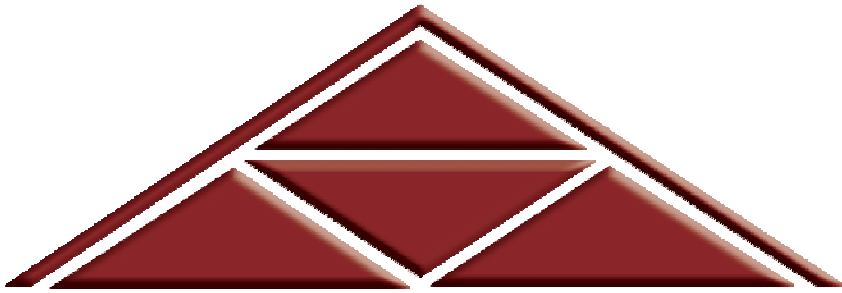
Youth

This season we introduced the 16+ Youth age group to our Saturday morning program. We had 18 registered athletes with an average of 11 competing regularly each Saturday. This was a combined group of both male & female athletes aged 16 & 17, although results for males & females were recorded separately. We started the season with myself & Christine Huston as age managers & Kim Carpenter & Tanya Rochfort as assistants. Sadly due to illness Christine could not finish the season with the group although she always kept up to date with the goings on & I am happy to say she is now in much better health. A big THANK YOU to Kim & Tanya for all their help. A few weeks into the season we were very fortunate to gain a sponsor to supply our Youth with running singlets to compete in on a Saturday morning, giving them their own identity as a distinct group within our centre. Huge THANKS to Jane & Al Cuelho of ECLIPSE Air Conditioners for their generous support. Also thanks to the committee & our centre for purchasing the necessary equipment needed to cater for athletes of this age. We followed the same program as the U15's but with the newly introduced 60m sprint & a mixed relay as added events. The relays were very popular with the athletes who took great pleasure in putting their teams together. In January we were given the go ahead to compete at Zone where 12 of our group competed in 8 events over the weekend joined by athletes from 3 other centres. All the athletes enjoyed this opportunity & medals were awarded in all events. Thanks to Peter Mylonas our Zone Co. for organising this for us, it was greatly appreciated & those grunts heard across the grounds made many onlookers smile. On the last running day we had our end of season presentation & capped off the year partying at the Dinner Dance. To all the guys & girls in our group I would like to say how much I enjoyed the season with you. It was great fun & you are a great bunch, one & all, as well as being great role models for the younger athletes. We have now extended the age to Under 19's so if you want to come back next year and do it all again we would love to have you & to all the U15's we look forward to seeing many of you return to join us.

Lynne Clews



WHLAC thank our sponsors for their continued support



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