



WINSTON HILLS LITTLE ATHLETICS CENTRE

SEASON 2009-2010

ANNUAL REPORT



2009 - 2010 CLUB CAPTAINS

*Shinelle Baker (Girl's Vice-Captain), Caitlin Lowe (Girl's Club Captain),
Brad McNaughton (Boy's Club Captain), Joel Edwards (Boy's Vice-Captain)*

PRESENTATION DAY
18 APRIL 2010

Presentation Day 2009/2010 — Program of Events

Acting President's Welcome

Girl's Club Captain Speech - Caitlin Lowe

Boy's Club Captain Speech - Brad McNaughton

Girl's Club Vice-Captain Speech - Shinelle Baker

Boy's Club Vice-Captain Speech - Joel Edwards

U17 Age Group Acknowledgement

WHLAC 10 Year Service Awards

LAANSW 10 Year Service Awards

Trans Tasman Team Recognition

Club Record Certificates

Perpetual Trophies

Don McDougall Trophy

Frank Atkins Field Team Trophy

Frank Atkins Track Team Trophy

Winston Hills Veterinary Clinic Cross Country Trophy

Nicholas Fortuna Memorial Trophy

Kerry Arkins Walks Trophy

Winston Mall Jumps Trophy

WHLAC High Jump Trophy

David Bruce Throws Trophy

WHLAC Javelin Trophy

Wayne Clark Hurdles Trophy

WHLAC Sprints Trophy (formally the Kathy Bails Sprint Trophy)

Ray Clarke Middle Distance Trophy

Spirit of Little Athletics Trophy

Queen Elizabeth II Trophy

Excellence in Athletics Trophy

State Representatives Jackets and Trophies

State Record Certificate

Acting President's Closing Address

MOVE TO AGE GROUP PRESENTATIONS

Committee Reports

Acting President – Peter Mylonas

Welcome athletes, Officials, Parent/Carers and guests. Today we celebrate the achievements of our athletes and acknowledge the many officials and helpers who have worked to make WHLAC an elite Little Athletics Centre.

Our athletes are outstanding and it is a great pleasure to see Gooden Reserve set up and full of young athletes competing, having fun and being their best. Some 204 athletes competed at the Zone Championships in January 2010, and over 100 of these athletes went on to the Regional Championships in February, and then 26 athletes qualified for the State Championships in March.

Along the way we competed in the State Relays in November and State Multis in March. In July we will have a contingent of athletes attending the State Cross Country and Road Walks, and we have athletes who went to the Trans Tasman Challenge in New Zealand. At the same time many of our older athletes compete and achieve in ANSW youth and senior events. Athletics is full-on all year round, so get involved and catch the athletics express as an athlete or as part of the support crew.

Our athletes compete widely and achieve mightily and what makes the difference is the dedication and hard work of our coaches. We have the largest number ATFCA qualified coaches of any centre, and there is someone available in every discipline to give free coaching/training during the week, and frequently that means in the “off-season” as well. Thanks to our coaches and if you haven’t already joined a squad give it a go and see the difference.

Of course we may not have the most perfect athletics track, but it looks good when it’s fully prepared and we do have the best field event areas and great equipment. Thanks to the Winston Hills Sports Club for their continued financial support and help to maintain our facilities and equipment.

Although our sponsorship base is shrinking we still receive great support from Winston Hills Mall, Winston Hills Veterinary Hospital and Wholesale Trophies. We are always interested in helping promote and acquire new sponsors, so please ask if we can develop a mutually agreeable arrangement.

This year we were able to support the Special Athletics Regional Championships which were held at Gooden Reserve. This event was heart warming and fun and I believe a great success. This is WHLAC putting support back into the community and in our own area of expertise.

A highlight of this year was the highly successful end of season Dinner Dance. Thanks Kerry Lowe for leading the way and thanks to her support crew.

On behalf of the athletes I wish to thank all those who contributed positively to the success of this season, and I invite all of our athletes back for a better 2010-2011 season and encourage some of your friends to join too.

Thanks for your support.

Secretary – Penny Morgan

Another year of outstanding achievements and results for our athletes. Congratulations to all the athletes on achieving their goals at all levels of competition. A lot of new faces appeared around the club this year and we hope their season was enjoyable.

The committee has again worked extremely hard to keep the club functioning, a lot of time and effort goes in behind the scenes and I thank all the committee and helpers for their efforts. Thank you also to the Club Captains and Vice-Captains, you have represented the club in a positive light...well done.

WHLAC is generously supported by the Sports Club and we thank them for their support.

Farewell and good luck to the athletes not joining us next year, and to all returning athletes enjoy your winter sports.

Registrar – Rob Lowe

There were a total of 458 registrations for the 2009-2010 season (refer to following table).

AGE GROUP	GIRLS	BOYS	TOTAL
Tiny Tots	14	31	45
Under 6	29	26	55
Under 7	27	23	50
Under 8	25	26	51
Under 9	24	19	43
Under 10	21	15	36
Under 11	17	28	45
Under 12	16	20	36
Under 13	15	16	31
Under 14	17	7	24
Under 15	13	13	26
Under 16/17	9	7	16
TOTAL	227	231	458

The overall total for this season was up by 5 athletes from the 2008-2009 season.

Once again, I would like to take this opportunity to thank my wife Kerry for assisting me the Registrar's duties this season.

Treasurer – Jack Edwards

Firstly I would like to thank the many helpers who supported me in the treasury this season. With registrations, uniforms, canteen, coffee cart and so many other fund raising areas, not to mention the numerous ways we spend those funds as well, there are too many individuals to name. However a special thankyou to Kerry Lowe, Penny Morgan and Christine Houston for outstanding efforts and for the many caps they were prepared to wear this season to make things run as smoothly as they did.

Again our registration numbers were below the estimated breakeven number of 500, also past years infrastructures to support many good ideas were tested. It is blatantly apparent that future seasons will need even more careful planning to maintain a buoyant cashbook. Sponsorships, canteen, and fundraising initiatives (calendars etc) are necessary for continued development of WHLAC.

I look forward to your continued faithful support and a prosperous, rejuvenated WHLAC for the 2010/2011 season.

Income and Expenditure Statement

*1 April 2008 –
31 March 2009*

*1 April 2009 –
31 March 2010*

Category	Total	Total
OPENING BOOK BALANCE	42,709.89	20,766.11
Income		
Canteen & Coffee Sales	11,959.32	4,963.00
Fundraising & Dinner Dance	1,569.70	2,318.54
Gala Day	811.01	63.00
Investment Income	124.18	76.10
Other Income	1,119.75	4,534.00
Photo Rebate	538.25	-
Sponsorship	4,300.00	2,750.00
Uniform Income	8,296.10	10,266.00
WHLAC Regos	32,853.65	39,213.70
WHSC Rebates	7,328.00	220.00
TOTAL INCOME	68,899.96	64,404.34
Expenses		
Athlete Sponsorship PSG, Nationals Etc	1,050.00	750.00
Athletic Consumables/Dinner Dance	2,873.80	3,460.50
	0.00	
Bank Charges	10	145.00
Canteen Expense	10,343.94	3,144.57
Coaching Renewals and Training	2,800.00	4,149.25
Equipment Purchased	23,430.25	8,875.11
First Aid/Sunscreen	462.00	371.00
Flowers	223.00	135.00
Food & Refreshments	188.16	179.12
		620.00
Gifts & Gala Day Expenses	583.60	0
Gooden Dr Res Council Lease	805.00	1,295.00
Grounds	4,919.37	4,771.90
LAANSW Expenses	15,646.92	18,995.50
Maintenance	138.00	539.00
Miscellaneous/Photos	391.25	3,445.00
Petty Cash	0.00	200.00
Postage	888.21	1,170.00
Presentation Day trophies	8,565.45	8,970.78
Refund Rego	0.00	327.95
Rego Day Expense	858.36	1,071.00
State Multi	219.70	470.00
Stationary	984.45	1,293.96
Telephone	351.15	588.14
Trans Tasman	755.00	2,000.00
Travel	814.00	890.00
Uniform Expense	6,822.50	6,279.80
WHSC Regos (Expense)	2,900.00	4,230.00
Zone & Region Expense	1,043.00	1,025.00
TOTAL EXPENSES	88,057.11	79,392.58
INCOME LESS EXPENSES	-19,117.46	-14,988.24

CLOSING BALANCE	20,766.11	5,777.87
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BALANCE PER BANK STATEMENT	20,886.11	5,777.87
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Difference for period 01 Apr 2009 – 31 Mar 2010 makes up unrepresented cheques to \$120.00

Records & Rankings Officer – Grace Baker/Elaina Byron

The first half of the season saw us lose a couple of running days due to wet weather and even a dust storm. But when the sun came out the athletes were pumped and ready to go. We saw many PB's achieved throughout the season due to the athletes putting into practice what they have learnt from the many coaches who devote their time throughout the season. It was good to see the older age groups encouraging the younger ones, especially during the middle distance events.

It is encouraging to see more and more athletes continuing on to the 16's and 17's age group and this is a credit to their age managers and athletes who consider WHLAC the centre for 'Family' 'Fun' and 'Fitness' .

I would like to thank all the Age Managers, Assistant Age Managers, Recorders, Starters, Time Keepers and all the parent helpers for making our job of entering the results and distributing them to all the athletes each and every Saturday easy and painless.

Below is a list of records that has been broken throughout the season. A special mention must go to Jordan Ildaire of the 11 boys who broke the 100m record set in 1983 by 4 sec with a time of 13.66sec and later broke it again with a time of 13.58sec. Well done.

Under 8 girls – Danielle Drinnan

Pack Start	2.40.70s	07/11/2009	
Pack Start	2.37.07s	21/11/2009	CURRENT CLUB RECORD

Under 13 girls – Sarah Marvin

800m	2.28.90s	09/01/2010	CURRENT CLUB RECORD
1500m	5.09.30s	05/12/2009	CURRENT CLUB RECORD
3000m run	11.32.10s	10/10/2009	
3000m run	11.24.00s	17/11/2009	
3000m run	11.04.20s	20/02/2010	CURRENT CLUB RECORD

Under 14 girls - Taylah Sengul

Shot Put	14.21m	12/09/2009	
Shot Put	14.86m	24/10/2009	CURRENT CLUB RECORD
Discus	40.59m	19/09/2009	
Discus	45.28m	31/10/2009	CURRENT CLUB RECORD
Javelin	36.00m	12/09/2009	
Javelin	37.60m	10/10/2009	CURRENT CLUB RECORD

Under 17 girls - Emily Jordan

100m	14.01s	12/09/2009	
100m	13.97s	19/09/2009	
100m	13.90s	20/02/2010	CURRENT CLUB RECORD
Long Jump	4.25m	05/12/2009	
Long Jump	5.57m	20/02/2010	CURRENT CLUB RECORD

Under 17 girls – Bianca Mayol

100m	14.05s	12/09/2009	
200m	29.00s	12/09/2009	CURRENT CLUB RECORD
100m Hurdle	18.30	12/09/2009	CURRENT CLUB RECORD
Discus	25.43	12/09/2009	

Under 17 girls - Rebecca Houston

1500mWalk	8.37.80s	20/02/2010	CURRENT CLUB RECORD
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Under 17 girls – Brianna Murray

Triple Jump	8.97m	17/10/2009	CURRENT CLUB RECORD
Shot Put	8.70m	19/09/2009	
Shot Put	8.97m	24/10/2009	
Long Jump	4.07m	19/09/2009	

Under 17 girls – Tapa Lemi

Shot Put	9.41 m	31/10/2009	CURRENT CLUB RECORD
Discus	35.78m	24/10/2009	
Discus	39.51m	12/12/2009	CURRENT CLUB RECORD

Under 11 Boys - Jordan Ildaire

100m	13.66s	14/11/2009	
100m	13.58s	20/02/2010	CURRENT CLUB RECORD

Under 15 Boys – Cameron Robertson

Triple Jump	12.33m	12/12/2009	CURRENT CLUB RECORD
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Under 17 Boys - Brad McNaughton

Long Jump	5.44m	05/12/2009	
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Under 17 Boys - Anthony Baddock

Long Jump	5.57m	09/01/2010	CURRENT CLUB RECORD
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Under 17 Boys – Maeva Nui Teina

Shot Put	14.90m	24/10/2009	
Shot Put	15.27m	14/11/2009	CURRENT CLUB RECORD
Discus	38.55m	24/10/2009	CURRENT CLUB RECORD

Congratulations must also be given to the following athletes who have achieved more than 26 personal best (PB) performances during the season:

- 29 Mikayla Fuller (U7 girls)
- 28 Emily Thomson (U17 girls)
- 27 Methma Gunaratne (U7 girls)
- 26 Abyssinia Abaddi (U8 girls)
- 26 Chloe Deprez (U11 girls)
- 26 Jacinda Martin (U14 girls)
- 26 Nikita Dupont (U 14 girls)
- 26 Kayla Wong (U6 girls)

Thank you and enjoy your off season.

Officer for Age Managers – Peter Mylonas

Your Age Manager is a person of many talents. They need to be an organiser, mentor, coach, diplomat, sports psychologist, IT expert, physio, nurse, confidante, mind reader and know just about everything about LA's. I'm just amazed that each year I not only retain most of these icons, but find new ones to take over from those that retire.

These wonderful people are the conduit between the athletes and parents/carers and the Committee. They are the people who make it all happen and provide the substance that binds the centre together. It is acknowledged that behind every successful team there is a great AM, and a successful team attracts athletes and builds centres.

Although it can be challenging, and sometimes their own athlete can miss out on some attention, I still believe it's the most satisfying and fun job in LA's. Not only do you get to celebrate the triumphs of your own athlete, but you are part of every success that each of your athletes has every week and every championship. If you get the opportunity, give it a go, or become an assistant AM and make that team hum.

On behalf of the athletes, Parent/Carers and Committee I thank all of those wonderful AM's.

I don't think I will be back on the Committee next year in this role and I wish to thank all of the AM's for their support and co-operation over the last few seasons while I have been in this position. I hope to see you all back reinvigorated and ready to go on the first Saturday in September 2010.

Championships Officer – Paul and Karen Cochrane

What a wonderful season of athletics we had at Winston Hills over the summer. A review of this season's results is as follows:

State Relay – November 2009

This year the State Relay Championships were back at SOPAC in Homebush. In contrast to last year's conditions, it was a very warm weekend, with Saturday being particularly hot. All athletes who attended should be congratulated for competing in such difficult conditions, along with all the supporting families. Let's hope next year we get some decent weather!

Winston Hills had 48 teams compete and 22 teams finished in the Top 8. This was an excellent result. The following teams made the top eight in track or field:

Junior teams

Junior Girls Middle Distance 4 x 800m	4 th Place
U8 Girls 4 x 100m	3 rd Place (Bronze Medal)
U8 Girls Shot/Discus	8 th Place
U8 Boys Shot/Discus	8 th Place
U9 Boys 4 x Long Jump	4 th Place
U11 Boys 4 x 100m	4 th Place
U11 Boys Long/High Jump	5 th Place

Senior teams

U12 Boys Shot/Discus	6 th Place
U12 Boys 4 x 100m	6 th Place
U13 Boys Shot/Discus	2 nd Place (Silver Medal)
U13 Boys Long/High Jump	8 th Place
U13 Girls Shot/Discus	3 rd Place (Bronze Medal)

U13 Girls Long/High Jump	8 th Place
U14 Girls Shot/Discus	1 st Place (Gold Medal and new record)
U14 Girls 4 x 100m	2 nd Place (Silver Medal)
U14 Girls Long/High Jump	4 th Place
U15 Boys Long/High Jump	2 nd Place (Silver Medal)
U15 Boys Shot/Discus	2 nd Place (Silver Medal)
U17 Girls Long/High Jump	4 th Place
U17 Girls Shot/Discus	2 nd Place (Silver Medal)
U17 Mixed 4 x 400m	7 th Place
U17 Mixed 4 x 100m	5 th Place

Our under 14 Girls Shot/Discus team of Taylah Sengul, Paletina Lemi, Jessica Xiao and Mayura Sandrasegaran broke the previous points score record and Taylah Sengul also set a new State record in discus. Congratulations girls on a fine team effort.

Trans Tasman Challenge 2010

This year the Trans Tasman challenge was held in Auckland, New Zealand. We were represented by Jane Hill, Nick Shiel, Hayden Smith and Timothy Martin. It was an enjoyable experience for these athletes, with some life long memories and new friendships forged.

Zone Championships – January 2010

Winston Hills had **204 athletes** compete at the Zone Championships held at Roxborough Park, Baulkham Hills. It was a great weekend for all who participated and lots of PB's and great results were achieved by our athletes. By the end of the weekend, we had **115 athletes** who qualified to represent our club at the Region Carnival at Narrabeen. Our four relay teams also successfully qualified for the Region Carnival.

There were also very good results by a number of our U7s. This was their very first major championships. Congratulations once again to Mia Munro, Georgia Munro, Mikayla Fuller and Lauren Mooney who all won medals.

Regional Championships – February 2010

We had **115 athletes** represent WHLAC at Sydney Academy of Sport at Narrabeen. We had a great weekend with **26 athletes** progressing to the State Championships.

The following athletes qualified for the State Championships:

U9 Girls	Olivia Marfo, Emily Mooney
U10 Boys	Patrick Idiare
U11 Boys	Joshua Baker, Alexander Cummins, Jordan Idiare
U11 Girls	Sara De Silva
U12 Boys	Zachary Blackburn, Airfun Javam
U13 Boys	Joshua Byron, Corey Mackay, Adam Mylonas
U13 Girls	Sarah Marvin, Tienna Parrello
U14 Girls	Courtney Elliott, Tina Lemi, Taylah Sengul
U15 Boys	Ben Allen, Joel Edwards, Pita Vi
U17 Boys	Maeva Nui Teina, Tim Pond
U17 Girls	Emily Jordan, Emily Thompson, Tapa Lemi, Brianna Murray

We also had some very good results from our U8s who were competing for the first time at this level. Those athletes did very well and a number of them achieved PBs and top 8 finishes. Congratulations to Danielle Drinnan for picking up a 2nd place medal in both the 400m and 700m.

State Multi Event – March 2010

This year the State Multi Championships were held in Nowra and **36 athletes** and their families attended. It was a good weekend by all those families who made the trek down south.

Special congratulations to both Joshua Baker and Corey Gaal who picked up silver medals and Brad McNaughton 8th place.

State Championships – March 2010

The State Championships were held at Homebush over 3 days this year and we had **26 athletes** represent us very proudly.

We had **12 athletes** finish in the top 8 in their events. These were:

Tepa Lemi	1 st Discus, 3 rd Shot Put
Corey Mackay	3 rd Shot Put, 7 th Discus
Taylah Sengul	1 st Javelin (New Record: 40.36m), 2 nd Shot Put, 2 nd Discus
Tina Lemi	3 rd Javelin, 4 th Shot Put, 4 th Discus
Maeva Nui Teina	3 rd Discus, 7 th Javelin
Joshua Baker	4 th Discus, 6 th Triple Jump
Tim Pond	7 th Shot Put
Ben Allen	4 th 3000m, 6 th 1500m
Courtney Elliott	5 th 200m Hurdles
Sarah Marvin	1 st 3000m
Sara De Silva	7 th 200m
Emily Jordan	8 th 200m

It has been a fantastic season for all our athletes at Winston Hills and you should be very proud of your achievements. Once again, we would like to thank the coaches and parents for all the support you have given our athletes this season. Without your support the athletes and the club would not be as successful, and our carnivals and club running days would not run as smoothly as they do.

Uniforms Officer – Kerry Lowe & Nicole Mooney

We had a very busy start to the season and had to place some large orders to replenish our stock. We now have most of the stock on hand that we will need for next season.

During the season we continued to sell a wide range of items including crop tops, singlets, shorts, tee-shirts, hats and wet weather jackets. Legionnaire caps for our Tiny Tots and younger athletes again proved to be a popular item!

Over the last couple of seasons we moved to a 'pre-ordering' system for uniforms. The idea was that by pre-ordering we would only need to order stock in sizes we needed. Although the idea was good in theory, it did not work that well in practice and resulted in delays in stock being made and delivered. This meant that uniform orders did not arrive until after the season had commenced for some of our athletes.

Next season we plan to go back to the old system where uniforms can be tried on for size and sold on each registration day without the need for families to pre-order. Some orders may still be needed if certain sizes sell out, but in most cases we will have stock on hand. We hope that this will be a better system for our families who will be able to buy and collect uniforms at the same time they come in to register.

We would like to thank everyone who helped out on our uniform selling days and during the season. We'd especially like to thank Christine Huston (who started the season off so well for us), Lynne Clews, Penny Morgan, Rose Mylonas, Bec Houston, Emily Jordan and Caitlin Lowe.

Look forward to seeing you all next season.

Publications and Publicity Officer – Michèle Drinnan

Well, it's now the end of my term in this role and time to reflect on the past season. As usual, it was a busy season with lots of information and club updates to disseminate, so I hope all our members enjoyed reading our news. There are a huge number of people that contribute towards the newsletters, and by the end of the season they are probably sick of me hassling them for information, but special thanks to the "regulars" Paul Byron, Peter Mylonas, Howard Searle and Karen Cochrane – bet you're pleased you won't be getting emails from me any more!

There were a number of minor changes to some of the procedures involved with this role as follows:

Firstly, we decided not to run pre-season newspaper advertisements outlining our registration details, as these were very expensive and we were not convinced of their effectiveness. Instead we decided to target the schools in our zone, along with our sister soccer and netball clubs, with flyers detailing our registration details. This was a cheaper and more targeted approach which hopefully brought new members to our club. However, the best form of advertising is word of mouth, so please spread the news and encourage your friends to join next season.

Secondly, the newsletter moved to mostly fortnightly publication. This meant that news and information had a longer life, particularly when we had low numbers due to warm weather or holidays. It also reduced wastage and saved a few trees.

Unfortunately, unless someone comes forward next season there may no longer be future newsletters, which will be a terrible shame as so many members have told me they enjoy getting their dose of club news. I think it is also an effective way of engendering club spirit, and a great way for younger athletes to learn of the achievements of their older role models. So please, please consider giving this a go – the rewards will far outweigh the work involved.

Finally, thanks to the dedicated members of the WHLAC committee for making this such a wonderful club to belong to. I can honestly say I am so glad I took the plunge two years ago as a fresh-faced member and joined the committee, as not only has it been lots of fun, but it has opened my eyes to the level of commitment people have towards this club.

Of course, thanks also to my family for their support - but watch out, party's over - now Mum's going to be home on Friday nights instead of at the club house photocopying!

Track & Field Officer – Andrew Martin

The current programme of events is now in its second season and continues to move our age groups around the event areas with a minimum of fuss and delay. There remain a couple of areas to fine tune and these will be implemented for the 2010/2011 season. Any suggestions for improvement also welcome. I'd like to thank everyone involved for their input and co-operation with implementing the revised program.

With the introduction of the second set of timing gates the hurdles track was one of our most efficient areas this season, in the past proving to be a bit of a bottleneck. Many thanks to our regular helpers on the hurdles track, Jeff Walsh, Simon Nicola and Dave Brewster for keeping the events moving through and coping with the temperamental old computer. We can look to reinstate some of the events back to the hurdles track, with a view to having both the U11 and U12 groups doing weekly hurdles.

At the start of the season we missed consecutive running days due to of all things a dust storm and then wet weather. Post Zone, we again lost consecutive running days to wet weather, meaning that a number of athletes had almost a month between running days, which may have contributed to a drop off in participation levels as we drew to the season end. However, with our rolling program roster, our athletes were able to participate in all their events on a regular basis.

Our intra-club relay was successfully run either side of the State Relays carnival. Congratulations to all of the age groups who competed and particularly to those who came away with the medals.

We ran our Winston Hills Mall Gift event as our last running day before Christmas. The athletes appeared to enjoy this exciting event, and those that made the divisional and club finals really put in some terrific performances across the morning. We continue to learn from running such events and, should we run it again next season, it should be more efficient and fun for all.

I'd like to thank all the regulars who assisted in making sure our running days happen. From the early risers for set up, to our regular event officials on the track, all the age managers and those who hung around till after midday most Saturdays to pack away the equipment, our running days would not happen without your involvement. Also to the parents who gave of their time in assisting at each of their child's events and contributing to the age groups roster responsibilities for set up and pack up, you have made our club the envy of many. I can only encourage those other parents to get involved – your kids will appreciate it.

To our grounds crew who come down to Gooden Reserve to mow and mark the track and throws sectors, you have done a brilliant job again this season. The venue has looked a treat throughout. This is not something the Council do, it is done by a few hardy volunteers, in rain or shine, during the week.

I hope to see you all again next season.

Trophies Officer – Rose Mylonas

It has been another successful year for Winston Hills athletes and we will be rewarding the athletes with top quality and innovative trophies to show them our appreciation, and to give them an award they will want to keep for years to come. In spite of the shrinking sponsorship base we have continued to purchase the best trophies available, and I hope this will always be the case.

Another year of celebrating the achievements of our talented and successful athletes with the bestowing of awards in acknowledgement of their hard work, persistence and talent. This is an exciting role because you get to make a lot of young athletes happy, and although not all athletes will receive a major trophy, all athletes will receive an award.

This year we reintroduced the awarding of medals for State Multis based on the number of PB's achieved over the weekend. This proved to be exciting competition within the age groups and well received by all.

A highlight of Presentation Day is the awarding of the TEN YEAR service awards, and this year we have identified seven athletes who have qualified for this special recognition. They are:

Adam Mylonas U13 Boys

Connor Manz U13 Boys

Courtney Elliott U14 Girls

Courtney Cavaleri U14 Girls

Alexandra Walsh U15 Girls

Madeline Welsby U15 Girls

Jordan Kaatske-McDonald U15 Girls

I wish to thank the Committee for their generous support in purchasing the many awards that we distribute. I also wish to thank Annette Trieste and her family at Wholesale Trophies for their help and support in compiling and finishing the trophies to the exacting standard we have come to expect.

Captain's Reports

Girl's Captain – Caitlin Lowe

Unfortunately it's time to say goodbye to the 2009/10 season. It's been a very successful season for our athletes and one of which we can be proud.

I'd like to congratulate our athletes for their achievements this year, whether that be working hard at training during the season, getting a PB, or progressing through to Region and State.

I'd really like to thank our wonderful parents, coaches and committee for all their hard work during the season. My special thanks go to the U17 Age Managers (Howard Searle & Chris McNaughton) and my fellow U17 athletes for all the fun, encouragement and support during the season. I have many great memories of my time at athletics.

When we win a race or get the final result we've been working for, we need to think back to our parents driving us to and from training and competitions and helping out on the track or in the field. We also need to thank our Age Managers and Coaches for their hard work, patience and support. Without you all Winston Hills Little Athletics Centre would not be the successful centre it is today.

So ... thank you very much for all your support and encouragement over the eight years I have been at this centre. I encourage you all to get involved in the club, as your help is greatly appreciated and it can be a lot of fun. For those of you who are interested, there will be a number of vacant committee positions next season as some of our current committee members with older athletes move on. If you're interested in joining the committee please see any of our current committee members - they'd love to hear from you!

In closing I'd like to wish our athletes all the very best for the rest of the year and wish you every success for the seasons to come.

Boy's Captain – Brad McNaughton

As the season closes on another exceptional year and Saturday mornings are now for sleeping in, I would like to thank all the parents, the committee, age managers and my fellow athletes for your enthusiasm and fun throughout the year. From the rainy start of the season to the hottest Regionals I've ever been to, a good time was always there to be had with friends, and never a dull moment when you have so many clowns around our club.

There are going to be a couple of things that stick in my mind and will haunt me in the night, like being Santa and running from kids in the ages below me that are twice as fast and brutal. Or the dinner dance and all that good food and music to which we danced the night away, especially when everyone joined in for KHE SAHN at the end.

State Multis was also a roar. I still see it in my mind - the cheering in the ground as the long jumpers were competing, a defining series of claps, and the smiles on all the athlete's faces as no matter what club you came from they all cheered the same. Even when the official put up the white flag the ground cheered. One other thing I will take away with me on that day was the kid doing a back flip at the presentation.

I hope that you all come back next year, and for those not returning, party on and hope to see you around.

Yours in Aviators (sunnies) Brad McNaughton

Girl's Vice-Captain – Shinelle Baker

My name is Shinelle Baker and I have been at the club for 9 years now, and I must say this season was by far the greatest and most memorable I have ever had. As Vice-Captain, I feel extremely honoured and proud to be a part of such a fantastic club. To me, I really believe that it's the people more than anything that makes something what it is, and everyone here at Winston Hills has been part of what makes it such a successful club.

Towards the start of the season we had State Relays, which was a really good weekend for the club and great effort all round. From then on the season continued smoothly - we didn't endure too much rain, which is good as I know in previous seasons rain has wiped months out of our calendar. At the start of this year, we had Zone, Regionals, and most recently State, where we had significant numbers of athletes compete with remarkable results. And also in March we had State Multis. Those in attendance would definitely agree it was one weekend that will certainly be remembered, with great effort put in by all the athletes as well.

For anyone who's interested, in the off season the club runs cross country down at Crestwood Oval on Sunday mornings. I'd encourage everyone to participate in this, as it's great fitness for school competitions and other sports, as well as a lead up to the NSW Athletics Cross Country championships in July

The 2009/2010 season was a super success, and it's largely thanks to our great committee, who have put in a tremendous effort this season, just like they always do, and also the parents of the athletes, who without them we would really have no club, as parental support is essential in the running of Saturday mornings.

I'd just like to thank everybody at the club for making athletics such a fun and enjoyable activity for myself and my fellow athletes. It's a pretty remarkable thing when you can wake up early on a Saturday morning and actually want to compete.

Thank you, and hope to see you all back next year.

Boy's Vice-Captain – Joel Edwards

It has been a year of great appreciation, reward, honour and gratitude for me to represent my athletics club as Boys Vice-Captain. So many people who I have seen around Gooden Reserve and various carnivals, but did not really know, have made me feel very welcome and proud when they have spoken to me, or even just given me a hand slap or shake.

I must admit that I have been more inspired when representing the club at the many carnivals during the season, not only because I was a competitor, but more because I was able to inspire others - especially the younger boys age groups.

I would like to encourage all younger age group athletes to continue through to Under 15's and Under 17's age groups to complete the experience of junior athletics as a great self motivating triumph, even one PB per year is enough to know you are a winner.

I would like to again thank everyone involved in any position within Winston Hills Little Athletics for a most satisfying year.

Age Group Reports

Under 6 Girls

As the 2009/2010 season comes to an end, I can really reflect back on how talented and amazing these young girls truly are. I am so proud of them all. Now, what to say??

Firstly I would like to congratulate all of my wonderful U6 girls for being the amazing little stars that you are!

Secondly, a HUGE thank you MUST go out to all of the wonderful parents who lend me their hearts and hands each and every week. Without your help and support my job would be almost impossible, Thank you.

This has been a short but very sweet season filled with many achievements made by our little stars including:

- Kayla Wong threw a massive 7.79m in the discus!!
- Eva Nadaya-Harb jumped an astonishing 2.57m in the long jump - just shy of the current record of 3.00m!!
- Caitlin Wooldridge 'put' that shot to an amazing 3.31 m!!

However small or large the achievement, you are all little champions just by simply showing up and having FUN! I look forward to seeing you all next season for U7's and the almighty Zone Championships - where in my opinion, we will conquer without fear!!!

Melissa Podboj

Under 6 Boys

The under 6 boys are inspirational. Not only did they have fun and learn new skills, their behaviour was excellent and enthusiasm infectious.

All the boys achieved personal bests throughout the year and there are a number of future champions amongst them. I look forward to seeing what they can achieve at Zone next year.

Their parents were also great and deserve a big thank you. It was great to see them encouraging the children to reach personal bests. I am especially grateful to the parents that helped out during those long activities which are beyond a 6 year old's patience.

I personally want to thank Melissa Darling and Tony Seaman for their support throughout the season.

All in all, a great time had by all and I look forward to seeing all the kids (and parents) next season.

Phil Barton

Under 7 Girls

What a great year to be involved coaching and managing the under 7 girls!

At the start of the season I was only going to manage the girls if no one else put their hand up for the job. However, it was a great honor to be involved with such an athletic and passionate group of kids. I can honestly say I have enjoyed seeing them all improve throughout the season with weekly PB's and their excitement to be a part of the U7 team. It also made it all so much easier when we had such support from the parents, with timing of the races and measuring of the field events. They should also be proud of the time and effort they put in throughout the season.

It was a shame we were so affected by the weather, I know that the girls really enjoyed their time on the field each week.

All of the girls should be proud of themselves for what they have all achieved, and I hope to see them all back next season and beyond. We are extremely excited that they will be more involved, with State Relays, Zone and Regional events for them to compete in throughout the 2010/11 season.

Jayson Campbell

Under 7 Boys

Well what a year it was – age manager Ramon Geijsel and his son Joshua left us to move to Melbourne so the job of age manager was handed to me for the remainder of the season. Once Joshua left, competition for the position of best athlete really hotted up, and most of the boys stepped up their efforts to fill the gap. There was no eventual winner, but just seeing the boys putting in lots of effort every week and loving the challenge was really worth it.

The boys were an absolute pleasure to manage and there were huge improvements by all the boys on times, techniques and distances thrown. They all listened, behaved and most of all enjoyed their athletics, and all of the parents should be very proud of them.

A special mention to all of the parent helpers; on behalf of the boys, the club and myself a BIG thank you because without your help the U7 boys would not run as smoothly and organised as it did.

Thank you to all parents and U7 boys and hope to see you again next year.

Geoff Moreton

Under 8 Girls

Another fun filled year at WHLAC. It was good to see the amount of girls that returned from last season and the fresh new faces of the athletes that joined us. This year we had our first record broken with Danielle Drinnan breaking the 700m club record.

State Relay Championships

This year we finally had a chance to attend the State Relays, after hearing about them for years and wondering what they were all about. We had a great turn out with Callie, Paige, Jordyn, Brianna, Ashleigh, Alana, Kaitlyn, Danielle, Abyssinia and Annabel attending. Not only did the girls enjoy competing on such a grand stage, they came away with some outstanding results. Our 4 x 100m team of Kaitlyn, Danielle, Abyssinia and Annabel had an exciting finish for third place and were the only medal winners for our club on the junior day. Danielle then backed up for the junior middle distance final and her team came a hard fought fourth place. Abyssinia and Allanah combined with the U8 boys in the 4 x 200m mixed teams and narrowly missed out on making the finals. The strength of our throws team made up of Paige, Jordyn, Ashleigh and Brianna was rewarded with 8th place and our jumps team of Callie, Paige, Jordyn and Brianna came away with a credible 13th place.

Zone/Regional Carnival

We had Abyssinia, Alexandria, Chloe, Paige, Danielle, Talia, Annabel, Callie and Kaitlyn all attending the Zone carnival with exceptional results. Not only did they do their best, but PB's were smashed.

From there we had Paige, Danielle, Annabel and Kaitlyn advance to the Regional carnival with exceptional results, including Danielle with Silver medals in the 400m and 700m and Paige 8th place in the Shot Put. Well done girls.

To see the improvement from all our girls over the season was truly amazing. Thanks again to all the parents for their help over the season, without you all it wouldn't be possible.

Daniel Alderson

Under 8 Boys

To all the boys who participated this season congratulations, as it was a season full of fun, enjoyment and satisfaction. As an age manager I was lucky to have such a great bunch of boys and I really enjoyed the season as well. I hope everyone has a personnel highlight they can remember for the rest of their lives. If not, let me share some:

- The nine boys - Omar, Jacob, Lachlan, Phillip, Chris, Blake, Cameron, Jamie and Jackson - who had the experience of SOPAC attending the State Relays
- All the boys who attended the Zone carnival
- Phillip and Jamie making it through to the Regions
- As the age manager browsing all the results each week and noticing the astonishing amount of PB's each week
- The introduction of hurdles and 700 metres this year

These are just a few of plenty.

It was great to see new faces to the club this year, Luke, Omar, William, Jayden, Noa, Rylan, Nicholas Davis, and I hope to see them back next season. Some of the experienced performers, Christian, Reece, Patrick, Alexander, Phillip, Jamie, Jackson, Cameron, Blake, Nicholas Long, Lachlan and Zac, all had a great time. On behalf of the boys and myself I would like to thank all the parents who helped throughout the season. We would also like to thank the club and the committee for providing the opportunities we all enjoyed.

Steve Monahan

Under 9 Girls

During the past season of Little Athletics it was wonderful to be associated with a great bunch of girls, with a few new faces mixing easily with old returning faces.

The girls achieved many PBs with some amazing improvements during the season, which always brought a smile from both the athletes and their parents.

A big thank you to my great bunch of parent helpers, each week helping to rake, time, measure, crowd control or ice block duties. Without all your help the group would not run so smoothly.

Earlier in the season we competed at State Relays. 8 families travelled to Homebush on an extremely hot day. Both our track and field teams competed well. Congratulations to our track team – Dahlia, Olivia, Emily and Ebony who tried their best but did not make the final and to our Ashleigh, Georgia G, Rachel and Emma who went out and threw and jumped to the best of their ability.

Special mention must go to those that competed at Zone. We had some excellent results and PBs with Olivia, Emily, Ashleigh, Georgia G, George E making it to Region. All the girls did well at region and more PBs were achieved. A special congratulations must go to Olivia and Emily who both qualified to State. This was a new hurdle for these girls and Olivia went on to make the 60m hurdles final.

I hope to see all your smiling faces again next season.

Paul Cochrane

Under 9 Boys

I really enjoyed my time with the boys this season. They bring out the kid in me!

Reflecting on the season three things stood out:

- Early in the year our Long Jump State Relay team of Jackson, Luca, Saxon and Jordan came 4th from a field of 17 teams, only narrowly missing out on both 2nd and 3rd place. A great team effort that they can be truly proud of.
- The competitive spirit kicked in across the board. It was like the fire in the belly was lit for some of the boys who in previous years had just been happy to be involved. I saw determination in most of the boys that implied "I may not be the faster yet, however I am going to be the most determined". This characteristic was evidence in Sam Darling, Joshua, Zac Hall and Jesse, particularly in some of the longer running events like 200m and 400m.
- The participation level we had at zone where 12 of our 17 athletes competed was my highlight for the season. From this we had 8 boys qualify for regional. We had Saxon, Jordan and Luca qualifying for regional again and first timers Jackson, Brody, Zach Munro, Sam Ferguson and Nickolai going through as well. The other boys competing fought hard, managing good results and some PBs, with Robert narrowly missing out on high jump qualification.

Socially this was a bit of a breakthrough season. Throughout the course of the season the boys started to look and act more like a group or team. I noticed friendships growing as they became more comfortable in each other's presence. They particularly enjoyed mucking around on the high jump mats.

Finally, I would like to thank the parents for their help throughout the season. Pom Dymond and Olga for their able assistance in organising and coaching the boys on a week to week basis. Qwen, Hugh and Justin for their support throughout the year on setup and record keeping. Thank you to the many other parents who pitched in to help with record keeping, marking and raking throughout the season.

Scott Wilbow

Under 10 Girls

Sara and I have had another wonderful Little Athletics season managing the finest bunch of athletic girls. Our U10 group has demonstrated some wonderful performances this year, and it was great to see many PB's for each of you as you improved at each of your events throughout the season.

Our very sporty and friendly group consists of Emma Monahan (who participated at Zone and Region), Mackenzie Garside (participated at Zone), Jasmine Bliss (participated at Zone), Sophie Beldham-Collins, Madison Kiner (participated at Zone), Sian Hamilton (participated at Zone), Petria Welsby (participated at Zone), Isabel Barton (participated at Zone & Region), Clare Bickham, Eboney Grieve (participated at Zone), Jesse Archer, Madeline Walsh (participated at Zone), Emily Rozic (participated at Zone & Region), Sarah Durante (participated at Zone & Region), Natalie Muenger, Bethany Radford (participated at Zone) and Courtney Harkin (participated at Zone & Region).

Thank you to all the parents who have helped out on all the mornings with set up and pack up, as well as helping out on all the events.

A big thank you to our Assistant Age Manager, Sara Welsby for once again sorting us all out for Zone carnivals and ensuring our teams were all at their best on the day.

Many of you have been in this group since tots / U6. It has been a privilege to see you all continue participating to the very best of your ability. See you next season!!!

Peter Garside

Under 11 Boys

The 2009/2010 season was a fantastic season for the Under 11 Boys.

As the season progressed we saw each athlete's performance improve, be it the 'first timers' or the more seasoned competitors, and more importantly, try their best and enjoy themselves. All the boys enjoyed expelling boundless amounts of energy, and when required, showed maturity and good sportsmanship. We saw some great results and competitiveness between the boys, be it Kai and Alex in the High Jump or Joshua Baker and Aaron in the 70m and 100m. Solid and improved performances were seen by Jason Thomas, Anthony Drinnan, Callum Brosnan, Nick Darling, Riley Heaton, Tom Robson, Aaron Creagh, Andrew Rimac, Kurt Garnett, Daniel Grubba, Braydon Kirkley, Joshua Wooldridge and Alexander Cummins

Quite a few of our team members distinguished themselves in their championship results throughout the season. We had a large team of participants enjoy the Zone Carnival with many progressing to the Region level. Three boys had great results that qualified them for the NSW State Championships – Joshua Baker, Alexander Cummins and Jordan Idiare.

Joshua Baker's all-round strength was demonstrated in the State Multis Carnival, where he earned a silver medal.

Congratulations to Jordon Idiare who broke the club record for the 100m. It was 13.70sec, now it is 13.58sec.

Jason Thomas showed the importance of trying your best every week. Jason achieved at least one PB EVERY WEEK! This fantastic effort was rewarded when he achieved 2nd place in The Winston Hills Mall Gift, a 100m handicap club race. Well done Jason.

Congratulations to all the boys and parents who contributed to making it an enjoyable and rewarding season. It has been an absolute pleasure to be with the 11 Boys this season. We would also like to acknowledge the fantastic support of the WHLAC committee and support people who make each Saturday happen.

Special thanks to Hugh and Anthony for all their help and technical guidance which was invaluable and made Saturday mornings run smoothly.

Karen Thomas, Hugh Darling & Anthony Parrello

Under 12 Girls

This year the under 12 girls had one of their most successful and enjoyable seasons ever! In addition to once again exceeding all expectations on the social side of the sport (arguably the most important part) we also had more Zone entries than ever. We did have a few new registrations this year, whilst most of the regulars from last year returned. Madi and Amber were transfers from other clubs whilst Mozelle and Urja were trying Little A's out for the first time.

State Relays saw us entering teams in all the available events. Taylah, Kristina, Madi, Paris, Mozelle, Abbey R, Amber and Erin were all exceptional competitors and we've sure gained a lot from the experience. Special thanks to Erin for filling in at the last minute.

The age group at Zone was represented by Erin, Madi, Taylah, Kristina, Paris and Abby W. All the girls did their best, with almost everyone doing numerous PB's! Triple jump, hurdles and the sprints were as usual our most popular events, with two very proud and slightly surprised Age Managers standing trackside as 3 out of 4 hurdles qualifiers to region were from our own age group! Madi, Taylah, Kristina and Paris all made it through to Region, all once again excelling and achieving many PB's.

For the first time in a few years we also had an entry in the State Multis and Madi headed to Nowra. From reports it was fun, and looking at the results she did really well too!

Throughout the season (small though it was), we also saw many impressive and enthusiastic performances from the entire age group. Isabelle, Gemma, Christine, Lucy, Emily and Urja, along with everyone else in the group all tried their best, with many of these amongst our highest PB achievers!

Thanks to all the parents who managed to help out with our duties, especially the very early morning ones, and to Dave Brewster and Simon Nicola for covering our track duties each week. Also thanks to the girls themselves who helped out when we were short.

Most of all we hope that all the girls enjoyed athletics this season, had plenty of fun and look forward to coming back next season. For those who are leaving us we wish you all the best and encourage you to continue with athletics and other sports as it really does lead to some amazing experiences! Good luck for your school athletics and cross country carnivals and hopefully we'll see you back next season!

Jess Brewster & Lauren Nicola

Under 12 Boys

It is always a pleasure and personally satisfying to see so many boys returning from the previous season. Once again we had a couple of boys returning after a break and some new boys joining Little As for the first time. We were one of the larger groups on a regular basis, having a large proportion of our athletes attending throughout the season which is great for this age group. The mix of boys once again proved for many a fun Saturday morning.

Each of the boys excelled themselves across the numerous events now on offer, showing both great aptitude and attitude in their desire to improve. Each week always saw a large number of PBs. They were again a very well behaved group of boys, something that astounds for boys of this age. Particularly notable was the success of our boys at State Relays, Zone, Region, State Multis and State this year. We had a number of top 8 finishes at each of these events. We had 10 boys participate at Zone and all 10 made it to Region. Corey took home the overall silver medal at State Multi's, with Airfun and Zac throwing at State. Well done and thank you all.

Airfun Javam	Continues to shine in the throws and always participates in all events. Qualified for State again this year in both throwing events.
Tim Martin	An all rounder on the track and coming ahead in the jumps. A member of the winning NSW TransTasman team, gaining a bronze medal.
James Thomson	Always gives 100%, especially in the distance events. Showing great improvement across the field events also this season.
Nick Shiel	Nick was our 2 nd representative in New Zealand. Also did well to qualify for Region in 400 and 800, showing he has got the ability.
Ben Kahane	Our quiet achiever, qualifying for region again whilst flying under everyone's radar. A great contributor to the group as a whole.
Evan Velonas	"The Gazelle" attended Zone for the first time and qualified for Region. Has an uncanny ability to float great distance in the jumps.
Andrew Bulloch	Andrew showed great improvement again this year, in the jumps and runs upward of 200.
Brandon Long	"Mr Muscles" has got a flair for Discus, just needs to get the oomph factor happening. Great to have in the group.
Jaidyn Mackay	Pushed ahead in the throws again this year, qualifying for region in the Discus. Quiet but very committed contributor to the group.
Hayden Smith	Hayden was TransTasman rep #3. Spirited and competitive, showed great improvement and tenacity in the sprints and jumps this season.
Corey Gaal	His results at Multi's showed how far Corey has improved across the board. Expect this very talented sportsman to go far.
Callem Lum	Showed improved speed again this season and took part in our silver medal team performance in the club relay challenge.
Zachary Blackburn	A great achievement in making State for Shot Put this year. Tremendous competitor who will continue to improve.
Joel Middlemass	With the longest legs on a boy this age, Joel will undoubtedly develop into a talented jumper with a couple more years experience.

Kyle Holland	Returned after a number of years away, Kyle represented at State Relays in the jumps team.
James Maroun	James was another of our comeback kids and participated well across all events, particular the throws and jumps.
Daniel Arban	A newbie to the group and was prepared to give everything a go. Looking forward to seeing him develop.

Finally, I'd like to thank all the parents who took the time to actively assist with the running of events, crowd control and rostered duties at various times throughout the season. Without your help we wouldn't be able to run as efficiently and successfully as we do. It is terrific to see how keen and willing you all are and I really appreciate your input, assistance and regular banter. The boys do enjoy seeing their parents involved and taking an active interest in their sport. I encourage all other parents to follow their lead.

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

Andrew Martin

Under 13 Girls

It looks like our seasons always seem to get off to a slow start with rain and dust storms cancelling our running days. Despite the weather, the girls still managed to put in some great performances throughout the season. We had a lot of fun during the year and whether it was Amy's enthusiasm (for everything!) or the cheering on of their friends, there were always plenty of smiles and laughs with the U13 girls.

The U13 Girls got the season off to a great start by picking up a bronze medal for the Shot/Discus at the State Relays on a very hot weekend at Homebush in November. By the time Zone came around we had 6 girls compete and all of them qualified for Region. Now that's a pretty good strike rate. Well done to Meg, Allannah, Tienna, Amy, Natasha and Sarah. Only five of the girls actually competed at Region with Tienna and Sarah qualifying through to State, where Sarah was lucky enough to pick up a gold medal in the 3000m.

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

Thank you to all the parents who help out each week because you certainly help lighten the load and I know the girls appreciate what you do. A special thanks to Karen Cochrane for taking the group when I was away a couple of times during the season. Also, to Stacey and Louise who always seemed to gravitate to timekeeping on the circular track nearly every week. I'm a bit worried that Thea and Narelle have taken you under their wing with just a little too much enthusiasm. I guess you must all be Twilight and Glee experts by now?

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

Ray Marvin

Under 13 & Under 14 Boys

What started out as a regulation U13 Age Group became interesting with the addition of most of the U14 Boys and a token U12 Boy (good on yer Liam). The reasons why are unimportant now, but the experiment worked. Thanks to the tender ministrations of Rose & Elaina, the Boyz developed into a

friendly and cohesive group who really enjoyed each others' company and performed well in Saturday competition.

Our team of Corey Mackay, Neil Jordan, Lachlan Parle and Jake Brennan took out silver in throws at State Relays this year. Most of the team competed at Zone and a big contingent progressed to Region. Well done Neil Jordan, Corey Mackay, Lachlan Parle, Lachlan Byron, Josh Byron, Hayden Landels, Adam Mylonas, Mitchell Walsh and Chris O'Connor in the U13s and Nick Baddock in the U14s.

Three boys progressed to the State Championships - Adam in Walks, Josh in Hurdles and Corey in Shot/Discus with Corey coming third in Shot. Well done to all of our boys for competing well.

This year will see Jake Brennan, Cameron Cavaleri and Corey Mackay receive their 5 year service awards and Adam Mylonas and Connor Manz will receive their 10 year service awards. Well done Boyz and we hope to see you back right up to the U17s.

At State Multis we were ably represented by Josh Baker, Neil, Cory, Adam, Josh Byron and Mitchell and a good time was had by all and it is said "What happens on the golf course stays on the golf course"?

Thanks to all of the other team members, Liam Robson, Jordan Stack, Tim Martin, Chris Lum, Ben Archer, Ben Connellan, Ivan Raguz and Lee Kennedy, for being part of our team and making it all happen.

Thanks to all of the "usual suspects" who helped the team run, jump and throw. They are the inimitable David Manz, Lorraine & Ron, Mary, Craig & Nicole, Thea & The Phantom and Sam Baddock. Well done the A-Team.

On behalf of the team we wish to thank the Committee, coaches and sponsors for their support.

Lastly, we hope ALL of the Boyz can join us for a bigger and better season in 2010/2011 and bring some friends.

Rose Mylonas & Elaina Byron

Under 14 Girls

The U14 girls consist of 17 delightful ladies who all show up on a Saturday morning full of enthusiasm for our day's events. This season has been one of our best, competition wise and socially.

Our season started very strong with a Gold and Silver at State Relays. Our Field team once again broke the Sate Record. Our track team were a little unlucky, but know the Gold medal has their name on it next year.

16 out of 17 girls competed at Zone this year. With lots of PB's, 12 girls qualified for Region. A special mention goes to Holly, Sarah, Mayura and Eleni who qualified for the first time.

Competition at Region was tough in this age group, but 3 girls qualified for State. Abby was a finalist in all her 4 events, but just missed out this year.

Our State representatives did us proud. Taylah won Gold and 2 Silvers, Tina won 2 bronze and Courtney qualified for her 3 track finals.

At the State Carnival Taylah Sengul was presented with a \$500 Mc Donald's award for her excellence in athletics. Congratulations Taylah, but I am sure when Ronald Mc Donald presented you with this award he did mention your age manager should get a percentage of the \$500!!!!!!

Over the athletic season the girls have also competed in school carnivals and senior athletic carnivals. Congratulations to Kristy who broke many National Records at a carnival in Canberra, Taylah who won 3 gold medals at the Australian Nationals at Homebush a couple of weeks ago, Tina who won gold at the Australian Nationals, and Courtney who was a finalist at the Australian Nationals in the 200 hurdles.

Good Luck to all the girls in their winter sports and I hope to see you all back again in September.

Colleen Elliott

Under 15 Girls

The season started with me as Assistant Age Manager, but half way through the season I became the U15 girls Age Manager by default and it didn't take long to take on the role. The girls came on Saturday mornings more for the social aspect of athletics. Their multi tasking skills took on a whole new meaning when their 800m run saw the girls jogging and talking at the same time while trying to cross the finish line all in a straight line. Needless to say it was a bit of a nightmare for the recorders.

The one day they really tried was when they all got PB's in the long jump, all trying to out do one another, with massive jumps throughout the morning.

Every Saturday one of the girls would say 'I'm tired' or 'I don't feel like running today', but still they turned up week after week and had fun, laughing and smiling as they 'attempted' their events

I have had a great deal of fun listening to all the gossip and trying to encourage you all to 'have a go'. The season ended on a high with many of the girls attending the dinner dance and we all got to see their skills on the dance floor. I look forward to you all coming back next year as part of the 16's and 17's

I wish to thank all my helpers throughout the year – Tracey C and Tracey T, Monica and Julie. Things wouldn't have run smoothly if not for your help.

Grace Baker

Under 15 Boys

This season the U15 boys were represented with, as far as I can ascertain, the largest group for this age group for at least 10 years, with 15 registered members.

Not only did they have fun, family and fitness, they were very successful at all representative levels. Achievements include 2 Silver medal winning teams at State Relays, 10 boys achieving selection at Zone to go on to Region winning gold, silver and bronze medals, and 3 boys achieving State selection. We also had representatives at Cross Country and State Multi events. All in all they matured as good young men and ambassadors for Winston Hills Little Athletics Club.

DID WE HAVE A STRATEGY? OF COURSE WE DID...

Every Saturday morning we would congregate at the picnic table near the senior throws area. Some boys would have breakfast (sausages, bacon and eggs) - just what you need to get started for our 12 minute wander around the outside parameter of Gooden Reserve to encourage younger athletes to do their best. This bonding exercise with the rest of the club made it impossible for us to ever compete in walks or hurdles, however Ben put his hand up to lead by example and ran the 1500m or 3000m events each week. Ben went on to win gold at Region and represent at State. Well done Ben.

So after Ben had done his bit, because the throws area was within walking distance, we thought we might as well have a throw. This was very competitive indeed and Joel, Pita, Sanjay, Shaun (who was a ring in from the 14 boys), with Ali J and Ali M and Nick and the rest of the gang, all participated and gave their very talented helping instructions to each other (good language of course). Joel, Pita, Sanjay and Shaun were our silver medal throws team at State Relays. Ali J, Ali M and Nick all participated at Region with Joel and Pita (also known as Boy Boy, only because he is so small) representing Winston Hills at the State Championships.

Very well done boys, with all our throwers being very successful at such a high level of compaction.

It's a long walk up to the jumps area so we usually stop and have a 100 meter run. Not many of the boys are record breakers, but all participate and try for a PB. David who is our best 100m runner was selected to compete in our senior relay team at Zone. Well done David.

Just about exhausted now, it is time to watch our very talented jumps group in action. Now Andrew would lead the way in high jump, with Sanjay, Matt and Joel sometimes.

In long jump Jack M would lead the way with Sanjay and David.

Cameron, well he just wanted to stand out on his own in Triple Jump, and so he broke the Under 15 Boys club record at Gooden Reserve for Triple Jump.

With so many talented jumpers we tossed a coin and Sanjay, Jack M, Cameron and Matt represented Winston Hills at State Relays to win a silver medal - just missing out on our usual gold medal for this event.

As Age Manager I could not be prouder. This year it was a pleasure to watch the same young boys from over so many years really produce - not only as athletes but also as young maturing adults leading the way at Winston Hills Little Athletics.

I hope to see them all return next year. All the best boys.

Jack Edwards

Under 17 Combined

This was the second season for the athletes to compete in the NSW LAs competition. As I stated last year, this age group provides a great opportunity for the athletes to continue their individual sporting careers at WHLAC.

Being an age group with mixed female and male athletes does enhance their social skills, as well as competing weekly with a varied range of abilities. I think they achieve more PBs in social skills than on the track! 😊

Overall the group enjoyed themselves meeting and competing every Saturday. It was a great opportunity to still compete and establish PBs, as well as relax in a friendly environment. The group has grown a lot since its inception, so there is now a lot more competition in each event and there are many duels going on constantly which is all good stuff.

Now the rivalry and competitiveness has increased, the athletes are now looking to set records. Because it is an emerging age group, there are a lot of records up for grabs. Every week I would be asked "what's the record for this"? I would never remember so my reply was "throw or run a PB and you will probably get close" 😊

As a group they were very successful, competing in all the carnivals with a number of medals coming home to WHLAC. There were lots of great performances and congratulations to the athletes who made the state championships and state relay finals. However, more importantly congratulations to all the athletes that compete every Saturday improving their own times/distances and reaching their own levels of achievements.

I would like to thank all the athletes for their contributions throughout the season, making Saturdays a very enjoyable day. A special thank you to Chris for all her help and support during the season.

See you next year!

Howard Searle



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