



ANNUAL REPORT

2018/2019

PRESENTATION DAY

SUNDAY 5TH MAY 2019







PROGRAM OF EVENTS

Presentation Day 2018/19

Presidents Welcome

Club Captains' Speeches

Club Record Certificates

10 Year Service Awards

Tiny Tots Trophy Presentation

Winston Hills Vet Cross Country Perpetual Trophy

Under 6's & Under 7's Trophy Presentation

Frank Atkins State Relay Trophies

Under 8's Trophy Presentation

Nicholas Fortuna Memorial Trophy

Wayne Clark Memorial Hurdles Trophy

Under 9's & Under 10s Trophy Presentation

Kathy Bail Sprints Trophy

Kerry Arkins Walks Trophy

Ray Clark Middle Distance Trophy

State Representatives Presentation

David Bruce Throws Trophy

Javelin Throwers Trophy

Finishing U17s Farewell

WHLAC Jumps Trophy

WHLAC High Jump Trophy

President's Award

Don McDougal Award

Excellence in Athletics Award

Queen Elizabeth II Trophy

Spirit of Little Athletics Trophy

Individual Age Group Presentations



PRESIDENT'S REPORT

Phil Dew

The 2018/19 season was my first as President of WHLAC and it was a very eventful season. One in which we all have a lot to be proud of. I stepped up to President when we were in good shape under the leadership of Sara Welsby.

We had a great team in place on the committee and with a few new faces coming on board this season we have had a very strong and capable committee who are all extremely dedicated to the continued success and improvement of the club going forward. I have great respect for every person in this team. They all give so much of their time and effort and go above and beyond what would normally be expected.



Before the actual season began the committee was in full swing with new members setting the standard. Luke Zapatero took on the role of sponsorship and marketing officer and within a short time had signed up a long list of sponsors and introduced the new training shirts adorned with sponsors' names which have been worn proudly by our athletes and parents making quite a statement at carnivals and on Saturday mornings. This has been a great step forward for the club and something we will continue in the future.

With the new funds from sponsorship as well as grants from Coles and State Government, we have also been able to provide new shade tents in club colours and with the club name proudly displayed at carnivals from Zone and Region, to State Multis in Dubbo. We have also been in a position to update much of our equipment with plans for more for the upcoming season. Members' money well spent. More details are available in the Treasurer's report.



PRESIDENT'S REPORT

Phil Dew

This season we saw the reinvention of our website by another new committee member Anna Chevalier. Anna put her hand up to work on the website with her background in web design. Anna has done a wonderful job with the website and updating our Facebook page with vital news and weekly photos, which have been taken by her husband Gerard. I thank them both for their wonderful work. It has made such a difference this year to the community feeling around the club.

Another one of our new committee members to make a huge difference this season is our canteen manager, Riahn Tuyau. Riahn saw the need for someone to take over the running of the canteen this year and she was certainly the right person for the job. We had many emails, text messages, and phone calls before the season even started such was her determination to make this a success. And a great success it has been.

Thanks also to the wonderful Rose Mylonas for stepping back into the apron to help out for "a few weeks" translates to "the whole season". Thank you Rose.

A huge thanks must also go to Peter and Lynne Clews who volunteered their services every Saturday morning to run our bbq. A rare gesture indeed. It's been great to see them back and everyone who enjoys a bacon and egg or sausage sandwich has appreciated their work.

We have had a season of great success with numbers above the previous season, at a time when our neighbouring clubs were struggling to maintain their membership.

We had an impressive number of teams commit to State Relays this season and brought home a total of 8 medals. By a long way, the most in the six years I have been back at the club. Success is not only measured by medals and results. The participation by athletes, commitment and organisation of age managers and willingness to help out at the carnival by the parents is the true measure of the success of such a team event. We had all of these areas covered and more. Thanks to our amazing Championships officer, and that's just one of the hats she wears, Claire Pospischil for liaising with Age Managers and parents to see this level of success achieved.

Claire's work continued on through the season coordinating zone and region carnival entries and maintaining the level of commitment which culminated in a State Carnival where we had 53 individual athletes and the senior boys relay team all qualify. The carnival itself was run under the worst weather conditions in living memory, but all of our athletes competed to the best of their ability and with the usual integrity associated with Winston Hills.

Congratulations to all those who competed whether you went home with a medal or not. Just to make this level is quite an achievement.



PRESIDENT'S REPORT

Phil Dew

We have seen new technology introduced on the track this year, and whilst we had some early hiccups, the end result has been a more efficient system which sees results uploaded by the end of the day in most instances. A far cry from the days of waiting until the following Saturday morning to receive your results sheet.

Thanks must go to Richard Abela for all of his work in purchasing the new timing equipment and spending hours of his own time to streamline this technology and add his own touches to make it even better than it was intended to be.

A big thank you must also go to all of our Age Managers, Coaches and regular helpers who give of their time to let our athletes be the best they can be.

As we lead into the upcoming season we now become Winston Hills Athletics Centre. We will still be predominantly a Little Athletics Centre, but from now on athletes from 12yrs up will be able to compete in senior competitions as Winston Hills athletes. This is an exciting step forward for the club which I'm sure will be embraced by many of our senior athletes. Thanks to Steven Pospischil for all of his hard work to make this happen.

I wish all of our young athletes a successful winter sport season. Stay fit and have fun, and we hope to see all of you back next season for more family fun and fitness.





VICE PRESIDENT'S REPORT

Steven Pospischil

In my first year as Vice President, it's been a pleasure to serve the wonderful Winston Hills athletics community. We have seen a lot of changes within the club this season, mostly with the help of new people stepping in to take on new roles. As I'm sure you all know, athletics takes a lot of people to run, but it also creates a sense of community. Winston Hills does this very well and I am very proud to be part of that great big family.

The changes started with a new and improved website, and I am sure you will agree this has made finding key information and communication to parents so much better. Thanks go to our wonderful Webmaster Anna Chevalier who worked tirelessly over the winter break to get this ready for the start of the season. Anna was new to this role and the committee but that did not deter her.

We also saw a new partnership with some local businesses who signed on to become club sponsors. This also enabled the club to supply training shirts, which all the kids love to wear and add to the sea of yellow every week at Gooden and at the various carnivals. Thanks to Luke Zapatero our Sponsorship / Marketing Officer who coordinated the partnerships with these businesses and the supply of the shirts. Again, Luke was new to the committee this season.

The new things kept coming throughout the season with new timing gates for the 100m and hurdles tracks, along with new shots/discus and high jump uprights. None of this would be possible without the ever-present Richard Abela, our Equipment Officer who just loves playing with these toys. Of course, that meant we needed people to train in how to use the timing gates, so it was great to see about a dozen Winston Hills people at the training provided for the zone clubs at Roxborough Park.

This season was one of the most successful in terms of championships that we have seen, with 56 athletes progressing through to State. That is testament to all our tireless Age Managers, Assistant Age Managers, parent helpers, and of course our very skilled and willing coaches. Thank you to Charles Tees, Paul Byron, Geoff Dalrymple, David Bruce, Peter Mylonas, Emir Mujinovic, & Paul Kennedy for all the hard work you have put in for the athletes this season. Without your input into the club, none of the results we have seen this season would be possible. I know first-hand how proud these coaches are to see so many willing and eager faces do their best each week. We have some of the best coaches available to all our athletes and I would encourage all to get down to training if you can, especially for your favourite events.

Thanks also to Claire Pospischil for her tireless work in getting the championships organised so that our athletes can succeed. Thanks to Anne-Marie Torrens for collating the results each week, Riahn Tuyau (again new to the committee) for reinvigorating the canteen, Matthew Webster for marking the lines each week, David Macheski & Louis Tuyau for doing whatever needs to be done, Fiona Nadaya for coordinating the Age Managers, and Sara Welsby for her endless supply of knowledge and support to the committee.

Looking forward to another great 2019/20 season as WHAC, but first we have some winter events to take care of.



SECRETARY'S REPORT

Jeffrey Grubba

It is with pleasure I present my report for Season 2018/19. This season has been a highly successful season for Our Club. Firstly, I would like to thank all the committee members who have helped in making the Club run so smoothly. I would also like to thank our Sponsors who have enabled the Club to purchase the equipment we use each week. I also would like to thank the Parents, Grandparents and all the Athletes who turn up each week. Lastly thanks to all the Coaches who give up their time to train our kids. It is appreciated by all.

There were many highlights during the season. The visit of Olympic High Jumper and ex Winston Hills Athlete Brandon Starc was memorable. The excitement of the children and parents was fabulous and the great questions that were asked made it a highly enjoyable morning. At the conclusion of question time there were 30 kids with their hands in the air which showed how excited the kids were. As a club we possibly should look at getting another Olympian to make a visit to our Club.

I would also like to encourage more parents to become actively involved with the club by either helping out age managers, joining the committee or becoming a coach. If anyone is interested in coaching, the Club will pay for your training. As part of a committee I would encourage everyone to play a part. If there is one disappointment it is some parents who are using The Centre as a child-minding Centre by dropping off their kids and disappearing for a couple of hours. As a Club we will get tougher on this as we have had a couple of incidents where kids have been injured and no parent has been at the ground.

As I look ahead Season 2020 will be an exciting year. Our Club will be known as Winston Hills Athletics Club for Little Athletes and athletes will now be able to compete for Winston hills at Senior level. We will also unveil a new uniform pending approval. Hope to see everyone back next season and enjoy your Winter Sports.





TREASURER'S REPORT

Scott Henderson

It is my privilege to present to you the first Treasurer's Report for Winston Hills Athletics Centre Incorporated. The name change, amended constitution, and upcoming affiliation with Athletics NSW is yet another example of how we are positioning your Club for sustained future success.

During 2018-19, your Club purchased \$18,245 in assets and electronic equipment. When you combine this with the \$28,435 spent in the prior year, we have invested \$46,680 in equipment and technology during the past two seasons. This investment is already paying dividends with improved athletic results and enhancements to the satisfaction of our athletes and supporters with our Club.

This season, our sponsorship program was reignited under the guidance of your Committee and the leadership of Luke Zapatero. Luke's hard work, and the generosity of our sponsors, resulted in \$18,350 of sponsorship income. Almost all of this income was spent purchasing training shirts for athletes, age managers, committee, and track starters, and banners and sponsor marquees. We plan to continue the sponsorship program in 2019-20 with a view to generating funds that can be used in a more sustainable manner. We would like to thank all of our 2018-19 sponsors, as follows:

Major Sponsor: First National Walsh & Sullivan Real Estate

Platinum Sponsors: Novale Bathrooms; Winston Hills Mall

Gold Sponsors: Classico Concrete; Irresistible Pools & Spas; Majestic Image Landscapes

Silver Sponsors: Chatterbee Speech Pathology; McFarlands Quality Meats; Sports on the Run.

Registration fees increased, on a net basis, in 2018-19 due to a mandate that all athletes register online with Little Athletics NSW, combined with a minor increase in fees charged. The number of registered athletes increased by 17 or 4% while registration fees, net of payments to Little Athletics NSW, increased by 10%. During 2018-19, registration fees for 104 athletes were paid using Active Kids vouchers. We anticipate an increase in this number during 2019-20 as additional vouchers are made available by the NSW Government.

Our canteen and BBQ continued to be a major source of income this season, due primarily to the efforts of Riahn Tuyau, Rose Mylonas, Peter & Lynne Clews, and our weekly parent volunteers. The canteen and BBQ contributed \$7,749, compared to \$5,792 in the previous season.

During 2018-19, your Club received \$11,114 in grants and rebates, with grants from Coles (\$4,905) and the NSW Government (\$4,500) being the main contributors. We also received funds from our Parent entity, Winston Hills Sports Club, and the Winston Hills Mall.

Uniform sales remained constant this season while purchases fell significantly in an attempt to reduce stock in anticipation of the changes to our Club. We have recently agreed on a new uniform design for Winston Hills Athletics and will be disposing of all remaining stock of WHLAC singlet tops, crop tops, and polo shirts during the off-season.



TREASURER'S REPORT

Scott Henderson

We are pleased to announce that, in conjunction with our name change and re-branding, all returning athletes will receive one new singlet top or crop top, as well as a sponsored training shirt, with their 2019-20 registration.

Presentation Day expenses increased significantly due to the timing of payments to suppliers. We are constantly evaluating the rewards and recognition we provide to our athletes to show our appreciation for their contributions and the grants detailed below are the result of this process.

Competition expenses increased in 2018-19 as your Club provided \$3,000 in grants to assist our athletes who represented NSW at National Championships held in Melbourne, VIC and Cairns, QLD.

In addition, fees paid for the State Relays, Zone, and Regional carnivals were higher due to higher athlete participation rates, which resulted in higher rates of athletic success.

WHSC fees increased due to the fact that your Club paid two years' worth of athlete subscriptions to our Parent, Winston Hills Sports Club, thus bringing us current in terms of amounts due. By its nature, this is a one-time cost increase and dues are expected to return to normal in 2019-20.

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

Coaches, conferences, and training expenses were higher due to Committee member attendance at the Little Athletics NSW Annual Conference in Kiama. The Conference is held outside of Sydney every second year, thus in 2019-20, costs are expected to be lower.

During March 2019, your Club donated \$1,500 to Special Olympics Sydney North West. This donation was funded, in part, by gold coin donations on the Winston Hills Mall Mile Day and a subsequent canteen cake stall day. We also paid for, prepared, and hosted the Special Olympics on 7 April, 2019, at Gooden Reserve, a rewarding experience for all of us that were involved.

Your Club has ended the current season in a strong financial position, with a closing cash balance of \$89,590, \$6,895 higher than the prior year. This balance is all the more remarkable when you consider the \$46,680 we have invested in equipment and technology during the past two seasons.

We plan to invest some of these funds in equipment and technology during the off-season to help us maintain our status as one of the largest and athletically gifted clubs in the state.

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



TREASURER'S REPORT

Scott Henderson

1 April 2017
to 31 March
2018

1 April 2018
to 31 March
2019

Opening Balance	77,144.06	82,694.89
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Income

WHLAC registrations incl. WHSC fees	34,201.45	34,299.80
Sponsorship	0.00	18,350.00
Canteen and BBQ sales	12,454.75	17,155.40
Grants and rebates	12,352.00	11,113.89
Uniform sales	8,315.00	8,195.00
Other income	2,950.00	2,545.00
Coffee commission	810.00	495.00
Fundraising	455.00	475.00
Investment income	326.37	260.70

Total income	71,864.57	92,889.79
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Expense

Sponsorship related costs	0.00	17,905.30
Presentation day / end of season	6,689.97	10,048.00
Purchases of equipment	3,163.30	9,758.56
Canteen expenses	6,662.70	9,405.98
Purchases of assets	25,271.21	8,486.90
Competition expenses	2,302.50	6,307.00
WHSC fees	4,380.00	6,040.00
Uniforms	6,120.20	4,784.45
Repairs and maintenance	3,245.64	4,228.35
Coaches, conferences and training	650.00	2,675.38
General expenses	1,928.34	2,291.28
Fundraising expenses	445.00	1,500.00
Grounds hire	1,249.36	1,333.77
Postage, printing and stationery	415.50	353.41
Registration fees	3,086.00	180.00
Bank charges	704.02	696.21

Total expense	66,313.74	85,994.59
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Income less Expense	5,550.83	6,895.20
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Closing Balance	82,694.89	89,590.09
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REGISTRAR'S REPORT

Kylie Webster

And just like that, we have come to the end of another fantastic season. In relation to registrations, it was a busy beginning of the year.

- LANSW increased its fees.
- The new age matrix come into place to come in line with school sports and other weekend sports.
- \$100 Active Kids Voucher was introduced by the NSW government to help kids get Active
- Online forms created for our Family Medical Declaration and also the Winston Hills Sports Club Form
- Winston Hills Training Shirt was given to all athletes as part of registration – and didn't the kids (and adults) look fantastic!

With some of the above changes in mind, we were a little unsure of where we would end up on our final registration numbers for the season, however, as seen below, registrations had increased on our previous season. The highest notable increase was within our 15age group.

From our 449 athletes, we welcomed 169 new athletes to Winston Hills. 21% of these athletes were for our tiny tots, with the remainder 79% being spilt across our 6 to 17 age groups.

Total Registrations 2018/2019 Season:

Age Groups	Current Season			Last Season
	Female	Male	Grand Total	Grand Total
Tiny Tots	13	26	39	43
Under 6 Athlete	17	25	42	48
Under 7 Athlete	25	31	56	49
Under 8 Athlete	20	25	45	45
Under 9 Athlete	27	29	56	41
Under 10 Athlete	18	16	34	48
Under 11 Athlete	15	29	44	44
Under 12 Athlete	18	20	38	45
Under 13 Athlete	19	12	31	25
Under 14 Athlete	12	17	29	24
Under 15 Athlete	9	12	21	5
Under 17 Athlete	5	9	14	15
Grand Total	198	251	449	432

Thank you again to everyone who assisted me throughout the year. I look forward to returning for another exciting season!



RECORDS AND RANKINGS REPORT

Anne-Marie Torrens

So, in the blink of an eye, another athletics season has come and gone. It really feels like we were only just starting season 2018-19 last week!

This year we managed 17 running days with results recorded for 15 of these. Given the number of either very hot or very wet Fridays, we were exceptionally lucky to get away with washouts on only two Saturdays.

This year we increased our computerised timing to include the circular track. As with all things new, this took a little bit of teething to work through, but once all those issues were sorted, it worked a treat. I send a huge thank you to all those who helped out with running all three computers over the season as well as those who helped out with the weekly manual data entry of throws, jumps and outside track results. Our data entry team of 4 ladies this year managed to have all results entered by the end of the weekend, and most often all results were in by Saturday afternoon. I would also like to thank our starters for this year. This team of people comprises Dave M, Alison A, Richard A, Steve W, Claire P, Justin B, Fiona S, Jane F, Donna H, John L, Chris H, Dave P, Daniel B and Jorge Z.

Over the course of the season, our 445 athletes managed a total of 9930 PBs. We had 27 records broken and 5 new records set for events with changed specifications for this year. It is a testament to the hard work our athletes put in each week as well as the contribution from our many wonderful coaches. Some of our athletes broke records early on in the season and with determination and continued hard work were able to break them again later in the year. Look out for many of these names in the future.

AGE GROUP	EVENT	ATHLETE NAME
10 Girls	1100 m Walk	Matilda Webb
11 Girls	Discus (new weight)	Dakshita (Deva) Drall
12 Girls	1500 m Walk	Samantha Torrens (x2)
13 Girls	High Jump	Vanessa Apel (x3)
	3000 m	Lucie Francis
	Triple Jump	Audrey Nadaya-Harb
15 Girls	90 m Hurdles	Emma Hansen
	Javelin	Amelia McIlwaine (x2)
11 Boys	Triple Jump	Yulin Li
	Discus (new weight)	Xavier Saffy
12 Boys	Javelin	Isaac Chevalier
	Shot (new weight)	Roden Dew
13 Boys	Discus (new weight)	Lucas Scerri
14 Boys	100 m, 200 m, 400 m, 800 m	Lachlan Wood
15 Boys	Javelin	Patrick Spence (x2)
17 Boys	300 m Hurdles	Nicholas Long
	High Jump, Triple Jump, 110 m Hurdles (new)	Omar Nadaya-Harb

Finally, to our amazing committee, without a doubt we are a wonderful club with which to be associated. It is you guys who make it this way. See you all again soon.



CHAMPIONSHIPS REPORT

Claire Pospischil

It's been another great season championships wise for WHLAC. A big thank you to the parents, coaches and age managers who support the WHLAC athletes and encourage them to give their best at athletics. A shout out also to the people who have volunteered their time to support the various athletics carnivals and competitions during the season as officials and parent helpers.

The zone carnival was held in December 2018, with the club sending 198 athletes and 4 relay teams. Notable achievements at zone were:

- Five under 7 athletes medaling in at least one event (Jack Gale, Jayda Isherwood, Hayden Martin, Emmet Parsons and Lucy Polley)
- Four WHLAC athletes broke zone records: Jorja Wilson (15G 200m), Brodie Payne (13B 1500m walk), Vanessa Apel (13G High Jump) and Omar Nadaya-Harb (17B High Jump & Triple Jump).

The region carnival was held in February 2019 with the club sending 126 athletes and 4 relay teams. Four athletes set new region records: Lucie Francis (13G 3000m), Vanessa Apel & Audrey Nadaya-Harb (13G High Jump), Audrey (13G Long Jump) and Lachlan Wood (14B 200m).

Five under 8's athletes medalled at region: Taine Katalinic (1st in 700m, 2nd in the 60m Hurdles, 1st in Shot Put), Eli Saffy (1st in Discus), Eva Tuyau (2nd in Discus), Jamie Cheeseman (2nd in 100m) and Annika Rajan (3rd in Long Jump).

The state little athletics track & field championships were also held in March 2019. WHLAC qualified 53 athletes across 87 events plus the senior boys relay team, what a wonderful effort by all the state qualifiers! The club had a great state championship winning sixteen medals and many personal bests achieved, held under challenging weather conditions. Notable achievements at state were:

- 1st place (gold) to Amelia McIlwaine (15G) javelin, Lucie Francis (13G) 3000m and Lachlan Wood (14B) 400m
- 2nd place (silver) to Clare Grubba (13G) discus, Aaron Chevalier (9B) discus, Samantha Torrens (12G) 1500m walk, Lachlan Wood (14B) 200m, Lucie Francis 1500m and Charlie Andrews (9B) hurdles.
- 3rd place (bronze) to Lachlan Wood 800m, Jesse Brodrick (11B) 1100m walk, Lucie Francis 800m, Lachlan Wood 100m and 800m, Vanessa Apel (13G) high jump and senior boys 4 x 100m relay team.
- A special mention to Lachlan and Lucie for outstanding results, with both athletes medaling in all state events entered.



AGE MANAGERS' REPORT

Tiny Tots - Under 17 Age Managers

Tiny Tots

Age Manager Boys - Nathan Bouquet

Age Manager Girls – Parvan Bandaru

We had a lot of fun with the Tiny Tots this season. For me personally, it has been 20 years since I've been at the club. It was so pleasing to see the great family and community spirit that I remember from all those years ago – very nostalgic. We combined the boys and girls, which created a really great group dynamic. To see the continuous improvement of these budding little athletes was so rewarding. There were some challenges that inevitably come with the age group and being in a completely new environment early on. Some initially needed a little support from a parent to get going, however, by the end of the season those same kids were confidently and independently working through each of the events. To be able support the kids through that transition was a great experience. More importantly, it's a great accomplishment for them individually. Their attitude and approach really embodies what athletics is all about – have a go and do your best.

After being introduced to events like shot put, discus and long jump, it was amazing to see the dramatic improvement in technique over the season. Fair to say that the sprints were where most of the kids were in their element. Who would have thought that telling 4- and 5-year olds to run as fast as they can to the end of the track would be met with such enthusiasm and friendly competition? This was the event they lined up to do over and over and over again with smiles from ear to ear.

It was great to see all the kids getting out there and actively participating, forging friendships and really enjoying learning new skills. It's been an absolute pleasure to be involved with the club and this group of little legends. Thanks for a memorable few months and I look forward to seeing you all again next season.



Under 6 Girls

Age Manager – Penny Wallace

Assistant Age Manager – Samantha Johnston

What a fantastic season! We had new athletes join our team and quite a few Tiny Tots return. The girls were super excited to start running on the big kids track! They were fascinated by 100m gates, got to step into the throw cages and thrilled to jump in the big kids sand pits.

By the end of the season all the girls were running faster and greatly improved their techniques for jumps and throws. And we had lots of PB's throughout the season, with some weeks everyone getting a PB! I am super proud of girls they always tried their best each week, had a smile and we had lots of fun along the way.

Thank you to our awesome assistant manager, Samantha, who keeps us all on track and remembers to hand out the all-important Most Improved Awards each week. Thank you to all our amazing parents, who helped out each week completing duties and helping out around the field when needed. I hope to see the girls return for next season.



Under 6 Boys

Age Manager - Belinda Waddington
Assistant Age Manager - John Morris

Congratulations Under 6 Boys! We made it to the end of your first (of many) Little Athletics season.

Some of you had moved up with me from the Tiny Tots last season and others joined our crazy group for the first time, however you all bonded together as a group so well and made friends that helped make the season that much more fun and enjoyable. Your enthusiasm and energy each week in every event helped to spur each other on to achieve new personal bests. You all tried so hard to learn the technical aspects of each new event and every week we were able to see you put those new techniques into action.

John and I have had a blast getting to know you all and your individual personalities. You've kept us on our toes, challenged us to have eyes in the backs of our heads and we are so proud of what each of you have achieved this season.

Some of my favourite memories from this season are playing 'Simon Says' when we were just too quick getting to an event and they were not ready for us, watching each of you achieve PBs and seeing your excitement when you realised you did something you had never achieved before as well as running each and every running race with you (and being beaten every time!)

Thank you to all of the parents who helped John and myself out every week whether it was with timing, measuring, recording or simply crowd control when we couldn't be everywhere all at once! We truly appreciate all the help you provided each week however big or small that contribution was.

I can't wait to see you all in Spring for the beginning of the next season.



Under 7 Girls

Age Manager – John Polley

What a fantastic season for these super group of young ladies.

Being new to the club and age managing was a challenge early in the season but with the eager support from a dedicated parent group, we managed to get through each Saturday morning with smiles on our faces. The “Line leader” and “Bucket Bringer” roles were popular in between events as was cheering for all the other Winsto athletes competing.

Despite the early starts, every athlete showed great dedication to improving their technique in all events. From the fundamentals of the throws, right through to their karate hands during the sprints, I was blessed with young ladies who listened and improved every week. This attitude was highlighted during the very last long jump session of the season when personal bests rained down on the results sheet. My hand was red raw with high fives and could only be cooled down with multiple Zooper Doopers... (but not the green ones).

I’m particularly proud of the participation at the Zone carnival when some of the girls enjoyed a big competition for the first time. There were some breath-taking individual results and as a club, we should be very excited at what this group could achieve at State relays later in the year.

Many thanks to my parent helpers for their assistance over the summer. Your raking, wrangling, timing, returning, cheering, directing, tear wiping, nose blowing, flossing, sand shaking, rubbish removing, sun cream applying and most importantly, toilet running, was very much appreciated.

My sincerest thanks to the WHLAC committee for creating such a friendly and supportive environment for the girls to enjoy athletics.

Best wishes to all the under 7 girls with their winter sports and hope to see everyone back for season 2019/20.



Under 7 Boys

Age Manager – Shaun Henson

Assistant Age Manager – Natalia Mujcinovic

What an exciting season, I must start off by thanking my assistant Natalia and all the dedicated parents that supported their children each week and assisted with measuring and time keeping. I could not wish for a better group of people.

To all the wonderful young men that I had the pleasure of spending the summer Saturday mornings with, it was a truly rewarding experience to share your wonderful achievements with. Your dedication and constant striving for a better result shone through with the personal bests that you all consistently achieved.

We started the season with over 32 boys, and it is a testament to the culture and attitude of the club that so many remained all season. It has been an absolute honour to watch these guys give it their best, and to single out a few would be a massive task. Their enthusiasm and excitement as we head to each event has been a great inspiration and I look forward to another successful year when we return.



Under 8 Girls

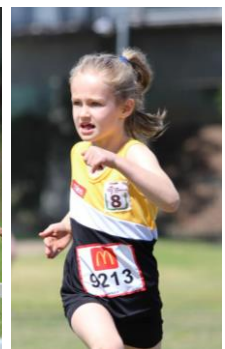
Age Manager – Luke Zapatero
Assistant Ager Manager – Louis Tuyau

What a season it was for the 8 Girls. It was the first year of the new age format so a few of the athletes skipped the 7 Girls and went straight to into 8. There were a lot of new faces in the group but before we knew it the new friendships were flourishing and it was great to see them cheering each other on.

It was amazing to see the girls grow in skill and confidence throughout the season and have a ball while doing it. The girls worked extremely well together and always pushed themselves to do their best. During the State Relays early in the season the 8 Girls team secured a silver medal and the success carried through to Zone, Regional, and State Multi carnivals.

It was an absolute joy to see the girls strive to reach new PBs every week. They were able to overcome any obstacles and push that little bit harder to get that PB. Perhaps the promise of extra ice blocks for PBs might have been extra motivation.

A big thanks goes out to all the parents for all your help throughout the season, none of this is possible without your help. Thank you for keeping the environment so positive and encouraging all the kids.



Under 8 Boys

Age Manager – Debbie Carruthers
Assistant Ager Manager – Andrew Pleffer

It has been a pleasure working with an enthusiastic, lively and friendly group of Under 8 boys this season.

We had athletes participating in 4 teams at State Relays, with our 4x100m team reaching the finals. 7 of our boys made it to Region, 4 of whom were awarded medals. Eli Saffy won a gold medal in the discus, Jamie Cheeseman a silver in the 100m, Ryan Haaf a silver in the 400m and Taine Katalinic gold medals in both the shot put and 700m plus a silver in hurdles. Congratulations to all our boys who represented our club this season and to every child who achieved multiple new PBs.

Thanks to our large group of parent helpers who kept the season running smoothly.



Under 9 Girls

Age Manager – Scott Johnston

It was encouraging to have so many returning athletes from the U8's return along with many new faces to the U9's this season. Although we did lose a few as the weeks progressed it was wonderful to see the girls enjoying the challenge of trying to improve their own performance from week to week. This year we added the 700m walk to our program which seemed to remain a challenge for some, not always able to resist the temptation to break into a jog, but for others the technique seemed all too familiar, like Alannah W who qualified for the 700m Walk at Regionals. No one ever seemed to want to compete in the 800m run, but several girls consistently ran well, like Lyla R who improved on her PB each time she ran the 2 laps of our Gooden track.



As the season got underway it was great to have 9 of our group compete at NSW State Relay Championships in November with Violet K, Madison R and Sarah K competing as a Throws team, Amelia J and Emelia M running 4 x 200m with the boys, and Ella M, Estelle J, Aruvi N and Amber H running 4 x 100m relay. Amber H was the U9 runner in the 800m relay team. Well done to all athletes as you all ran well with little baton change experience.

In December we had many girls competing at the Zone Carnival in up to four events that they elected to enter themselves. It was great to see all of the results that were achieved with 7 of the girls fortunate enough to qualify to compete at the Regional Carnival (including all 4 Winston Hills girls who entered U9 Girls Discus (500g). The girls who made Regionals and the events they competed in are below:

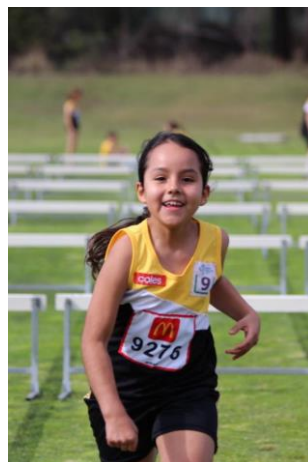
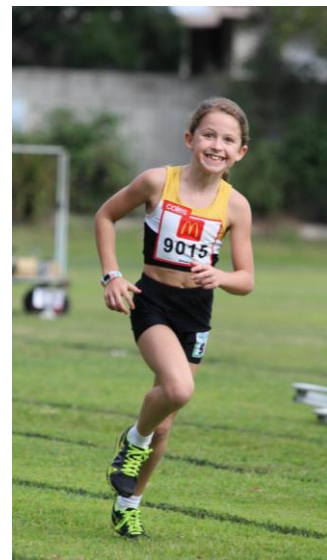
- Amber H – Long Jump
- Amelia J – 60m Hurdles, Long Jump, 100m and Discus
- Violet K – Shotput, Discus
- Emelia M – 100m, 200m, 400m, 800m
- Emelia R – Discus
- Madison R – Discus
- Alannah W – 700m Walk

Special congratulations to Emeila M who qualified to compete at State in both 400m and 800m and Violet K who qualified to compete in Discus. I encourage all of this year's U9 Girls to challenge themselves next year and consider entering events in the zone carnival to experience the excitement of competition.

Once again, I am astounded by the improved results this season and the total number of PB's achieved, the U9 Girls achieved a total of 663 PB's this year with Emelia M ending the season with a personal PB count of 49.

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

Another great season has come to a close. I'm looking forward to the 2019/2020 season to once again see our athletes improve their own Personal Best results from week to week!



Under 9 Boys

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



What a fantastic 2018/19 season we have had!

We started with much enthusiasm, which carried through right to the end of the season. We had many return from last season, a few who jumped an age group due to the age change, and we also welcomed many newcomers as well.

This year the boys were introduced to two new events, the 700m walk and high jump which they all approached with excitement!

Every week, the boys ran and walked faster, threw further, and jumped further and higher. There was friendly competition amongst the boys as they strived for that PB, as well as plenty of encouragement as they cheered on their friends. Being under 9 boys, they had plenty of energy to run alongside their friends to help them cross that line in all the races. You can see that these boys have made some amazing friendships throughout the season too, as they greeted each other with wide smile, a pat on the back, and of course, the odd wrestle on the grass.

We had many achievements from a number of the u9 boys various LANSW Carnivals.

Starting off with the State Relays. We had 14 participants from 28 registered boys in 5 teams compete. They are as listed below:

4x100m Relay: Charlie, Cory, Maxwell, Xavier; **4x200m Relay:** Charlie, Xavier; **Middle Distance Relay:** Xavier; **Throws A Relay:** Aaron, Noah, Thomas J; **Throws B Relay:** Ben, James, Sebastian, **Jumps A Relay:** Aaron, Franklin, Noah; **Jumps B Relay:** Thomas E, Ben, Banjo.



They all did an amazing job, many of them achieving a PB in their given event. I was extremely proud of them as they competed in the biggest carnival in terms of participants and audience in the LANSW Calendar. A special congratulations to the Throws A Relay Team as they won the Gold Medal with a State Record!

At the Zone Carnival we had 13 boys compete in a variety of events. They all tried their best with many PBs achieved in very hot conditions. Well done to Akash, Banjo and Sebastian for competing at zone!

We had 10 boys progressing to Region. What an amazing effort by Mitchell, Franklin, Xavier, Noah and Levi!

Which brings us to the State Track and Field Championships. The following boys successfully qualified to their first ever State Championships, achieving some fantastic results in very challenging conditions. The rain, especially on the Sunday was absolutely relentless.

Aaron: Discus - Silver Medal, Charlie: 60m Hurdles - Silver Medal, Long Jump - cancelled due to the weather, Thomas J: Discus - 6th & Shotput - 5th, Ben: 700m Walk - 9th with a PB, Cory: High Jump - 14th

Congratulations boys on qualifying to the State Track and Field Championships. Your hard work at training and on Saturdays is truly paying off.

Congratulations to Charlie for claiming the Silver Medal at the Combined Events State Championships in Dubbo. What an amazing achievement!

As we all know, Little Athletics is not always all about medals. It is about having fun, making new friends, trying your best, achieving your best and just giving it a go. The u9 boys definitely did all of the above.

Ben, Xavier, Banjo, Charlie, Ashton, Leon, Akash, Noah, Franklin, James McC, Liam, Levi, Julian, Aaron, Thomas E, Byron, Sebastian, Matthew, Mitchell, James McG, Leo, Calvin, Thomas J, Kevin, Miller, Tyler, Max, and Cory: It has been an absolute pleasure to be the u9 Boys age manager this year. I hope you have enjoyed your 2018/19 season, and I look forward to seeing you all back running, jumping and throwing next season!

Thank you to Jenny for being the Assistant Age Manager this year, and to all the wonderful parents that have helped run the events week in week out and also to those who have volunteered for rostered duties. Our running days would not have run as smoothly as they have with them.



Under 10 Boys

Age Manager – Kylie Prideaux

Assistant Age Manager – Shannon Cooper

We commenced the year with a new group of boys, with the age adjustments a few boys moved up an age group and we gained some boys from the group below. We welcomed back many familiar faces, as well as gaining some very keen new members ready to learn new skills. It was wonderful to watch the group develop throughout the season. The group secured numerous PB's each week and it was wonderful to see so many of the boys cement some of their fundamental skills and take their abilities to the next level. The favourite part of our Saturday mornings is watching the groups friendships ripen and how well the group encourage each other in a healthy competitive way.



We started our competitions for the year participating at State Relays. The boys trained hard in baton practise leading up to the event to ensure they had clean changes. This year representing our team was Matthew Cooper, Marcus Prideaux, Cooper Nurscher and Kingsley Askew the boys trained hard and it was a wonderful experience for them. Well-done boys you represented your team well and in the true spirit of athletics!

Our next big event was the zone carnival where we had 12 boys compete, this was the largest contingent we have had compete at zone, they competed in 12 different events, which meant we had a boy contest every event available for 10 year old boys. Well done to Kingsley Askew, Matthew Cooper, Riley Payne, Marcus Prideaux, Alex Bayliss, Thomas Brackenreg, Joel O'Brien, Jaiden Geng, Cooper Nurscher, Noah Sharman, Kira Sharman, Harry Charlwood, who, ran, jumped and threw their best to achieve many PB's throughout the day.

Kingsley (Junior Boys Relay) Riley (1100m Walk) Marcus (800m) Alex (High Jump & 800m) Thomas (Shot Put & Discus) & Noah (Long jump & 100m) all progressed onto Region at Blacktown. The boys all competed with enthusiasm and great sportsmanship. Congratulations to Kingsley (Junior Boys Relay) on your silver medal and just missing a spot at state it took Hills to break a record to beat this strong team. Well done to Riley (Bronze – walk) and Alex (Silver – High Jump) who qualified for state.

This years' state championships were under very trying conditions as the 2 boys representing at state were both scheduled on the Sunday, a huge congratulations to Riley Payne who came 8th in the state on a very wet track in the 1100m walk. Unfortunately Alex Bayliss who has competing in high jump whose event got cancelled due to the condition, I am sure Alex will be back again next year to try and contest an event he excels at.

This year also saw some of our boys compete at the zone multi and the Prospect multi day where our Kingsley, Cooper and Marcus all walked away with medals.

Little A's isn't all about the championship events it is all about coming each and every week and developing skills and gaining PB's I would like to recognise Luke, Ethan, Knox & Marley who each week came and did their best and participated so enthusiastically.

Shannon and I would like to thank all of the parents who helped out on Saturday mornings and made our lives a lot easier.

Hope to see you all back next year.



Under 10 Girls

Age Manager – Brad Martin
Assistant Age Manager – Kylie Webster

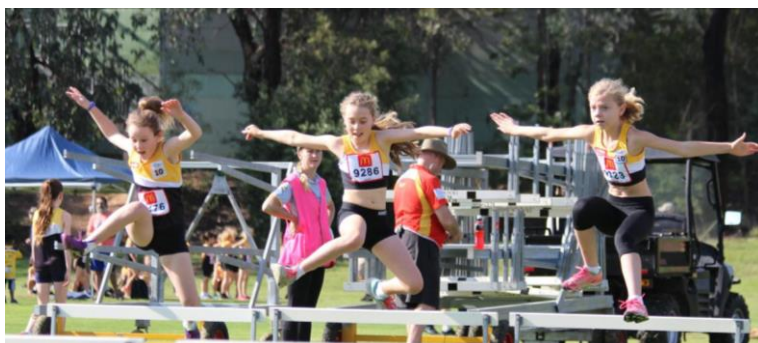
We have another great year with our regular girls back and were joined by a stack of new girls. We lost a few to the 11's, we gained a few from the age group below as well as a number of new girls to the sport. The group became good friends very quickly with girls coming from different schools across the district.

Each of the girls improved their techniques and with that came the improvements to their PB's. The first of the club events was the State Relay where we fielded a team of girls who were very competitive, everyone who attended had a great day. This is one of those days that really bring the girls together. Next, we had the North West Met Zone. A number of girls attended this weekend and most who participated made it through to the Region carnival. The results of the Regional carnival, although it was rain delayed and then hot and sticky the girls did really well.

Congratulations to Caitlyn Martin and Matilda Webb. They worked hard all season and were fortunate enough to make it to the State Carnival. Caitlyn made the High Jump and Long jump and Matilda made the walk.

Georgia got angry with the Shot Put and threw it out of the park each week. Jazlyn's long jump got longer and longer each week. Annabel said "catch me if you can" in the sprint events and got even faster at the end of the season. Clair juggled all her commitments and put in a great effort in each event. Maddison and Ava were pushing each other in the discus and Shot Put each week and Louisa excelled in the 400m run. Zoe always had a smile on her face and pushed hard in each event and Violet in her first season improved each week and was not scared to have a go. Abbie and Emma pushed each other in each event and Chloe had the best attendance never missing a week. The greatest improver in the last two weeks of the season without a doubt was Grace who made PB's in every event she participated in - well done Grace.

It was a very hot summer and the girls didn't complain (much) and I'm looking forward to next season.



Under 11 Girls

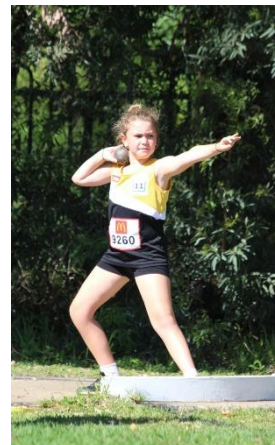
Age Manager – Nicole Henderson

Assistant Age Manager – Skeet Gersbach

A big thanks to Skeet Gersbach for stepping up to be assistant Age Manager this year. This year we learnt some new events, triple jump and javelin, and the flop in high jump. Thanks to the older athletes for helping us in the first few weeks in helping us learn how to do these events. The 11 girls had a smaller group than in previous years, but we had a number of talented athletes and the girls all got to know each other better.

Our State Relays team consisted of Holly, Georgia, Lily and Tana. The girls that competed at zone were Hayley, Holly, Lily, Isabella, Alice, Georgia, Siena, Diva and Emilie. Of these, Hayley, Holly, Lily, Isabella, Siena, Diva and Emilie all made it to the Regionals Carnival.

And a huge congratulations goes to Emilie Chandran and Siena Overton for making it to the State Carnival for the walks and the 200m sprint.



Under 11 Boys

Age Manager – Matthew Webster

What a fantastic season!

It started with a few changes, some boys moving up to the 12's and some coming up from the 10's. All the boys got along really well all season. They are a great bunch and I could not be prouder of what they have achieved.



TRANS TASMAN

This year the 11's were eligible to Trial for Trans Tasman. This is an event where NSW competes against New Zealand. The Trial is open to all U11 Boys across NSW and they choose 25 boys across several disciplines to make the team. We had 5 boys Trial – Declan Abela, Yulin Li, Joshua Hand, Darcy Feltham and Rhys Webster. All did very well and Rhys and Darcy were chosen for the team. It is quite an achievement to have 2 boys chosen from the same club.

The challenge was held in January and NSW won! With our boys putting in great performances. Darcy placed in every event. The boys came 1st and second in the 100m and with both of them in the relay team they were unstoppable.



STATE RELAYS

This event was held in November. The 11 boys entered 4 teams. 4 x 100, Jumps, throws and 8-11 middle distance. All teams did very well. The 4 x 100m team came away with the gold finishing well ahead of 2nd place. Congratulations to all those athletes that participated in this event.

ZONE, REGION, STATE

An excellent performance from the boys at Zone saw 13 of them qualify for Region in 35 events. After a great Region Meet 7 boys qualified for State in 13 events. That is a huge number from one age group and just goes to show how good these boys are.

At State, in absolutely atrocious conditions, the boys all did well. A Big congratulations to Darcy Feltham, Darcy who made it to state for all 4 of his events, however most notable was Jesse Brodrick. This was Jesse's first season with us and he has put in a massive effort to come 3rd in the 1100m walk.

Throughout the season there have been many outstanding performances and heaps of PB's and a record or two. I would like to thank all the parents that help out on running days and with canteen. I can't wait to see how well these boys will do next season.



Under 12 Girls

***Age Manager – Michelle Nixon
Assistant Age Managers – Vicky Milton & Steve Clarke***

Our U12 Girls are just amazing!!

The friendship & support they give each other every Saturday, is truly commendable 👍

This is a reflection of their parents. A BIG thank you to the parents (you know who you are) whom we never have to ask for help. It makes our morning together a really happy place!

So the girls have now found their strengths & passion in a particular track or field event/events. This is evident in our results in State Relays, Zone, Regional & our girls off to State competition - so proud of you ALL!

However, no matter your result, be proud, you have done your best. That is what Little Athletics is all about!



Hope to see you back in 2019/20 season.



Under 12 Boys

Age Manager – Claire Pospischil
Assistant Age Managers – Peter Cunningham

The year for the under 12 boys was very pleasant with the boys always showing respect and friendship within the group. There were personal highs and lows, the lows were sometimes boys having very high personal expectations they sometimes didn't quite reach. The effort from everyone was really good and the social atmosphere was enjoyed by all. It's been wonderful watching you bond as a group and improve each week.



Successes, there were many. The 4 x100m state relay team of Lawson, Thomas, Zach R and Brock came 4th in the state and just off the podium. Brock made a clean sweep of the 100 and 200 up to regional level and qualified to state. Lawson gained the bronze in the 100m at region with Thomas and Zach coming 4th and 5th respectively. Fantastic to have a number of the top regional sprinters were from our group. Thomas qualified for state for 60m hurdles coming 2nd at the regional. Harrison won the region long jump, with a 2nd in triple jump and 4th in the high jump. Zach R came 2nd in the long jump and will also go to the state champs, great jumping boys. Max and Roden had some tough competition in the shot put but still performed very competitively. Isaac was 5th in the discus and is starting to produce some wonderful Javelin throws, winning the Gold at the Region and also a state rep. Aidan is proudly representing us in the 1500 Walk at the coming state champs also. Riley and Alex ran some very good middle-distance times. A group is not complete without the personalities and Hayden Spackman, Lucas Neal, Johnno, Lachlan, Rafael and Zach A all made great contributions to the competition and group generally. Liam is a better runner than he gives himself credit for, looking forward to seeing him and all the boys next year. We had some very good participation from the parents and were seldom short of help, thanks to you all.

Hoping to see you all back for next season, thanks Claire and Peter.



Under 13 Girls

Age Manager – Fiona Nadaya

Assistant Age Manager – Karen Hornery

What a busy Little A season we had this year, it just goes so quickly.

A big thank you to Karen for being my Assistant Age Manager and supporting me so beautifully. She is always so pleased to inform the girls on yet another PB that had been beaten. I believe this is an ongoing theme for our girls, it's always about the PB. And having fun while doing it, even better!

We have a great bunch of girls and some new additions to our group too. The last of them going into high school this year. Kailey, Lucie, Audrey, Lauren, Clare, Victoria, Kristina, Vanessa, Coco, Dana, Jasmine V, Natalie, Jasmine W, Hayley, Isabella, Georgia, Emma, Jocelin & Molly. You are all beautiful and talented girls and I look forward to another year watching you strive to be the best you can be. I know some of the events aren't your favourite ones, though you still give them a go, and that's what it's all about, just giving it a go.

A big congrats to Audrey, Vanessa, Clare, Jasmine W, Kailey & Lucie for making it to State for Little Athletics, what an achievement. Follow those dreams girls. An even bigger congratulations to Lucie, Clare, And Vanessa for medaling at the State carnival, with probably the worst weather I've ever experienced at a state carnival, they still achieved, yeah!

Some of our girls have even become National champions and we are so proud of you, the sky's the limit! It's been wonderful watching them grow into confident, fun, intelligent and active young women, and I'm thankful to be their Age Manager. It's the only morning I go without coffee as the natural adrenaline keeps me going on a Saturday morning!

Thank you to our regular parent helpers for their ongoing support, every moment is sincerely appreciated.

Look forward to another season together. 😊



Under 13 Boys

Age Manager – Sally Payne
Assistant Age Manager – Stephanie Mauger

Wow, what a fantastic season had by all!

For the first time, Stephanie and I took to wearing the hi vis age vest for this season's Athletics and had the pleasure supporting, encouraging and praising the U13 Boys for their personal best achievements throughout the season.

All boys should be extremely proud of themselves as whilst competing in what was the hottest Athletics season, you came each week with your smile; politeness; competitiveness and your fun personalities for the whole age group to enjoy.

Thank you to all the wonderful parents for lending a hand, your kindness and support was much appreciated.

For those boys who competed at the State Relays, Zone, Regional and State Carnival, you should be extremely proud of your outstanding personal best achievements.

Thank you and we hope to see you all again for the next exciting season of Athletics.



Under 14 Girls

Age Manager – Steve Novkovic

Assistant Age Manager – Deborah Adric

A Big thank you to all the girls in the U/14's it has been a great season

It has been fantastic watching the improvement from the beginning of the season to the end. Lots of PB's and some fantastic results. You girls have been an absolute pleasure throughout the whole season.

A couple of mentions to our State representatives, while at the state championships Zara throwing close to a PB in the Discus in awful conditions with the weather Chelsey coming 6th and getting her time under 8 minutes in the 1500m Walk also with the terrible weather Congrats to you both and looking forward to some great results next year.

Thank you to Deborah Adric for all the help this season, everything is much easier with more hands!

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



Under 14 Boys

Age Manager – Steven Pospischil
Assistant Age Manager – Amanda Porter

What a lively bunch the U14 boys are! I fully expected to see some seriousness as the athletes try to outdo each other on the track and field. I was actually pleasantly surprised though to see that the U14 boys still come down each week primarily to have fun with their mates. Nothing much has changed since U6, where the order of the day was throwing sticks, jousting and rubbing grass in other boys' hair – I think we had a bit of that still this season (and every season since U6 mind you)!

Despite the jokes, the boys really excelled this year and I felt they all stepped up a notch in their performances. Most weeks we were breaking PBs across the team. Congratulations in particular to Zach, Max, Caleb, Matthew & Riley who had some very good performances at Region, unfortunately just missing State. Lachlan & Brendan continue to perform very well at the major State and National championships across Little Athletics and seniors athletics, bringing home a number of medals, while Ryan and Luke are excelling in their pet events into State (High Jump) and Jake did extremely well at State in the 200m and 400m, making the finals. To Jim, Jy, Samuel, Aaron, & Josh, we would love to see you back with the group next year. I hope you had fun this year.

Next year is another opportunity to continue the hilarity but to also step up the performances again. To those who felt they missed out on reaching their goal this year, just remember that athletics is all about having the mental toughness to succeed. You are all great athletes and I know you will do even better next year – a little focus and training can go a long way as some of you have already seen.

All the best for your break, and we'll see you back for another round in U15s!



Under 15 Girls

Age Manager – Jeffrey Grubba

Assistant Age Manager – Suzie Wilson

Thanks to all the Girls for an enjoyable year. Big thank you to Anthony and Suzy for all the help during the season and to the parent helpers who enabled the Saturday program to run efficiently. Big thank you to all the Girls. Jenny, Eva, Kayla, Maddie, Holly, Indigo, Emma, Jorja, Amelia.

Highlights of the season was the outstanding javelin throwing of Amelia who won the NSW All Schools, NSW Little Athletics and NSW Juniors as well as breaking the Club Javelin record. Amelia also represented NSW at the Australian All Schools. You should be proud of your efforts and it was great watching you win the State title at a rain sodden SOPAC.

The Girls competed at the State relays in the Jumps and Throws, and came away with a Bronze medal in the throws relay. The team consisted of Amelia, Jenny and Emma.

Congratulations to Emma, Jorja, and Kayla who made it to State and performed well.

To all the Girls who competed at Club, Zone, Region and State you did yourself and your Club proud. Hopefully I will see everyone back next season



Under 15 Boys

Age Manager - Anthony Milton

Another running year ends for the U15 boys and I would like to thank each of them for being a great bunch of young men to again have had the pleasure to manage. I would also like to thank all the parents that put their hand up over the course of season both assisting with our various events and also our club roster, making my job that little bit easier.

We had a great group of 12 again this year being, Ben, Rory, Oliver, Thomas (TJ), Patrick, Aiden, Nathan, Gautham, Elijah, Tim, Connor and George. With the boys being competitive with each other and posting new personal bests each week, and for those that competed – recording outstanding results in zone, regionals and with state representation to come for some.

With Patrick (Shotput), TJ (Discus) and George (Javelin) also winning gold in the State Relay Throws event.

2018/19 also saw the first year in which the boys merged with the U15 girls as a whole team with Jeff (Age Mgr) and Susie (AAM) managing the girls – thank you so much for your support during the year.

With the new combined group, the start of the year began like the Cold War, with neither side prepared to engage with the other and keeping a safe distance. However, as the year progressed interactions between the two groups began to develop. Running races, which had previously been boys or girls events only began to become mixed (without the need for bribes), with the girls keen to show the boys who were boss and the boys determined not to lose.

Thanks again for a great year boys (and girls), I'm looking forward to seeing you all again next year as you take another step closer to becoming seniors.



Under 17 Girls & Boys

Age Manager - Cheryl Long

Assistant Age Manager – Andrew Cusack

What a privilege it has been this season to once again be associated with an amazing group of young men and women. Firstly, I would like to congratulate all of the athletes for their efforts this season. Congratulations on the respectful way you represent the club each Saturday morning and at Zone, Region and State competitions. The way you show support to each other is wonderful to witness. You are all very helpful, considerate, encouraging and for this you should be commended.

All of the athletes have achieved many PB's this season and we have broken some records along the way. Omar has broken the High Jump and Triple Jump records at our club and at Zone. Nicholas has broken the 300m Hurdles record and Elizabeth has equalled the High Jump record. Their achievements are to be commended and also to the other athletes that attempted records this season.

This group provided the club leaders for the season in Nick & Liz as captains and Erick & Tiana as vice captains. They did a great job in representing the club.

I must give a very big thank you and acknowledgement to Andy Cusack for all of his hard work as the assistant Age Manager. Every week he is ready to do whatever needs doing and is often having fun driving the tractor at the end of the day packing up. I could not have done this without your constant help. Thank you also to all the parents who have helped by raking the sand, spiking the javelin, returning the shot put and stepping in to help with the track events when we were rostered on. Thank you also to the committee for everything you all do each and every week to ensure the successful running of this wonderful club.

I would like to wish Brett, Erick, Kayden, Luke and Zac all the best next season as they continue their Little Athletics journey. Our graduating athletes for 2019 are OMAR, NICK, JAY, PATRICK, LIZ, SOPHIE, CHLOE, TIANA A AND TIANA MC. I wish you all the best and I hope you all continue to pursue athletics in some form in the future.





SPECIAL THANKS

VOLUNTEERS

THANK YOU to our **WONDERFUL VOLUNTEERS** who have generously given their Saturday mornings to WHAC.





SPECIAL THANKS

2018/19 COMMITTEE

An extra special thank you must go out to the
2018-2019 WHLAC committee members.

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



Phil Dew
Steven Pospischil
Jeffrey Grubba
Scott Henderson
Kylie Webster
Richard Abela
Anna Chevalier
David Macheski

Fiona Nadaya
Claire Pospischil
Anne-Marie Torrens
Louis Tuyau
Riahn Tuyau
Matthew Webster
Sara Welsby
Luke Zapatero





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