



**Hornsby District Little
Athletics Centre Inc.**
(Established in 1970)

*53rd Annual Report
2022-2023*

Contents

Report	Page
❖ President's Report	3
❖ Vice President's Report	3
❖ Treasurer's Report	4
❖ Auditor's Report	7
❖ Registrar's Report	8
❖ Secretary's Report	10
❖ Championships Report	11
❖ Results Officer's Report	15
❖ Website Coordinator's Report	16
❖ Technical and Equipment Report	16
❖ Coaching Report	17
❖ Age Manager Coordinator Report	17
❖ Awards Report	18
❖ Track and Field Officer's Report	22
❖ Cross Country Report	22
❖ Tiny Tots Report	22
❖ First Aid Officer's Report	23
❖ Masters Report	23
❖ Uniform Report	24
❖ Canteen Report	24

President's Report

The 2022-23 season has been by far one of the most successful in recent history. With almost no disruption from external factors we were able to focus on building the club across all components.

Highlights included:

- commencing the little athletics season with focus on skills enhancements for all age groups
- commencing our key official's policy, entailing paid officials supporting our Saturday morning events
- continued positive team culture and representation at Zone resulting in our biggest team for many years which flowed through to Region and State
- strong representation in Senior athletics events, including a silver for the Masters 35-49 in the Treloar Shield
- growth in membership across little athletics as well as seniors/masters
- additional jumps coaches added to weekly training sessions
- new sponsor partnerships
- a strong financial year
- successful and strongly attended end of season celebration

My sincere thanks goes to a really strong committee, filled with passionate individuals who work extremely well together to deliver a huge program and create opportunities for all athletes regardless of age and ability.

Looking ahead to next season, we will continue to build momentum across all avenues of the club, with a priority to build out a strong Saturday operations team to reduce the reliance on Grant and myself; and bring new committee members into the team to ensure we continue to evolve and create longevity for the club.

Alice Clayton
HDLAC President

Vice President's Report

This was another great season and I second the summary by Alice above.

It was particularly great to see the increasing participation of Hornsby in senior events as we evolve from a Little Athletics club into an all-age club, catering to a wide range of athletes. This starts with our mixed age training sessions, where youth and adults are able to run together and encourage each other and is starting to roll into representation at ANSW events. We hope to see this continue next season.

A big thank you to Alice, who continued to invest huge amounts of energy into the club and has steered the ship well. Thanks also to the committee who help get everything done and make the club run.

Grant Carlton
Vice President

Treasurer's Report

The 2022-23 was another successful year for the club's finances, again moving the club to long term sustainability. Net cash surplus for the year was \$31,257, driven largely by a 67% increase in income over the previous year to \$67,492. Operating costs fell by 39% over previous years, although this is largely due to delay of major expenses coming in this year like ground rental and full amount of presentation day costs. These costs will be shown in next year's accounts.

Income growth reflected the increase in the number of athletes registered, with LANSW fees increasing by 13% to \$30,375. The strength of the seniors is also reflected in the additional ANSW fees received, growing 77% to \$10,557 which includes income from Memberships (\$2,560), Squad Training (\$4,962) and Ticket sales for the end of season celebration (\$3,035).

Government grants and sponsorships contributed \$13,337 up from just \$1,000 in 2021-22. Major grants and sponsorships included:

- \$7,700 NSW Government local sport grant for junior coach development and additional training equipment
- \$1,600 NSW Government local sport grant to assist in the cost of running the annual SOPAC event
- \$1,899 NSW Government local sport grant to upgrade the safety of the canteen equipment.

The revenue from the canteen also saw significant growth from \$4,259 up to \$10,483 driven by a full season and minimal weather cancellations. This is a great achievement for the club, and its growth shows the commitment that our athletic community has to the health of the club. The canteen is our only consistent source of income outside athletic fees, and it is great to see it going from strength to strength.

The increase in revenue has allowed the club to invest in new equipment, totalling \$9,380. We invested in additional canteen equipment, including a new BBQ and bain marie. We acquired additional training equipment, including new hurdles. Finally, we acquired a new equipment trailer and a new shipping container which addressed the storage shortfall due to lack of council storage provided to athletics.

Luke van Hooft
HDLAC Treasurer

Hornsby District Little Athletics Club Inc.

Income & Expenditure Report

April 2022 - March 2023

	<u>2023</u>	<u>2022</u>
Income		
ANSW Income	\$10,557	\$5,956
Canteen	\$10,483	\$4,259
Coaching Fees	\$0	\$173
Masters Income / Winter Fees	\$701	\$675
Govt and Sponsor	\$13,337	\$1,000
NSW Little Athletics Funds	\$30,375	\$26,818
Sundry Income	\$205	\$0
Uniforms	\$1,832	\$1,620
Total Income	\$67,492	\$40,500
Cost of Sales		
Canteen supplies	\$4,771	\$1,247
LANSW fees	\$4,292	\$2,855
Uniform expenses	\$2,870	\$5,111
Total Cost of Sales	\$11,934	\$9,213
Gross Profit	\$55,558	\$31,287
Expenses		
Accounting	\$1,065	\$1,065
Advertising & marketing	\$193	\$416
Badges	\$0	\$930
Bank charges	\$222	\$128
Gifts and donations	\$0	\$31
Coaching costs	\$270	\$0
Ground rental	\$1,821	\$7,700
Medical supplies	\$0	\$9
Motor vehicle expenses	\$16	\$0
Office Expenses	\$734	\$0
Postage & shipping	\$0	\$330
Presentation day costs	\$4,993	\$8,800
Printing, stationery & supplies	\$344	\$19
Registration and insurance	\$48	\$47
Repairs and maintenance	\$625	\$1,025
Wages	\$5,340	\$6,270
Subscriptions	\$875	\$361
Telephone & internet expenses	\$688	\$1,055
Total Expenses	\$17,234	\$28,186
Other Expenses		
Depreciation	\$7,067	\$5,417
Total Other Expenses	\$7,067	\$5,417
Net Surplus/(Deficit)	\$31,257	(\$2,316)

Hornsby District Little Athletics Club Inc.

Balance Sheet Comparison

As of March 31, 2023

	<u>2023</u>	<u>2022</u>
Assets		
Current Assets		
Cheque Account (9859)	\$992	\$817
Cheque Account (9867)	\$88,134	\$59,365
Inventory (Uniforms)	\$0	\$0
Total Current Assets	<u>\$89,126</u>	<u>\$60,182</u>
Non-Current Assets		
Equipment		
Original Cost	\$197,111	\$187,731
Accumulated Depreciation	(\$183,132)	(\$176,066)
Total Equipment	<u>\$13,979</u>	<u>\$11,666</u>
Total Non-Current Assets	<u>\$13,979</u>	<u>\$11,666</u>
Total Assets	<u><u>\$103,105</u></u>	<u><u>\$71,847</u></u>
Liabilities and shareholder's equity		
Shareholders' equity:		
Net Income	\$31,257	(\$2,316)
Retained Earnings	\$71,847	\$74,163
Total shareholders' equity	<u>\$103,105</u>	<u>\$71,847</u>
Total liabilities and equity	<u><u>\$103,105</u></u>	<u><u>\$71,847</u></u>

19th May 2023

**THE MEMBERS OF
HORNSBY DISTRICT LITTLE ATHLETICS CENTRE INC.**

I have audited the books and other financial records of Hornsby District Little Athletics Centre Inc. in respect to the year ended 31st March 2023 and report to members that in my opinion the Income and Expenditure Statement gives a true and fair view of the Association's operating results for the financial year ended 31st March 2023.



NEIL THOMSON
Fellow Certified Practising Accountant

Registrar's Report

Little Athletics registrations returned to pre-covid numbers, with the highest membership since the 2016/17 season, closing at the end of summer at 376. Season registrations were opened with an early bird offer which assisted with pre-season registration and should be continued. Winter membership was not discounted by LANSW this season so we agreed to close registrations at the end of the summer season and point prospective members to ANSW Community or Winter membership which offered better value.

It was pleasing to see the male/female split return to closer to 50:50, following a significant drop in male registrations last season. We are also pleased to see our older age groups continue to remain strong, albeit the majority of growth coming from the U7-U10s. Our younger age groups were well balanced without any unmanageable group sizes.

Table 1. Age Group Summary

Age Group	Male	Female	Total
Tiny Tots	9	15	24
U6	16	13	29
U7	20	24	44
U8	23	13	36
U9	26	24	50
U10	18	25	43
U11	25	23	48
U12	9	20	29
U13	10	17	27
U14	10	9	19
U15	10	5	15
U17	7	5	12
Total	183	193	376

Yearly Registrations from 1999/2000 to 2022/2023

Yearly registrations since 2000 have remained constant as observed in Figure 2 with peak numbers (450) being achieved in 2001 and 2012 prior to a downward decline in total memberships from 2013. As the Olympic years approach (2000, 04, 08, 12, 16, 21) an uptake in new members is observed followed by a slight decline towards the completion of each Olympic cycle. A significant decline in numbers was observed between 2019-2022 due to covid impacts, delayed Olympic games and a season severely impacted by wet weather.

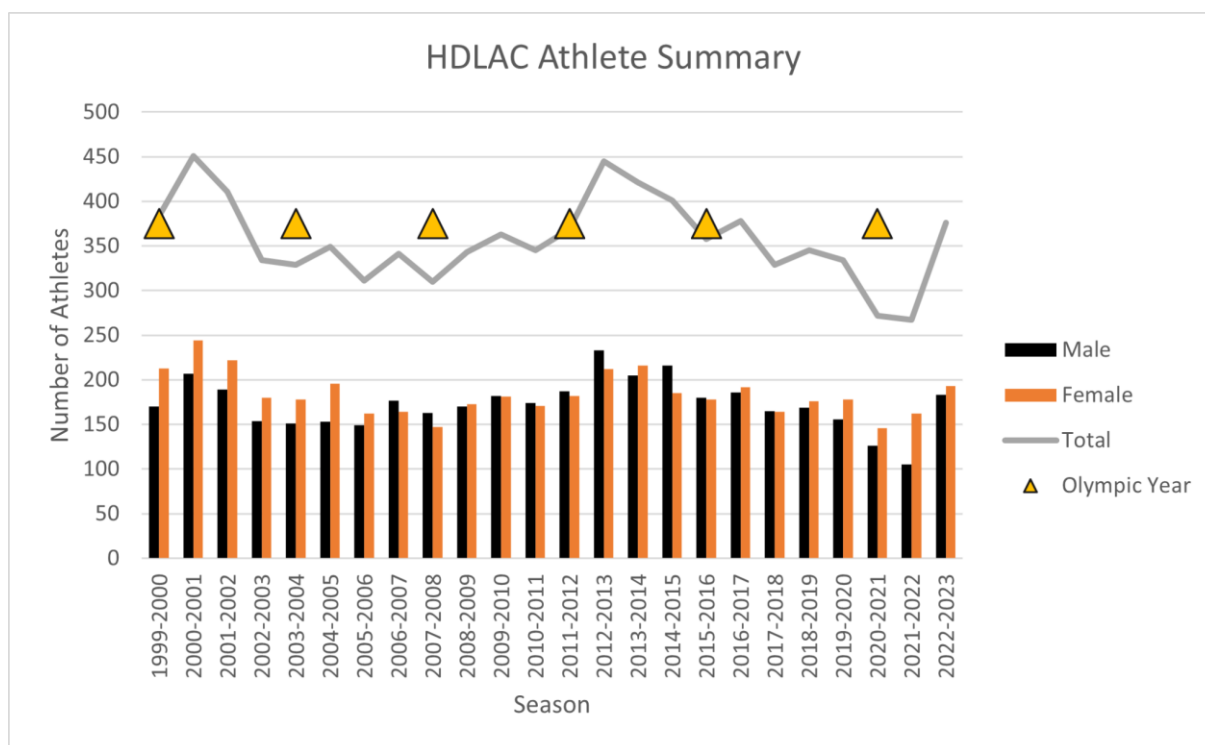


Figure 2. Yearly registration trends since 2000.

Senior Membership

Hornsby has been running as a Onesport club for 3 years with currently 128 senior members. The club also provides the link for other Little Athletics members to start their journey into senior athletics with dual members from Cherrybrook, Ku-Ring-Gai and Northern Districts LA choosing to represent Hornsby.

The master's section of the club is booming with the club holding masters' competitions, and several members having secured medals at the Masters State Champs, and Australian Masters Championships.

More recently the club has started its first ever recreational running program. The 'First 5/10k' program, is aimed at getting new runners into the sport with the aim to complete a 5 or 10k at the upcoming Sydney10 event. This has created 12 new members to the club. It also encourages families to enjoy the sport together.

Last season, covid disruptions resulted in a higher number of junior community members who did not participate in team sports. With all sporting bodies now back fully operational, we have seen a drop in those numbers for this season. Looking ahead to winter, the addition of an extra training night, and the cross country season might see an increase in winter community members, however the little athletics growth also captures the Junior community members who are not yet old enough

for dual status. Anticipated changes in the ANSW membership model for next season are likely to impact this further.

Membership type	Total Members (Oct 2022- Mar 23)	Total Members (Oct 2021- Oct 22)
Dual	63	58
Concession	6	10
Open	25	22
Junior Community	5	13
Senior Community	21	22
Club Volunteer	7	7
Winter Member	0	2
Total	128	134

Alice Clayton
on behalf of HDLAC Registrar

Secretary's Report

In my first season as HDLAC Secretary I have enjoyed getting to understand what goes on in the background to make the club run so well. I have been grateful for the support of the other committee members, especially Alice, Grant and Fran as I have learned the ropes.

The main responsibilities of the secretary are to reply to enquiries received via email, liaise with Hornsby Council and the relevant athletics governing bodies. There is a steady stream of activity throughout the season across each of these activities.

Due to my professional expertise, I have also taken on some of the marketing duties, such as designing flyers, running paid social media campaigns and coordinating HDLAC presence at shopping centres to encourage registration - all of which has paid dividend.

Throughout the year we held a mix of in-person and online meetings. The in person meetings were held at West Pennant Hills Sports Club (WPHSC) who waived the hiring fees, but have informed us we no longer have access to the board room, so we will be looking for an alternate venue this year.

The meetings were held on the following dates:

21st June 2022

19th July 2022

1 August 2022

16 August 2022

6 September 2022

20 September 2022

1 November 2022

6 December 2022

31 January 2022

28 February 2022

The AGM was held at WPHSC on 17th May 2022.

Anne Neilan
HDLAC Secretary

Championships Officer's Report

The 2022-23 Championships season was finally COVID-free. Club efforts to increase training and build strength across year groups was evident in the results achieved across a range of LANSW and ANSW competitions, and HDLAC athletes also competed at State level across a range of different track and field events. We continue to have athletes from other Little Athletics districts competing for Hornsby in ANSW events. Participation at ANSW events far exceeds previous years and our athletes compete at a variety of ANSW events.

Athletes competed in the State Relays; Zone, Regional and State Little Athletics competitions and the State Combined Events Championship in Dubbo. Additionally, athletes competed in ANSW Junior Championships. Combined Events and represented NSW in the National Athletics Championships.

Little Athletics Events

LANSW State Relays , 12-13 November 2023 (SOPAC)

As a result of HDLAC's lower numbers in the last season (COVID), the club qualified for Section 2 Events. This is not likely to be repeated in the future, but as a result, we were able to enter in mixed 4x100M and compete against the smaller clubs. We took advantage of this opportunity to put in some strong 100M mixed teams. In total, HDLAC entered 7 teams this year for some good results, including:

- U15 4x100M mixed – 1st
- U11 4x100M mixed – 3rd
- U15 4x400M mixed – 5th
- U8 4x100M mixed – 5th

NEM Zone Championships, 25-27 November 2022 (Narrabeen)

HDLAC entries increased this season - 128 athletes entered in 437 events at Zone. This was a significant increase on the lower 2022 numbers of 84 athletes in 278 events. However, large increases in athlete numbers in competitor districts like MW and Ku-ring-gai meant that the competition was difficult. Despite high participation rates and a lot of PBs, only 60 athletes qualified for the next level of competition.

Region 5 Regional Championships, 4-5 February (SOPAC)

60 athletes qualified for the Regional Championships across 149 events, with the additional qualification of the Senior Girls relay team. This was a return to similar levels of 60-70 qualifiers in pre-COVID year. The event was also moved to SOPAC rather than Narrabeen.

Top 3 Results:

- Alexandra Bissaker (8G) – 2nd SP
- Tyler Holdsworth (8B) – 3rd Hurdles
- Huxley Richardson (98) -2nd Discus, 3rd 800
- James Bissaker (10B) –3rd 200
- Samantha Campbell (10G) - 3rd Discus, 3rd SP

- Alexandros Tsaousidis (11B) – 2nd SP
- Amy Campbell (12G) – 3rd Discus
- Joel Ramsay (12B) – 2nd Javelin
- Daniel Sims (12B) – 2nd SP, 3rd Discus
- Sebastian Duddle (12B) – 1st 100, 3rd 200, 3rd 400
- Eden Herring (14G) – 1st TJ, 1st 80H, 1st 200H, 3rd LJ, 3rd 200
- Alice Lyng (14G) – 3rd 3000
- Shiva Rajesh (14B) – 3rd 200, 3rd 400
- Wol Albino (15B) – 1st 100M, 1st 200M, 2nd 400M
- Luke Woods (15B) – 3rd 3000
- Nathanael Ramsay (17B) – 2nd 200, 2nd LJ, 3rd 400,
- Bella Kachel (17G) – 3rd Jav

State Track and Field Championships, 19-20 March (SOPAC)

Reflecting the focus upon training and skills, HDLAC had 22 athletes qualify for the State Championships across 44 events, which was our largest contingent in many years. Although our numbers from Zone through to Regionals were similar to previous years, our State team continued to grow – 21 athletes in 36 events (2021/22), 16 in 29 events (2020/21), 17 in 20 events (2019/2020), 16 in 26 events (2018/2019).

There were 14 athletes placed in the top 10 in the State across 20 events, which is excellent in comparison to 10 athletes placing in the top 10 in 2022 in 13 events, or 8 athletes in the 2021 season).

- Wol Albino (15B) – 1st in 100M, 200M and 400M
- Eden Herring (14G) – 1st 80MH, 8th LJ
- Sebastian Duddle (12B) – 4th in 100M
- Samantha Campbell (10G) – 5th SP, 9th Discus
- Nathanael Ramsay (17B) – 5th LJ, 10th Jav
- Alyce Lyng (14G) – 7th 3000
- Shiva Rajesh (14B) – 8th 400
- Luke Woods (15B) – 8th 3000
- Lochlann Neilan (15B) – 9th 3000
- Joel Ramsay (12B) – 9th Jav
- Ashton Sawtell (15B) – 9th 300MH
- Daniel Sims (12B) – 9th 80MH

- Juliet Erickson (11G) – 9th 400, 10th 800
- Bella Kachel (17G) – 10^h Javelin

State Combined Events Carnival: 4-5 March (Dubbo)

Hornsby had a small contingent at the Dubbo carnival of 5 athletes – Samantha Campbell (10G) and Amy Campbell (12G), Daniel Sims (12B) and Matthew Sims (14B) and Eden Herring (14G).

- Eden Herring (13G) – 5th
- Daniel Sims (12B) – 5th

Athletics NSW events

NSW Combined Events Championships January 2023 (ACT)

- Eden Herring, U16 Women's Heptathlon (5th place) 3789 points
- Luke Woods, U16 Men's Heptathlon (7th place) 2768 points

ANSW Junior Championships, 24-26 February (SOPAC)

Hornsby participation at State Juniors continues to grow. 18 athletes took part in the Junior Championships across 38 events. Top 3 places were achieved by 7 athletes. Alphabetical results:

- Wol Albino - U16 Men's 100 (3rd), 200M (2nd), 400M (2nd)
- Maximillian Boomkamp - U20 Men's 1500M (15th), 3000 (14th)
- Isabelle Cruickshank - U18 Women's Javelin (4th)
- Sebastian Duddle - U13 Men's 100m (3rd), 200m (2nd), 400m (1st)
- Chelsea Forte - U14 Women's Javelin (5th)
- Mackenzie Goonan - U17 Men's 400MH (11th)
- Eden Herring - U15 Women's 100M, 200M, 90MH (2nd), LJ (5th)
- Mae Herring - U15s Women's Pole Vault (2nd)
- Arabella Lewis - U15 Women's 100M (10th), 200M (6th)
- Daniel Photios, U17 Men's Pole Vault (1st)
- Shiva Rajesh, U15 Men's 100M, 200M, 400M (8th)
- Joel Ramsay - U13 Men's Javelin (3rd), Long Jump (3rd)
- Nathaneal Ramsay - U17 Men's LJ (6th), Javelin (7th)
- Daniel Sims - U13 Men's Shot Put (2nd)
- Matthew Sims - U15 Men's 1500M, Discus, SP (9th)
- Annabelle Stewart - U16 Women's Javelin (11th)
- Liesel Walsh - U14 Women's 100M

- Luke Woods - U16 Men's 800M (12th), 1500M (12th), 3000M (8th)

ANSW Open Championships, 3-5 March 2023 SOPAC

- Rakeli Albino - Open Women's 200m

- Natesha Shalliker - Open Women's Para Ambulant 800m

NSW State Reps National Competitions

National All Schools Championship, 9-11 December 2022 Adelaide

- Wol Albino - U15 Men's 100m placed 2nd, U15 Men's 200m placed 2nd, U15 Men's 400m placed 4th and 4 x 100m relay team

- Isabella Cruickshank - U17 Women's Javelin placed 4th

- Mae Herring - U14 Women's Pole vault placed 6th

- Daniel Photios - U16 Men's Pole vault placed 2nd

National Athletics Championships, 13 – 16 April 2023 (QSAC)

Hornsby had the following athletes qualify to compete for NSW at the National Athletics Championships held in Queensland. Medals were won by 4 athletes.

- Wol Albino - Gold U16 Men's 4 x 100m relay

- Daniel Photios - Silver U17 Men's Pole Vault

- Daniel Sims - Silver U13 Men's Shot Put

- Sebastian Duddle - Silver U13 Men's 100m and 400m, Bronze U13 Men's 200m

Additional National results

- Wol Albino - U16 Men's 100M (5th), 200M (5th), 400M

- Isabella Cruickshank - U18 Women's Javelin (9th)

- Chelsea Forte - U14 Women's Javelin (12th)

- Eden Herring - U15 Women's 100M (21st), 90MH (5th), Heptathlon

- Mae Herring - U15 Women's Pole Vault (7th)

- Daniel Photios - U17 Men's Pole Vault (2nd)

- Joel Ramsay U13 Men's Javelin (4th) and Long Jump (4th)

- Daniel Sims U13 Men's Shot Put (2nd)

Joanne Kachel
Championships Officer

Results Officer's Report

It has been wonderful getting back to something like a normal athletics season in the summer of 2022-2023. We welcomed many returning and new members this year across many age groups. This resulted in some fantastic results by many athletes.

A number of years ago HDLAC transitioned to a fully digital results system using the Timing Solutions products (ResultsHQ and CompHQ). These are the mainstay of our results recording and processing. During this season HDLAC continued to reduce our reliance on the club supplied iPads to run CompHQ software, by encouraging the use of the CompHQ app on personal devices (Apple and Android) that the age manager can use. For the most part this has worked OK, but it is not without its issues.

1. Android installation on modern phones is problematic and not easy. It does not install from the Google Play Store and requires manual installation and configuration, including the adjustment of security settings to work. This is beyond the experience of day to day users and not ideal, and caused some level of frustration amongst some users, who opted to record results manually.
2. Manual recording of results, while fine, creates work for the recorder, and has on several occasions resulted in results not being transferred to the Results HQ system for some field events. This is difficult to follow up.

The Stars Award system this year has been modified slightly this year to emphasise the child's ownership pride in their award and personal incentive to strive to improve their performances. The primary change is that awards are no longer handed out to all athletes as a matter of course when they achieve an award. We maintain a list of athletes and award levels they have qualified for, but it is up to the athlete/family to track and claim the award. The Star Awards encourage personal improvement and get progressively more difficult, with Gold being the top level. This season we had 12 athletes meet the requirements for Gold ranging from U6 – U17. Congratulations to all.

A number of HDLAC centre records (10) were broken this year in both track and field, some multiple times for the same event, and including one long standing record from 1983. Congratulations to:

Name	Age	Gender	Event	Old Record	New Record	Comments
Willow Hickey	10	Girls	High Jump Scissor	1.11m (2019)	1.15m	
Sebastian Duddle	12	Boys	100m	13.91s (2019)	13.43s	
Daniel Sims	12	Boys	80m Hurdles	15.37s (2020)	14.38s	Set record 3 times
Daniel Sims	12	Boys	Shot Put	11.13m (1983)	11.28m	
Wol Albino	15	Boys	100m	12.50s (2014)	11.78s	Set record 2 times

Wol Albino	15	Boys	200m	25.80s (2021)	24.38s	Set record 2 times
-------------------	----	------	------	---------------	--------	-----------------------

There were several instances of records potentially being broken, but they could not be certified. This is a potential area to improve with event assistants to be aware of the requirements to certify (halt competition and have a committee member check that the run/attempt was valid and recorded correctly).

Looking ahead to the 23/24 season there is room for improvement in how field results in particular are handled to minimise rework and eliminate the possibility of unreported results. Maybe implement training sessions in the first few weeks of the season for a group of parents in each age group.

Masters results recording has been done in a hybrid manner. The numbers are small enough that the rework time to enter the results is not too bad. CompHQ was not intuitive when dealing with the different age groups often competing together in Masters events. This is an area of improvement for the 2023-2024 season.

Andrew Sims
Results Officer

Website Coordinator's Report

This season was my first editing the website and the system is a little clunky to use, but manageable. The web pages we have seem to provide a sufficient amount of information to new and current members, particularly regarding registration and the various season carnivals. It might be beneficial to consider a new system that is easier to use and with more features in the future.

The Revolutionise platform continued to be used for event management, from the SOPAC Christmas Special to the End of season celebration, and for squad training bookings.

Our Little Athletics Facebook page followers increased from 540 to 657, and our Masters page from 79 to 101 followers, including a number of athletes from other clubs. Our Instagram page has 178 followers.

The little athletics page was primarily used for training updates and sharing of photos, and the masters page for photos and sharing of upcoming events.

A WhatsApp group was established for pushing out cancellations and 'whats on' activity, which is created as an Admin only post page and has been well received. There are 168 participants in the group.

Rhian Richardson
Website Coordinator

Technical and Equipment Report

We again operated without a dedicated equipment officer which is starting to result in gaps in keeping our equipment well maintained and timing gates operational. This is a key position to fill for the upcoming season.

Alice Clayton
on behalf of Equipment Officer

Coaching Report

The club continues to grow and develop its coaching strategy, which shows in the number of athletes competing at Zone, Region, State and National level across the competition pathway. We are now in a position to offer coaching and training throughout the whole year.

We continue to develop our skills training with our younger athletes, whilst also giving the opportunity to our teenage coaches to hone their skills and help the next generation of the club on Monday and Thursday afternoons. The team of Riley Bevan, Charlotte Clayton, Dominic D'Souza, Bella Kachel, Emily Loughran-Foulds, Nathanael Ramsay, and Luke Woods must be commended for their dedication and commitment throughout the season and beyond for delivering the Junior Skills sessions over the course of the summer months.

We continue to expand our specialist training over the summer months, now being able to cater for a vast array of athletics events. Sarah Collinson ran our weekly high jump squad, Daniel Sumpton took on the role of horizontal jumps coach, Tim Campbell continues to develop the shot and discus squad, Alison Herring leading the hurdle squad, with myself continuing to coach javelin and senior sprints and endurance Thursday squads.

Our free running groups continue to grow, with Joe Burgess leading the Monday night fitness sessions. Alongside this, Alice Clayton and Grant Carlton have continued to support the masters running groups on a Monday and Thursday evening.

The club also introduced a free Running Fitness Program, which aimed at getting those new to running over a 12 week program to be able to run a 5k. The club had 12 participants join the program, which has seen five of them take out a membership with the club. This program was led by Alice Clayton.

We also had the support of Carlingford Active Health, over the second part of the summer season. I would like to thank Lauren Cain and Ben Addison for the support they provided and continue to provide to the club and its members.

All of our coaching team have done a fantastic job over the past 12 months, which is reflected in not only those who are competing at a higher level, but also to those athletes who are achieving personal bests and star awards. Congratulations to all who help make this happen.

Maddy Smith
Coaching Coordinator

Age Manager Coordinator Report

This was my first year as Age Manager Coordinator, having stepped down as Secretary last season. It was an easy transition given I took on the role at the end of last year when the Erasmuses left, and I was able to get incumbent age managers back on board and recruit a number of new parents in vacant roles. As with previous years, there is some drop off with age managers who stop turning up (but don't necessarily inform anyone!) and some mid-season recruitment was required. Thanks to those who helped with this!

Things generally ran well, which was a plus given that the numbers were much larger this year and quite a few age groups had over 20 kids to manage. The only two consistent issues that need resolving are: the oversight of the skills-based star award assessments and getting more assistance

so kids can progress to next levels more regularly; and managing the consistent lack of parent help at some of the throw events, which means age managers are under pressure to multi-task as officials and age managers.

Thanks to all those who volunteered as age managers this year, and also to those parents who consistently turned up each week to help them out. I loved being able to get out and around to see how age groups were doing and to help with younger groups and new age managers. I hope to do so again next season!

Fran Dorey
Age Managers Coordinator

Awards Manager Report

This was another smooth season for rewards, and was helped by a consolidation of some of the data crunching to the Results Officer. Looking forward to next season, we should continue to consolidate effort where possible and look for ways to improve and re-invigorate the skills based star awards.

Star Awards

A big thank you to Andrew Sims who took over the star awards this season and implemented a revised approach requiring athletes to track their own progress and request stars. This was agreed in preference to the previous automated approach to encourage athletes to be more engaged in their star award progress, and to not hand out numerous badges to athletes that were not interested. Feedback indicated that the new system worked well and should be continued next season. Thanks also to Cathy and Emily for helping with the handing out of stars.

Skills based stars for U6s, U7s and U11s were a bit neglected during the start of the season but thanks to some ongoing help from Fran and Andrew and a big push towards the end from Fran, Andrew, Sarah, Tim, Dan, Alice and myself managed to get all the ages covered with a little bit of coaching and everyone assessed. Next season we should concentrate on being more organised from the start, setting up the age managers to coach and assess themselves and generally being more proactive. This would be helped by a dedicated star awards person.

Septathlon

Our annual Septathlon event was held on 11 February and was another success.

The Junior and Senior Septathlon winners and place getters for each age group are presented in the tables below.

Most PBs at Septathlon	Maple Hiram
Junior Septathlon Champion - Girls	Juliet Ericksonl
Junior Septathlon Champion - Boys	Huxley Richardson
Senior Septathlon Champion - Girls	Eden Herring
Senior Septathlon Champion - Boys	Joel Ramsay

		Girls		Boys		
U6						
1	Jemima	Pittman	3,325	Ronan	Porter	2,308
2	Krishानी	Singaram	2,081	Jason	Bhuyan	2,213
3	Saphira	Richardson	2,007	Theodore	Van Haarlem	2,161
U7						
1	Grace	Dyson	2,867	Krish	Kodakalla	3,434
2	Iliana	Tsaousidis	2,346	Flynn	Hickey	3,098
3	Maria	Olsen	2,178	Kobe	Lee	2,639
U8						
1	Lucy	Keevy	3,629	Tyler	Holdsworth	3,925
2	Nalinga	Albino	3,295	Harrison	Tye	3,776
3	Isabelle	Bolton-Huttlestone	3,169	Isaac	Fionda	3,775
U9						
1	Maple	Hirama	2,824	Huxley	Richardson	4,239
2	Ava	Mode	2,784	Bethan	Compion	3,321
3	Matilda	Clementson	2,619	Louis	Behrens	3,139
U10						
1	Willow	Hickey	3,728	James	Bissaker	4,070
2	Samantha	Campbell	3,231	Alexander	Sorensen	3,927
3	Gaia	Minieri	3,151	Henry	Groenestyn	3,196
U11						
1	Juliet	Erickson	3,749	William	Seale	3,383
2	Grace	Carlton	3,068	Jacob	Fionda	3,201
3	Jayda	Mode	2,619	Angus	Martin	2,921
U12						
1	Amy	Campbell	3,417	Joel	Ramsay	4,178
2	Ella	Pattie	3,119	Daniel	Sims	4,081
3	Anna	Tye	3,034			

U13

1	Tara	Gilkeson	3,374	Will	Merchant	2,354
2	Liesel	Walsh	2,928	Luka	Matrljan	2,261
3	Camila	Iorio	2,828	Benjamin	Aguilar	2,072

U14 - U17

1	Eden	Herring	4,308	Nathanael	Ramsay	3,840
2	Bella	Kachel	3,291	Shiva	Rajesh	3,524
3	Tiffany	Fong	3,105	Luke	Woods	3,298

End of Season Awards

The end of season awards presentation was held at Molly's Pavillion in the Cheltenham Recreation Club, as a dinner and bowls function and was a great success, with a combination of fun and celebration had by all. Thanks to Rachel and Alice for organising this event.

The age group awards remained unchanged this season, however we did add an extra perpetual award for Outstanding male and female athlete, allowing us to acknowledge the growing senior component of the club. We also had a small change to plaques, providing them on a request only basis, significantly reducing the number of uncollected plaques vs previous seasons.

Summaries of the club award winners and age group awards are provided below.

Arnold Hunt Award - best middle and long distance	Alice Lyng
Brett Carkeet - walking and middle distance	Juliet Erickson
Genevieve Train - sprints	Wol Albino
HDLAC Hurdles	Eden Herring
HDLAC Jumps	Nathanael Ramsay
HDLAC Throws	Samantha Campbell
Clint Shaw - Outstanding Junior Athlete	Tyler Holdsworth
Marion Mitchell - Most improved	Parker Pride
Walkley Award - Junior Sportsmanship Award	Amber Clayton
Binning Award - Senior Sportsmanship Award Girls	Leila Broadley
Binning Award - Senior Sportsmanship Award Boys	Nathanael Ramsay
Spirit of Masters Award	Kathryn Jones and Dave Ramsay
Outstanding Senior Athletes	Arabella Lewis and Daniel Photios

Age Group	Best All Round Athlete	Most Improved	Best and Fairest
U6G	Jemima Pittman	Myla Flinn	Charlotte Smith
U6B	Theodore Van Haarlem	Ronan Porter	Jason Bhuyan
U7G	Grace Dyson	Emmeline Liava'a	Chloe Doyle
U7B	Flynn Hickey	Ellis Riddle	Oliver Dalziel
U8G	Nalinga Albino	Grace Backhouse	Alexa Erickson
U8B	Christopher Whitfield	Isaac Fionda	Robin Van Haarlem
U9G	Elodie McInnes	Maple Hirama	Matilda Clementson
U9B	Huxley Richardson	Damien Shantiratnam	Louis Behrens
U10G	Willow Hickey	Elina Gill	Madison Porter
U10B	James Bissaker	Parker Pride	Alexander Sorensen
U11G	Juliet Erickson	Jayda Mode	Ada Riddle
U11B	Jacob Fionda	Alexandros Tsaousidis	Maxim Tietgen
U12G	Amy Campbell	Amelia Monfries	Verity Mitchell
U12B	Joel Ramsay	Daniel Sims	Sebastian Duddle
U13G	Tara Gilkeson	Liesel Walsh	Scarlett Hyde
U13B	Lucas Beven	Lucas Matheson	Luka Matrljan
U14G	Eden Herring	Tiffany Fong	Josie Clayton
U14B	Shiva Rajesh	Ronan Pattie	Matthew Sims
U15G	Eleanor Schwarz	Annabelle Stewart	Michaela Couper
U15B	Luke Woods	Lochlann Neilan	Ashton Sawtell
U17G	Bella Kachel	Leila Broadley	Lily Sorensen
U17B	Nathanael Ramsay	Riley Beven	Damien Hyde

Grant Carlton
Awards Manager

Track and Field Officer's Report

We have operated without a track & field officer which was only problematic at the start of season when lane markings were completed late for season commencement, and potentially not accurately. This would be a helpful position to fill for upcoming seasons to ensure accuracy of lane markings. The Secretary and President filled the requirement to notify council for any issues as they arose.

Alice Clayton
on behalf of Track and Field Officer

Cross Country Report

We continued to run our Trail Cross Country series, introducing a small fee for entry and trying to encourage those to come to all three events that we were running. Our numbers were low with only 17 people registering for the series. This could be down to the first full winter back post Covid and members doing other winter sports.

Athletics NSW State Cross Country Relays we fielded 6 teams, taking home two medal placings on the day.

U12 Boys - 2nd place

U20 Men's - 7th place

U14 Girls - 10th place

Masters 30-39 Women - 2nd place

U16 Men's - 9th place

Masters 30-39 Men - DQ'd

Athletics NSW State Road Relays we were only able to enter two teams, of which both were mixed.

U16 Men's - 4th place

Masters 30-39 Men - 3rd place

NSW Short Course Cross Country Championships were held in Bathurst as a test event for the World Cross Country Championships being held in February 2023.

U14 Girl's - Josie Clayton 15th place

U16 Women - Charlotte Clayton 19th place

U15 Men - Luke Woods 13th place

Master 30-39 Women - Jane Wegener 9th and Alice Clayton 18th place

World Masters Cross Country, Bathurst 17-19 February 2023

Kathryn Herbert represented Team Australia at the World Masters Cross Country Championships competing in the Women's 35-39 years event.

Maddy Smith
Cross Country Co-ordinator

Tiny Tots Report

We operated without a dedicated Tots coordinator and commenced the season with some helpful juniors and parents of older athletes. Thank you to Rakeli Albino and Josie Clayton who kicked off the beginning weeks. Unfortunately no Tots parents came forward to take on this role and following feedback, Vanessa Fierens stepped in to take on Tots each week. Our huge gratitude goes out to Vanessa for managing the Tots program this season.

Alice Clayton
on behalf of Tiny Tots Coordinator

First Aid Report

Big thanks to those who helped out over the season.

Most injuries were minor requiring a light compression support or a bandaid. There were two worth noting though –

- a tiny tot who caught her finger in the door of our storage/change rooms, ice was applied. Her parents were happy to manage the injury. This occurred on a Saturday morning during pack up.
- A U9B who sprained his ankle on a Thursday night training session while running around off track. A splint was applied, and advice given to seek medical attention and further investigation.

A full stocktake is pending, with a small amount of re-supply required.

Kerri Campbell
First Aid Coordinator

Masters Report

This season has been fantastic for our masters athletes both individually and as a club. The highlight of the year was our involvement in the Treloar Shield. The Treloar shield is a series of organised Track and Field competitions held in the greater Sydney area between October- December. This year we entered a team in the 35-49 year age group and scored enough points to qualify for the grand final. The grand final was a highly anticipated event with the majority of masters athletes competing or cheering. Our club was the loudest and most supported club by a significant margin. It didn't matter if our athlete was coming first or last, our club cheered enthusiastically. At the end of the day we came second in athletics but first in having fun. The Treloar Shield showed the spirit of the club.

We have continued to have our monthly interclub competitions with some fantastic personal bests and plenty of willingness to try new events. For the last interclub of the year we ran our first teams pentathlon which was a success and unearthed a new potential superstar for the club with one of our 70+ athletes running a 100m time faster than the state record!

There have been a huge number of individual successes during the year. We have had athletes compete in events throughout the state. Individual results at state, national and international levels have shown that our little masters club can compete with the best.

With the winter events starting we anticipate more success for the orange uniform.

Kym Schwarz
Masters Coordinator

Uniform Report

It has been enjoyable spotting the orange and black at Pennant Hills and around the grounds, at both LANSW and ANSW events.

This year we designed and issued a new Region representative t-shirt to HDLAC athletes who qualified for Region. Nathan Ramsay designed a National Representative t-shirt for athletes who qualified for Nationals.

A new design for male racer singlets is now available in adult sizes via Sports Magic, as feedback was received that the current unisex singlets were not appropriate for senior athletes.

Supply issues have been discussed with Sports Magic. As we have renewed our contract they will stock more of our uniforms in the warehouse next season.

Cathy Carlton
Uniform Officer

Canteen Report

The canteen ran every weekend with great success, though some weekends were a struggle to get enough volunteers. Huge thanks to those who stepped in at the last minute to ensure a successful morning. Also, many thanks to all those who volunteered in advance and for multiple weekends at a time!

Square contactless card payments were the only accepted form of payment this year again which was another great success. Though perhaps a small cash float would be beneficial for younger athletes looking to spend their pocket money after a big run.

Estimating the amount of stock required for sales from week to week was never simple and one would have more luck guessing jellybeans. Nevertheless, thanks to younger siblings volunteering during the morning ensured we never ran out of mixed lollies!

Zooper Doopers and slushies proved popular every week come rain or shine closely followed by the BBQ stand and Zappos! The BBQ saw a whopping 8kg of sausages, 2kg of bacon and 4 doz eggs cooked each week for the beginning of the season. Luckily the new BBQ and bain marie were up to the task. After Christmas, this amount halved, perhaps New Year Resolutions kicking in?

After consultation, the BBQ at Bunnings did not go ahead - but I don't think it had any negative impact on the club.

Brittany Ayden
Canteen Coordinator