



2018/19 ANNUAL REPORT



BE YOUR BEST®

Our Vision

The sport of choice in NSW



Our Mission

Little Athletics NSW's mission is to maximise the enjoyment, development and potential of each participant, by them, an athlete, coach, official or parent/guardian.

- We encourage development by providing opportunities for personal and athletic growth.
- We promote education, good administration, sportsmanship, self-esteem and the development of life skills through engaging in athletics
- We provide a safe, healthy, inclusive and positive environment in which our members and interested participants of our community can learn the fundamentals of sports.

Our Core Values

INTEGRITY | INNOVATION | EXCELLENCE | INCLUSION

Our core values shape our culture and define the character of our company.

They guide how we behave and how we make decisions.

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Message from the Chair



It gives me great pleasure to present my report for the 2018/2019 season, the first by the 'Chair' of Little Athletics NSW.

This season saw the successful transfer of our incorporation from an incorporated association registered under the Associations Incorporation Act 2009 to a not-for-profit company limited by guarantee under the Corporations Act 2001. In combination with last season's adoption of a new Constitution this represents significant change in the governance of Little Athletics in NSW and compliments the move to a more strategic Board with operational matters being handled by staff and Advisory Committees and/or Panels. The Board structure allows the sport to be governed by Directors with a variety of skills and different professional backgrounds to support the strategic development of Little Athletics to meet both current and future challenges.

In 2018, the Board reviewed the strategic plan and reinforced our commitment to the core values of Integrity, Innovation, Excellence and Inclusion. Our strategic objectives were also reassessed with the focus to be on our members, organisational capability, governance and athletics products, as well as expanding and developing the recognition and identity of Little Athletics in NSW. This was an ambitious plan and the last twelve months have seen significant growth and change in many of these areas, particularly governance and structure.

In March, the Board supported the business case that the Harris Park office is no longer fit for purpose. In doing so it was also agreed that appropriate premises be identified. From a business perspective this was a momentous decision which was not made without due diligence. As a consequence of this decision we must also consider the future of the Harris Park office, an owned asset, and plan accordingly. The search to find a new home for Little Athletics has now begun in earnest.

The 2018/2019 season saw considerable movement in the diversity and inclusion space. In March, the Board agreed that budgeted initiative funds be reallocated to suitable initiatives relating to inclusion, diversity and regional activities. In view of this decision it was agreed to purchase two RaceRunners, thus allowing more athletes with a physical impairment to compete at our future events. A very successful Fundraising Dinner for Athletes with a Disability was held in late May. Several Little Athletics Centres and individuals were acknowledged at the Dinner for their ongoing work in developing programs that are inclusive to all athletes. Participation by multi-class athletes at Zone, Region and State Championships increased markedly this season. Historically multi-class athletes have simply nominated to compete at this level of competition. However next season nomination will apply to the Zone and Region Championships only. Multi-class athletes will then qualify from Region to the State Track & Field Championships.

The season saw fundamental changes at the national level with Little Athletics Australia also transferring their incorporation from an incorporated association registered under the Associations Act 1991 (ACT) to a company limited by guarantee under the Corporations Act 2001 (Cth). This necessitated the adoption of a new Constitution which has resulted a move away from the existing federated model at national Board level. Under the previous Constitution the Chairs and Presidents of affiliated States and Territories sat on the Little Athletics Australia Board as Directors. This is no longer the case. Directors must now be elected to the national Board. This change forced existing Directors to decide whether they remained on the national Board or their State/Territory Board. I chose the latter and my tenure on the Little Athletics Australia Board concluded in late April. At times I found it difficult to sit on the national Board. It was challenging to remove my Little Athletics NSW 'hat' at national level and occasionally I was conflicted. I strongly believe that the recent changes are for the better when it comes to governance of our sport at the national level.

Our close alliance with other State Athletics providers continued this season. The Joint Working Party, consisting of representatives from Little Athletics NSW, Athletics NSW, NSW Masters and the NSW Office Of Sport, continued to work on strategies associated with the delivery and administration of athletics as a united sport.

My sincere thanks go to the legion of volunteers that give their valuable time freely. Without you it would be impossible to deliver Little Athletics in NSW. Our Centre volunteers, Zone Coordinators and officials deserve special mention for their dedication. We are indeed fortunate to have people of this calibre willing to be involved in our sport.

Our marvellous sponsors continue to provide much needed support and I thank them for their ongoing involvement with Little Athletics.

It would be remiss of me not to take this opportunity to thank the two outgoing Board members for their substantial contribution to Little Athletics. Peter Barnes joined the Board in the 2005/06 season as the Officials Director and has served on the Board for 14 years. Russell Briggs was elected to the Board as Business Assurance Director in the 2012/13 season culminating in seven years' service. It has been a genuine pleasure to work with both Peter and Russell. I wish them all the best for the future and, on behalf of the Little Athletics family, thank them for their service.

I trust that that athletes and their families enjoyed the season and sincerely hope to see you all in 2019/20 for another season of Little Athletics.

Craig Scott
LITTLE ATHLETICS NSW CHAIR



Message from the Chief Executive Officer



During the 12 months to the end of March 2019, much has taken place in an effort to reform and progress Little Athletics in NSW. Like all change, this has been difficult at times, and managing communication, consultation, planning, and execution of new processes and relationships, has been a lot of work for a number of people. Reflecting on the past year to compile this Annual Report has however brought a level of satisfaction, as it recognises the significant successes that we have collectively achieved over this period.

The changes to our governance structure that we reported last year were finalised at the end of 2018 with the migration of Little Athletics NSW from an incorporated association, to a company limited by guarantee. Together with the change in corporate structure was a change in board structure and the board has devoted a lot of time over the past season to future planning for the organisation.

A revised strategic plan was adopted ahead of the start of the 2018/2019 season and the operational actions and initiatives that evolved from the plan, obviously played a fundamental role in guiding the operational activity of the past twelve months. Below are some of the outcomes and achievements of the past season, as they relate to the strategic objectives: -

1. Support and educate our members
 - 1.1 Develop a constant cycle of learning and teaching for coaches, officials and volunteers;
 - 1.2 Develop appropriate measures of member engagement
 - 1.3 Improve member engagement levels through education, communication strategy and excellent customer service
 - 1.4 Partner with our members to provide ongoing technical education services that are in demand

Some of the key actions, initiatives, outcomes and achievements for 2018/2019, included: conducting a total of 31 workforce development events; delivering educational courses and workshops to around 350 people; beginning production on a series of

sport specific promotional and educational videos; developing and adopting a revised marketing plan; establishing a communications plan for the different audiences with which we communicate; developing staff communication guidelines; establishment of a communications plan; updated staff communication guidelines; purchasing a second UK Coaching workshop licence, "How to Coach Children 5-12: The Next Generation"; using the UK Coaching workshops and the Working with Parents in Sport workshops as the focus for an initial series of professional development workshops; developing a NSW workforce team model and NSW athletics development framework; interacting with UK-based 'Memberwise Network', to access and assess an extensive array of membership engagement information, tools and resources; engaging Shunt Applied Creative and using their 'accelerator program' to assist with data aggregation from social media platforms, and to establish and monitor engagement metrics and interaction targets; exceeding targets for engagement metrics and interaction targets for social media, according to Shunt Applied Creative data; noticeably increasing the volume of information communicated via social media, and the level of positive engagement; engaging Active Xchange to aggregate member data and create an online data profiling and segmentation platform/database, utilising their Sports-Eye software; partnering with 'Working with Parents in Sport' to produce a second booklet, "Engage" (produced with financial support from the NSW Office of Sport); building a brand new website (to be launched in July).

2. Strengthen the organisational capability and performance to deliver its objectives
 - 2.1 Proactively deliver high quality services
 - 2.2 Be seen as an advisor and partner to centres
 - 2.3 Reduce complexity
 - 2.4 Create organisational readiness to drive the future of athletics in NSW

Some of the key actions, initiatives, outcomes and achievements for 2018/2019, included: investigation into the development of an effective and relevant quality assurance framework for centres in the form of a centre 'Health Check' tool; commencing work on the production of a comprehensive online centre resource; continuing roll-out of a whole of sport human resource strategy; adopting a whole of sport membership strategy; assisting centres to identify and apply for relevant grants; drafting a framework/pathway document in conjunction with the NSW Office of Sport, based on the Foundation, Talent, Elite and Mastery (FTEM) pathway model, to highlight key stages of the athletics journey; supporting several centres in a move towards a OneSport model; reviewing the affiliation process for OneSport centres/clubs and establishing a single affiliation form; progressing the search for a suitable office location and model from which to administer the sport; continuing progress through the Joint Working Party, made up of representatives from Athletics NSW, Little Athletics NSW, NSW Masters and the NSW Office of Sport; establishing a Regional

Development Fund.

- 3. Build and enhance governance
- 3.1 Proactive risk management and compliance
- 3.2 Ensure financial health and visibility
- 3.3 Set clear, accessible, workable policies, standards and guidelines

Some of the key actions, initiatives, outcomes and achievements for 2018/2019, included beginning investigation into a suitable oversight platform/board meeting management solution, to monitor governance and risk; implementing a more comprehensive budget preparation and reporting process; committing to the development of a rolling 3-year budget; progressively reviewing the currency of existing policies, plans and strategies; receiving funding from the NSW Office of Sport through the NSW Sport Development Grant Program, to now be progressing four projects, totalling \$60,000 being the development of a suite of video resources; delivery of coach and officials education programs; roll-out of new risk management framework; expansion and roll-out of the revised Tiny Tots program.

- 4. Provide comprehensive and innovative athletics products
- 4.1 Grow the skills and experience of young people involved in athletics
- 4.2 Deliver an appropriate assortment of products for all athletes
- 4.3 Leverage technology to improve the athletics product and experience

Some of the key actions, initiatives, outcomes and achievements for 2018/2019, included: assisting a small number of centres with the trial of the proposed national skills development product for 5-8 year olds, On-Track; beginning roll-out of initiatives contained within the whole of sport Participation Strategy'; supporting a small number of centres with the trial of a revamped Tiny Tots program; increasing opportunities for children with disabilities to participate in Little Athletics; increasing the number of athletes with a disability competing at the State Championships; developing a relationship with the NSW School Sports Unit and exploring avenues for greater collaboration; reviewing a number of digital systems, and tools that can help to more effectively and efficiently manage our business; beginning to review the way we look at membership and how it can be a subset of broader participation.

- 5. Expand and develop recognition and identity of Little Athletics in NSW
- 5.1 Effective stakeholder engagement assisting in the development of Little Athletics
- 5.2 Profile and promote Little Athletics, communicating its role, strategic importance and social value
- 5.3 Identify and target growth and development regions of NSW

Some of the key actions, initiatives, outcomes and achievements for 2018/2019, included: working with NSW Office of Sport to develop and deliver regional

participation strategies in line with their regional plans; developing a diversity and inclusion action plan outlining a number of strategies and initiatives to engage under-represented populations; partnering with Ronald McDonald House Charities (Westmead) as our official charity partner; increasing diversity represented through a number of media stories and positive imagery; identifying, promoting and increasing awareness of festivals that celebrate diverse populations, and providing support for associated 'come and try' opportunities e.g. International Women's Day; Harmony Day; NAIDOC week; International Day of People with Disability; etc; working with the NSW government on the Future Needs of Sport Facilities Study and with local councils on future facility initiatives and planning; engaging ActiveXchange to aggregate data and create an athletics online profiling and segmentation platform, using their SportsEye software; appointing and working with consultants, Xypher and ActiveXchange, to develop a 'digital-based' state-wide athletics facilities strategy.

I would also like to take this opportunity to thank our many partners, whose support helps us with various aspects of our operations: Athletics NSW, Little Athletics Australia, the NSW Office of Sport, Sport NSW and the Sydney Olympic Park Authority.

Our corporate support continues to be strong with generous backing by our state partners McDonald's, Nordic Sport and SportsTG and National partner, Coles. Without the commitment and financial support of these businesses, in particular, our major sponsor, McDonald's, Little Athletics NSW would not be able to provide the programs and services that we do – thank you.

None of the achievements noted throughout this report could however have been realised without the significant and sustained contributions of our office staff, so to them I say an enormous thank you! Change as we have seen recently is not easy, so I particularly acknowledge their adaptability and commitment to the long-term vision for our sport.

To our volunteers at all levels: directors, zone coordinators, advisory committees, officials, centre committees and parent volunteers; you all play a vital role in the successful operation of Little Athletics in NSW. Without volunteers, there simply is no sport.

For the coming season, there is an opportunity to build on the hard work of the past couple of years. For our sport to enjoy success into the future, we need to be innovative and to be open thinking at all levels, working together to achieve our goals collectively. If we are truly to commit to engaging, connecting, growing and developing our sport, then no-one can adopt a blinkered or silo approach. When we look to the 2019/2020 season and beyond and how much the scope of our activities can continue to evolve and develop, I have no doubt that there are very exciting times ahead.

Kerry O'Keefe
CHIEF EXECUTIVE OFFICER



Board of Directors



Craig Scott
CHAIR



Russell Briggs



Glen Taylor



Heather Mitchell



Mavis Godber



Peter Barnes



Simon Nicola



Tim Jessup

Zone Coordinators and Committees

Zone Coordinators

Mark Searles	Mid North Coast
Russell Scott	New England
Tanya Upsall	Northern Rivers
Mem Delaney	Central Coast
Leesa Morris	Hunter
Linda McPherson	Lake Macquarie
Paul Goeldner	Port Hunter
Matthew Andrews	Western Plains
Bob Maxwell	Western Ranges
Judith Peel	Eastern Riverina
Howard McGarry	Mid South Coast
Allan Johnson	South Coast Highlands
Rick Gardiner	Western Riverina
Peter O'Donohue	Northern Met
Ken Carter	North East Met
Emily Jordan	North West Met
Darren Whitbread	Outer West Met
Hale Osman	West Met
to May 2019	
Ronald Pollett	
from May 2019	
Robbi Sain	Central West Met
Jason Jobson	Mid West Met
Gordon Costello	South West Met
Andrew Kohlrusch	Inner City
Lynne Whatman	Southern Met

Finance & Audit Committee

Glen Taylor (Chair)
Russell Briggs
Kerry O'Keefe
Craig Scott
Ken Carter

Governance & Risk Committee

Tim Jessup (Chair)
Russell Briggs
Glen Taylor

Championships/Officials Advisory Committee

Diane Levy (Chair)
Ashleigh Crook
Heather Mitchell
Peter Barnes
Alan Bartlett
Tim Batho
Simon Nicola
Murray Gaudin
Neil Hinton
Brad Weyland
Joe Ebejer

Risk Management Advisory Committee

Russell Briggs (Chair)
Chris Hudson
Tim Jessup
Sally Osland
Kerry O'Keefe
Marg Pierro
Craig Scott
Wayne Thurlow
Glen Taylor

Trans Tasman Committee

Heather Mitchell (Chair)
Marian Bennett
Tracy Lennon
Maria McConville
Col Muir
Sally Richardson
Claire Yeo

Joint Officials Committee

Barry Pecar (Chair)
Peter Barnes
Ashleigh Crook
Neil Hinton
Heather Mitchell
John Morris
Darren Wensor

Joint Athletics Coach Development Committee

Darren Wensor (Chair)
Andrea Berrell
Jenny Ekanayake
Ron Bendall
Bronwyn Hagar

Staff

Kerry O'Keefe
Chief Executive Officer

Kathy Moran
Operations & Administration Manager

Rebecca Newton
Centre Support Manager

Adam Jolliffe
Regional Support Development Officer
(Tamworth)

Michael Gardiner
Regional Support Development Officer
(Dubbo)

Jessica Earsman
Regional Support Development Officer
(Wagga Wagga)

Bronwyn White
Regional Support Development Officer
(Hunter Region)

Trish Bright
Administration Assistant

Diane Levy
Head of Competition

Cheryl Webb
Diversity & Inclusion Lead

Darren Wensor
Head of Coach & Volunteer Development

Alvin Umadhay
Schools & Community

Youcef Abdi
Coaching & Development

Melissa Neilsen
Bookkeeper (P/T)

Ashleigh Crook
Officials Coordinator *

Alex Guest
Participation & Development Adviser (P/T) *

Dom Marsh
Participation Coordinator *
Until January 2019

Sarah Skidmore
Participation Coordinator *
Started March 2019

Daniel Laus
Marketing & Communications Manager *

Nicola Blatchford
Marketing & Communications Coordinator *
Until January 2018

Nic Savage
Marketing & Communications Coordinator *
Started February 2019

** Shared role with ANSW*

172

Officials nominated to officiate at a Little Athletics NSW State Event

▲ 16 more than last year

ALAC | 2019



Key Stats

59

MULTI-CLASS ATHLETES
COMPETED AT
STATE TRACK AND FIELD





9670

2018-2019

Registrations

	Centre	Zone	Region		Centre	Zone	Region
REGION 1							
MID NTH COAST ZONE							
Camden Haven	90						
Forster/Tuncurry	97						
Gloucester	91						
Harrington	22						
Kempsey	107						
Old Bar	39						
Port Macquarie	187						
South West Rocks	21						
Stuarts Point	67						
Taree	80						
Wauchope	108	909					
NEW ENGLAND ZONE							
Armidale	87						
Glen Innes	12						
Gunnedah	78						
Inverell	34						
Manilla	0						
Moree	25						
Narrabri	90						
Quirindi	43						
Tamworth	149						
Yetman	26	544					
NTH RIVERS ZONE							
Ballina	69						
Casino	50						
Coffs Coast	127						
Evans Head	1						
Glenreagh	8						
Grafton	78						
Lismore	119						
Lower Clarence	39						
Nambucca	69						
Urunga/Bellinger Valley	56						
Woolgoolga	57	673	2126				
REGION 2							
CENTRAL COAST ZONE							
Gosford	257						
Terrigal/Wamberal	254						
Toukley	82						
Tuggerah Lakes	299						
Woy Woy	238						
Wyong	261	1391					
HUNTER ZONE							
Aberdeen	91						
Branxton Greta	159						
Cessnock	191						
Denman	69						
East Maitland	151						
Kurri Kurri	91						
Maitland	127						
Merriwa	60						
Muswellbrook	115						
Rutherford	69						
Scone	100						
Singleton	187	1410					
LAKE MACQUARIE ZONE							
Cardiff	160						
Eastlakes	139						
Edgeworth	170						
Kotara South	349						
Macquarie Hunter	336						
Southlakes	116						
Westlakes	167	1437					
PORT HUNTER ZONE							
Adamstown/N Lamb.	210						
Medowie	147						
Myall Coast	42						
Newcastle City	207						
Port Stephens	140						
Raymond Terrace	112						
Stockton	84						
Thornton	116						
Tilligerry	85						
Wallsend	158						
Woodberry	26	1327	5565				
REGION 3							
WESTERN RANGES							
Bathurst	144						
Blayney	107						
Canowindra	49						
Cowra	82						
Glenbrook	336						
Kandos Rylstone	41						
Katoomba	137						
Kurrajong/Bilpin	266						
Lithgow	116						
Oberon	53						
Springwood	222	1553					
WESTERN PLAINS ZONE							
Ballimore	22						
Cobar	76						
Condobolin	65						
Coonabarabran	44						
Coonamble	67						
Cumnock	75						
Dubbo	294						
Forbes	89						
Gilgandra	64						
Gulgong	51						
Gwabegar	8						
Mudgee	157						
Narromine	67						
Nyngan	0						
Orange	259						
Parkes	64						
Warren	42						
Walgett	116						
Wellington	124	1684	3237				

	Centre	Zone	Region		Centre	Zone	Region
REGION 4							
EASTERN RIVERINA ZONE							
Billabong	20						
Coolamon	11						
Cootamundra	20						
Koorringal-Wagga	167						
Lockhart	28						
Temora	104						
Tumbarumba	49						
Tumut	73						
Wagga Wagga	198						
West Wyalong	47						
Young	70	787					
MID SOUTH COAST ZONE							
Albion Park	216						
Euro Coast Athletics	173						
Kiama	184						
Lake Illawarra	199						
Milton/Ulladulla	39						
Shoalhaven	228						
St Georges Basin	127	1166					
STH COAST H'LANDS ZONE							
Bowral	172						
Dapto	160						
Northern Illawarra	174						
Wollondilly	127						
Wollongong	284	917					
WESTERN RIVERINA ZONE							
Corowa	107						
Deniliquin	118						
Finley	106						
Griffith	165						
Hay	42						
Leeton	164						
Narrandera	52	754	3624				
REGION 5							
NTH MET ZONE							
Cherrybrook	363						
Northern Suburbs	446						
North Rocks Carlingford	448						
Parramatta	483						
Ryde	556	2296					
NTH EAST MET ZONE							
Hornsby	346						
Ku-Ring-Gai	571						
Manly/Warringah	763						
Mosman	598						
Northern Districts	230	2508	4804				
REGION 6							
NTH WEST MET ZONE							
Hawkesbury	239						
Hills District	752						
Kings Langley	285						
Riverstone	171						
Rouse Hill Rams	363						
Winston Hills	449	2259					
OUTER WEST MET ZONE							
Colyton/St Clair	216						
Cranebrook	205						
Emu Plains	433						
Jamison	187						
Nepean	188						
Penrith Valley	197						
Werrington	236	1662					
WEST MET ZONE							
Blacktown	271						
Doonside	204						
Lethbridge Park	159						
Minchinbury	235						
Mt DrUITT	152						
Prospect	235						
Quakers Hill	338						
Tallawong Park	176						
The Ponds	471	2241	6162				
REGION 7							
CENTRAL WEST MET ZONE							
Liverpool	251						
Prestons Robins	403						
Smithfield	318						
Warradale	135						
Western Blues	121	1228					
MID WEST MET ZONE							
Bankstown Sports	486						
Cabra-Vale Fairfield	88						
Everley Park	87						
Girraween	456						
Greystanes	243						
Holroyd	235	1595					
STH WEST MET ZONE							
Ambarvale	139						
Camden	543						
Campbelltown	492						
Douglas Park	158						
Eschol Park	213						
Ingleburn	135	1680	4503				
REGION 8							
INNER CITY ZONE							
Balmain	968						
Canterbury	475						
Eastern Suburbs	527						
Inner West	401						
Randwick/Botany	286						
South Eastern	335						
Tiger Wests	90	3082					
STH MET ZONE							
Bundeena-Maianbar	148						
Helensburgh	180						
Illawong	182						
Port Hacking	388						
Revesby/Workers	283						
St George	263						
Sutherland	514	1958	5040				

Increased over 20 from last year
New Centre
Returning Centre

Total Registrations - 35,061

Membership and Centres

Registrations

Registrations for the 2018/2019 season saw a decline of around 2.6%, dropping from 36,017 members last season to 35,061 members this season. The 2018-2019 total of 190 affiliated centres, was however a slight increase on the previous season.

This season all members were required to register and pay online, with no manual registration option available. This move was generally well-received, with most centres now agreeing that online registration reduces the workload for their registrars and is more convenient for their members.

Active Kids Vouchers

In 2018, the NSW Government introduced the Active Kids program, which provided parents and guardians of school-enrolled children with a \$100 voucher to use towards registration and membership fees for sport and active recreation. To be able to accept Active Kids vouchers from parents and redeem \$100 per voucher from Service NSW, Little Athletics NSW and the NSW Office of Sport worked together to ensure that every Little Athletics NSW centre became registered as an approved activity provider.

Although there were some minor teething problems at the start of the season regarding our registration system and the use of the vouchers, these were quickly rectified by SportsTG. In the end, over the course of the season, 6,586 members remitted the voucher through the online registration system; and a further 1,900 members were remitted directly with centres.

From 1 July this year, parents, guardians and carers can apply for two \$100 Active Kids vouchers for each child, each year, with the second one only valid from July to December.

This is a fantastic initiative by the NSW Government that provides more kids with the opportunity to participate in sport, by reducing financial barriers. We were glad to be involved in the implementation of the Active Kids Program in year one and hope to capitalise on the addition of the second voucher in year two, and involve more kids across NSW in the sport of Little Athletics.

New Centres

Three new centres completed their inaugural season with Little Athletics NSW and all three achieved significant participation numbers. Bundeena-Maianbar's membership base exceeded their expectations with a total of 148 registrations; Euro Coast recorded 173 registrations; and Scone 100 registrations. Congratulations to all three centres on a successful season.

Facilities

Little Athletics NSW and Athletics NSW have jointly engaged a consultant to develop a facilities plan that will assist with future strategic facility planning for athletics within in NSW. This plan will illustrate demand for new athletic centres; synthetic tracks; and facility upgrades. Simon Haire from Xypher and their project partner, ActiveXchange, have been collecting and collating data from both athletics organisations over the past 12 months to create a unique databank that will help determine scope for growth; participant retention and drop-out rates; and can be broken down into region, zone, local government area and suburb. This is a very exciting project for our sport to have analytical information to help plan for our future.

Country Seminars

Two country seminars were planned for this past season, to be hosted by Orange and Coffs Coast. Unfortunately, due to a lack of interest from members, the Country Seminar planned for Orange was cancelled.

The Coffs Coast Country Seminar did go ahead, with representatives from Coffs Coast, Urunga/Bellinger Valley, Ballina, Woolgoolga, Nambucca District, Grafton, South West Rocks and Port Macquarie, in attendance.

The feedback from the Coffs Coast Country Seminar was extremely positive and we hope there is still a future for these seminars to take place throughout regional NSW.

Regional Development

Our Regional Support Development Officers continue to support and service our regional centres.

A number of courses and workshops were held throughout the year, including the Introduction to Coaching Course; Level 1 and Level 2 Community Coaching Course; IAAF Sporting Schools Upskilling Course; On-Track Workshop; Tiny Tots Workshop; and Great Sporting Parents Workshop. Collaboration with the NSW Office of Sport, Regional Offices also provided educational assistance in areas such as child protection, grant writing and member protection.

The 2018/2019 season also saw regional NSW host one Schools Nitro event and two Community Nitro events attracting participants from a range of other sporting codes. These events included teams of Little Athletics NSW members and teams from a local rugby league clubs, schools, and the Aboriginal Corporation Health Service. Planning is already underway to hold more Community Nitro events throughout NSW in the near future.

In collaboration with Athletics Australia an indigenous running group was formed, culminating in a team of four athletes participating at the National Deadly Fun Run Championship held in the Northern Territory, at Uluru. There are plans to grow this initiative next season and beyond.

Maintaining relationships with local councils in each regional area has seen the Regional Support Development Officers assist with future facility planning and improvements to current facilities for various Little Athletics centres. A new synthetic track is near completion at Tamworth in the New England region; in the Hunter region, at Maitland, the development of a new synthetic track and other facilities is well underway; and in the Riverina, a new synthetic track is being planned for Griffith.

Centre Support

Centres are strongly encouraged to reach out to their zone coordinator throughout the season if they find themselves in difficult times. We are always looking to find initiatives to support our centres and take the stress out of volunteering.

Centre Grants

Nine centres were successful with their application for the Centre Grant Scheme during the 2018/2019 season. The scheme aims to assist centres throughout NSW in maintaining their facilities

and obtaining track and field equipment, better enabling them to conduct events for their members. Congratulations to Aberdeen, Armidale, Cherrybrook, Deniliquin, Finley, Lockhart, Northern Districts, Quirindi and South Eastern.

McDonald's Equipment Grants

McDonald's has continued to support our centres through the McDonald's Equipment Grants and this year there was an outstanding number of grant applications submitted. Unfortunately, only ten centres are selected to receive a \$1,000 grant each season.

Congratulations to the following Little Athletics centres on their successful submissions: Adamstown New Lambton, Bathurst, Eschol Park, Forbes, Gloucester, Harrington, Hawkesbury City, Kandos Rylstone, Lethbridge Park and Liverpool City.



Participation

Products and Pathways

FTEM (Foundation, Talent, Elite, Mastery) Framework

Little Athletics NSW is striving to develop a clear athlete pathway for participation and high-performance, following the FTEM (Foundation, Talent, Elite, Mastery) Framework, originally designed by Dr Juanita Weissensteiner. It is a critical piece of work that will help guide an athlete's skill development and progression within athletics, as well as highlighting various developmental needs, beginning with the critical fundamental skills of movement and athletics. The framework should represent all participants and opportunities, no matter what level they choose to participate at, or where they start their athletics journey. The framework can also be used as an operational document to conduct gap analysis and guide decisions around the products and services on offer.

Little Athletics NSW is grateful to be working alongside Dr Weissensteiner to produce this tool set, with the intention of developing an accompanying coaching and official's pathway, and eventually presenting the Athletics FTEM Framework to the national bodies to utilise in our sport across Australia.

On-Track Program

Little Athletics NSW had five centres participate and provide feedback on the trial of the On-Track product over the 2018/2019 season. The evaluation was carried out by Gemba with a report released in February 2019, which highlighted the overall success of the trial and provided several key considerations and recommendations to the national body for the improvement of the next stage of roll out. In May 2019, Little Athletics Australia announced that the On-Track program would not proceed into the second phase of the trial at this time.

Following this announcement Little Athletics NSW decided to continue with the roll-out for the 2019/2020 season, offering and resourcing the On-Track product to centres as an opt-in. The intention is to make a range of resources and support

available to centres and facilitators, most of which will be accessible through an online hub currently under development.

Tiny Tots

A Tiny Tots Centre Program Resource developed by Little Athletics South Australia was trialled by five Little Athletics NSW centres during the 2018/2019 season. The centres involved provided feedback on the resource to Little Athletics South Australia, and Little Athletics NSW will be providing feedback on how this resource could be best made available to all states moving forward.



Diversity & Inclusion

Little Athletics NSW established a number of initiatives during the 2018/2019 season to help remove barriers to participation for differing groups within the community, with a particular focus on children with a disability. Below are some of those actions and initiatives.

Data Collection

- New questions around disability, cultural background and language, were added to the online registration form
- Data collection and analysis from membership registration information occurred, but this had some limitations due to a restricted ability to include the desired number of questions within the SportsTG system

Awareness

- Attempts were made to liaise with the indigenous group at the Redfern Centre of Excellence to organise a running group for the championships in Uluru
- There was a considerable increase in diversity and inclusion awareness via social media, athlete interviews, advertisements
- A Fundraiser Awards Dinner was held on 31 May, raising over \$3,000, for the purchase of a RaceRunning bike
- New disability awards were introduced to acknowledge achievements by centres and individuals with regards to their inclusive practices

Participation

- Two new centres implemented multi-class groups into their centre programs (Albion Park and Western Blues)
- Little Athletics NSW purchased two RaceRunning bikes
- There was increased involvement in a variety of SportNSW Activate Inclusion 'Give it a Go' days throughout NSW
- Little Athletics NSW attended ten (10) Activate Inclusion Days with Sports NSW across the state
- Multi-class athletes were added to the Little Athletics Australia National U15 Camp coming up in September
- A clinic was conducted at the Blind NSW camp at Narrabeen in January
- Two all-girls clinics were conducted at

E.S Marks after school hours, with over 30 attendees

- Training and Resources
- A Diversity and Inclusion 'Best Practice' document was developed across both Little Athletics NSW and Athletics NSW
- Staff education workshops on diversity and inclusion were conducted by consultant Michael Woods
- Consultant Michael Woods conducted an education workshop for zone coordinators
- Centre resources are currently being updated and will be available by next season on the Little Athletics NSW website

Championships/Competition

- Multi-class events were added to region programs and online entries were added to regions who took up the offer (regions 4, 5, 6 & 7)
- Online entries to State Championships for multi-class athletes were accepted to allow multi-class athletes to be added to the State program
- Two extra events were added to the State Championships program for multi-class athletes (shot put and 200m)
- Multi-class events were integrated into the State Championships program across two days
- Multi-class athlete entries increased to 60 for the State Championships, a 57% increase from 2018
- Two classification days were held (PSSA State and NSW All Schools)
- More opportunities were provided for athletes with a disability to compete at Athletics NSW events, including Treloar Shield and RunNSW events

Schools

Little Athletics Program for Schools (LAPS)

LAPS is a school-based coaching program, where Little Athletics NSW coaches go into a school and teach, not only the fundamental skills of an event group, but the skills required for each event at a 'not to be disqualified' level. LAPS is a user-pays program based upon the specific requests and booking of each particular school.

LAPS is also utilised as a community promotional opportunity for Little Athletics. Children participate in this 'come and try' opportunity, aiming for them to further inquire and potentially register with their local Little Athletics centre.

# Participants	9,612
# Regional Schools	27
# Metro Schools	17

"Desire to Inspire" School Visits

Desire to Inspire is a mass promotion program where Little Athletics NSW - on behalf of the local centres - motivates, encourages and promotes the sport of Little Athletics to school student across NSW.

The primary aims are:

- to generate children's interest, by educating them about the benefits of Little Athletics
- to motivate children to register with their local Little Athletics centre
- to increase the profile of Little Athletics within the wider community
- to create a link between local Little Athletics centres and schools

2018 Participants

# Centres	31
# Schools	73
# Students	15,640

Community

Carnival of the Codes

Little Athletics NSW was again involved with this community-based program organised by the Cooks River Sporting Alliance. 1,412 students from ten local primary participated in Little Athletics NSW 'Give it a Go' activities.

Panthers on the Prowl

The Panthers on the Prowl Community Development Foundation aims to give something important back to families and young people within Penrith and surrounding areas. Little Athletics NSW was once again involved with their sports expo day, where 800 school children from the Penrith area converged into Penrith Stadium and participated in a day of sport, including Little Athletics.

AFL Activation Days

Through the alliance between Little Athletics NSW, Little Athletics ACT and the AFL NSW/ACT, Little Athletics NSW were involved in two activation days: GWS Giants v Brisbane game held at Blacktown International Sportspark on Friday, 16 March 2018 and Auskick Launch at Birchgrove Oval on Thursday, 15 March 2019.

Inaugural RunWest Festival

The inaugural NAB RunWest was held on Sunday, 31 March 2019 and was hailed a rousing success after attracting more than 7,000 participants. Little Athletics NSW conducted activation activities in the Family Fun Zone just prior to the Family 4km Fun Run.

Coaching Camps & Clinics

Junior Encouragement and Talent Squad (JETS)

Little Athletics NSW held two camps throughout the 2018/2019 Season at the Sydney Academy of Sport and Recreation. The 45 attendees undertook a range of workshops and benefitted from the expertise and coaching of some of the best coaches in NSW.

Christmas Camp

The Little Athletics NSW Christmas Camp was held for the first time at the Sydney Academy of Sport and Recreation. The venue has some of the best facilities to host and organise an athletics group camp, and the 58 attendees enjoyed a fun-filled weekend.

Regional Support and Development Officers, Mick Gardiner and Adam Jolliffe, transported kids from regional NSW to the camp by hiring a 12-seat van. A combination of athletics coaching and fun activities were on offer; however, there's no doubt that the favourite activity for the kids was the 'Kris Kringle' on the Saturday night.

Clinics

Little Athletics NSW hosted several clinics during the 2018/2019 season, at Sydney Olympic Park Athletic Centre, Newcastle and at Ronald McDonald House in Westmead. Over 288 kids registered for the athletics clinics and we brought a big smile to 63 kids from Ronald McDonald House during the school holidays Fun Clinic



Volunteer Workforce

Competition Officials

Championship Officials

Little Athletics NSW would like to thank every official who contributed to the 2018/2019 season; the season saw 172 officials appointed to officiate at a Little Athletics NSW state event.

The number of officials who assisted at our events remain steady since last season:

- 81 and 86 officials volunteered for the Trans Tasman Trials and Challenge respectively
- 107 Officials at the State Relay Championships held at Sydney Olympic Park Athletic Centre in November
- 69 officials travelled to Dubbo in early March for our State Multi-Event Championships
- 138 officials attended our State Track & Field Championships at Sydney Olympic Park Athletic Centre at the end of March

Outside of these summer events, there was also 44 officials who engaged in the 2018 Little Athletics NSW Winter events.

Awards & Recognition

Little Athletics NSW would like to congratulate Jordan Ashby-Brigandi on being named Young Official of the Year at the NSW Community Sports Awards. The NSW Community Sports Awards are focused on community and grass roots sport, recognising the contributions largely carried out by a volunteer workforce. This is an outstanding and well-deserved achievement.

Congratulations are also extended to Ron Keys OAM, who was inducted into the Little Athletics Australia Roll of Excellence for his volunteer contribution to the sport.

The Little Athletics NSW Volunteer of the Year Awards are presented at our Awards Dinner, which is held in conjunction with our Annual Conference each year. Last year the winners were Linda Hutton (Eschol Park LAC) and Dennis Coker (Hills District LAC). Congratulations to both of these very deserving volunteers.

Advisory Committees

Following last year's AGM, our Championships and Officials committees were combined. Thank you to all members for their assistance and input over the last 12 months. Along with staff members Diane Levy (Little Athletics NSW Head of Competition) and Ashleigh Crook (NSW Officials Coordinator), committee members include Heather Mitchell, Peter Barnes, Alan Bartlett, Tim Batho, Simon Nicola, Murray Gaudin, Neil Hinton, Brad Weyland and Joe Ebejer.



Education & Training

Little Athletics continued training coaches in the 2018/19 season with a series of Workforce Development Courses:

Introduction to Coaching Courses
11 courses (8 regional; 3 metropolitan) with 90 participants (60 females/30 males)

How to Coach the Fundamentals of Movement
2 workshops with 35 participants

Coaching Children 5-12: The Next Generation
1 workshop with 16 participants
On Track Workshop
3 workshops with approximately 20 participants

Tiny Tots Workshop
2 workshops (Parramatta and Tamworth) with approximately 20 participants

Working With Parents in Sport Workshops
3 x Great Sports Parenting workshops (11 participants at Sydney Olympic Park Athletic Centre; 6 in Tamworth)
2 x "How Clubs Can Best Engage Parents" workshops
1 x "Engage" workshop (How Coaches Can Best Engage with Sports Parents) – 16 participants

Officials Practical Information Sessions
2 workshops with approximately 50 participants

Officials Rule Update Workshop
1 workshop with 54 participants

Officials Workshop in Conjunction with State Multi
16 participants

Overall: 29 Little Athletics NSW Workforce Development Events during the season.

Thank you

Finally, Little Athletics NSW would like to thank the dedicated band of officials who regularly officiate at the major carnivals. Officials are a vital aspect to any athletics community and their contribution to all levels of competition should be acknowledged.

We would also like to thank the thousands of parent helpers and volunteers who assisted at the various local centres each week throughout the season. Additionally, Little Athletics NSW would like to thank the 172 centre helpers who were allocated to assist at the State Championships this season. The dedication and contribution of the officials and volunteers at all levels is strongly valued by all those at Little Athletics NSW.





Marketing

Communications

Throughout the year, marketing team provided marketing and communications support to Little Athletics NSW events and programs.

The communications Strategy was focused on delivering relevant, timely and engaging content across all channels including Facebook, Twitter, email, YouTube and Instagram, through segmentation and targeted content. This strategy resulted in increased growth and engagement across all platforms.

Website

The early months of 2019 saw LANSW begin the process of creating and moving to a new website, with the Assistance of Little Athletics Australia. The new website will be launched in mid-July 2019.

Advertising

A month-long advertising campaign was successfully delivered across metro and regional television on Channel 7 Metro and Prime 7 Regional through strategically selected time slots and programming.

Social Media

In partnership with ANSW, LANSW entered an accelerator social media program with Shunt Media. The objective of the program is to increase engagement and better understand our audience through collaboration with other State Sporting Organisations.

LANSW has been tracking well ahead of its KPI's at the halfway point and the learnings from the program have reflected in the monthly reports produced by Shunt.

Since introducing the Shunt Accelerator program in February 2019...



Likes

16,705

New Followers

420



Engagement

11,085

New Page Likes

272

Competitions

State Road Walks – June 2018

This OneSport event was the first in the calendar year, where the LANSW Road Walk Championships combined with the ANSW Short Walks. This was held at Penrith International Regatta Centre on Sunday, 17 June. The entries were very similar to the previous year, with a total of 142 entries (aged up to 75+) for this event, with 117 of them being registered Little Athletes from the U9 to U17 age groups.

State Cross Country – July 2018

The other OneSport event was the State Cross Country, an amalgamation of the LANSW Cross Country Championships and ANSW Short Course Cross Country Championships. It was held at Integral Energy Park, the home of Kembla Joggers in Dapto on Sunday, 8 July 2018. The total number of entries was down slightly on the previous year, but the 383 registered Little Athletes enjoyed a fantastic course.

The officials from both organisations worked together and shared all roles, which included check-in, starting, umpiring, results and meeting management. It was a great for the athletes, coaches, officials, administrators and centres to see everybody working together as a team.

The course was well set up, the weather was chilly, but not too bad after the sun came up. The activities were well received and it was another successful joint event. A special thanks must go to the Kembla Joggers volunteers who did a magnificent job in preparing the venue.

State Relays – November 2018

The 2018 State Relay Championships were held at Sydney Olympic Park Athletic Centre on 17-18 November. The number of entries were very similar to the previous year, with a total of 1,315 teams entered. The junior day had 664 teams and the senior day had 651.

Thank you to all of our officials who continue to do a stellar job; we received many positive comments from parents and spectators on how the carnival was organised and run over the weekend.

Zone Championships – November and December 2018

In accordance with Little Athletics NSW policy, all Zone Championships were held prior to the Christmas break. A total of 11,295 athletes competed at one of the 23 zones, which was very similar to the previous season. Following completion, the progressions to each region were finalised and the list of qualifiers posted on our webpage.

Region Championships – February 2019

Region Championships were conducted in various weather conditions in February at the following locations:

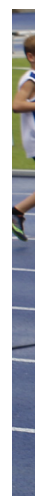
Glendale - Region 1
Glendale - Region 2
Dubbo - Region 3
Griffith - Region 4
Narrabeen - Region 5
Blacktown - Region 6
Campbelltown - Region 7
Barden Ridge - Region 8

A total of 8,394 athletes competed at one of the five Regions, which was a slight increase from last season. Congratulations to all centres and zones who hosted these events and all athletes on their performances.

Trans Tasman Challenge – January 2019

A team of 116 athletes from the U11 and U12 age groups were selected from the 355 athletes who entered the Trans Tasman Trials in November 2018. Both the Trials and the Trans Tasman Challenge on Sunday, 13 January, were held at Campbelltown Athletics Track. Congratulations to the LANSW Team for their fantastic performances.

Thanks must be extended to the members of the Campbelltown Collegians Little Athletics Centre, for their assistance prior and during both events.



State Combined Events – March 2019

The State Combined Events were held on 2-3 March at Barden Park in Dubbo and we were lucky to enjoy some beautiful weather. Thanks to Dubbo City Council for their assistance; your support was greatly appreciated.

Special thanks are extended to Dubbo Little Athletics personnel for their assistance before, during and after the event. 617 athletes from 104 centres across the state entered this year's event. We even had athletes visit from Little Athletics Victoria and Little Athletics ACT. Following the completion of this event, four girls and four boys from the U15 age groups were notified of their inclusion in the 2019 State Team.

Thanks also to Matt Gleeson from Northern Districts Little Athletics Centre, who ran some special activities for registered Tiny Tots and U6 athletes, which was very well received.

State Track & Field Championships – March 2019

The State Track & Field Championships were held on 16-17 March at the Sydney Olympic Park Athletic Centre with 2,858 athletes from 170 Little Athletics centres competing over the 2-day carnival. Many of these young athletes were competing at Sydney Olympic Park for the first time.

After the event, the NSW State Team to compete at the Australian Little Athletics Championships was selected. Thanks to Marian Bennett, Bruce Cox, Maria McConville, Heather Mitchell, Kerry Smith and Sharon Twigg for selecting the 32 U13 athletes.

Australian Little Athletic Championships (ALAC) – April 2018

The team of 40, which consisted of 32 U13 and eight U15 athletes, travelled to Hobart from 25-29 April. They enjoyed time getting to know each other at various camps prior to the Australian Little Athletics Championships, which were held at The Domain on 27-28 April on an extremely cold and windy weekend. Thank you to Little Athletics Tasmania for hosting another wonderful event.

Our athletes did us proud with their behavior, sportsmanship and sublime performances. New South Wales won the U13 Trevor Billingham Trophy for the fourth consecutive year and also bought home the U15 Life Members Trophy. Congratulations to all athletes, team management and selectors on your support.

Championships Advisory Committee

Following last year's AGM, our Championships and Officials committees were combined. Thank you to all members for their assistance and input over the last 12 months. Along with staff members Diane Levy (LANSW Head of Competition) and Ashleigh Crook (NSW Officials Coordinator), committee members include Heather Mitchell, Peter Barnes, Alan Bartlett, Tim Batho, Simon Nicola, Murray Gaudin, Neil Hinton, Brad Weyland and Joe Ebejer.



Representative Teams

The New South Wales State Team lifted two trophies at the Australian Little Athletics Championships in April after an enthralling two days of Track & Field competition.

For the fourth consecutive year, the U13 NSW squad were awarded the Trevor Billingham Trophy after receiving 1698 points, 214 points ahead of second-placed Queensland.

Meanwhile, NSW were also presented the Life Members Cup after strong performances from our eight U15 athletes in the Heptathlon events.

Gold Medals – 21
Silver Medals – 10
Bronze Medals – 14

Meet Records – 4
Australian Best Performances – 2
International Age Records – 1

After a trials in November, 116 athletes were selected to compete at Campbelltown Athletics Track on Sunday, 13 January for the annual Trans Tasman Challenge.

New South Wales were victors after an exciting day of competition, and the touring New Zealand squad must be thanked for another successful competition.



Championship Winners

State Cross Country - 2018

Events for U7 to U11 were run under Little Athletics NSW rules with U13 and above under Athletics NSW rules. This OneSport event was held at Integral Park, Dapto on 8 July 2018.

	BOYS		GIRLS	
U7	Max Kelly	Balmain	Emiline Williams	Mosman
U8	Hayden Ellis	Emu Plains	Chelsea Nicol	Albion Park
U9	Benjamin Woodhouse	Nth Rocks/Carlingford	Keira Toohey	Sutherland
U10	Harry Halleen	Balmain	Antonia Baranowski	Parramatta
U11	Will Haydon	Emu Plains	Ivy Boothroyd	Sutherland
U13	Luca Gillard	Balmain	Sarah Baker	Sydney Striders
U14	Joshua Hewitt	St George	Imogen Stewart	Illawong
U15	Bailey Habler	Randwick Botany	Lacie Quigley	Macquarie Hunter
U16	Daniel Kelly	Blue Mountains	Lauren Carey	St George
U17			Jaylah Cameron Hancock	Bankstown Sports

State Road Walks - 2018

Events for U9 to U11 were run under Little Athletics NSW rules with U13 and above under Athletics NSW rules. This OneSport event was held at the Penrith International Regatta Centre on 17 June 2018.

	BOYS		GIRLS	
U9	Christopher Nilon	Nth Rocks/Carlingford	Natasha Flahey	Cherrybrook
U10	Alex Muir	Nepean	Sienna Pitcher	Gosford
U11	Isaac Beacroft	Quakers Hill	Jayda Stanley	Balmain
U13	Brodie Payne	Winston Hills	Milly Boughton	Randwick Botany
U14	Jack Robson	Hills District	Izabella Dunne	Mingara
U15	Raven Pyda	Westfields	Ellie DeCelis	Illawong
U16	Joel Kemp	Mingara	Allanah Pitcher	Mingara
U17	Jack McGinniskin	Mingara	Hannah Bolton	Mingara

State Relays - 2018

Held at Sydney Olympic Park Athletic Centre on Saturday and Sunday, 17 & 18 November 2018.

	EVENT	BOYS	GIRLS	MIXED
U8	4 x 100m	Ku-Ring-Gai	Sutherland	Holroyd
	4 x 200m			Sutherland
	Jumps Relay	Ku-Ring-Gai	Ku-Ring-Gai	
	Throws Relay	Manly Warringah	Kings Langley	
U9	4 x 100m	Manly Warringah	Port Hacking	Holroyd
	4 x 200m			Port Hacking
	Jumps Relay	Manly Warringah	Bankstown Sports	
	Throws Relay	Winston Hills	Manly Warringah	
U10	4 x 100m	Ku-Ring-Gai	Ku-Ring-Gai	Wyong
	4 x 400m			Balmain
	Jumps Relay	Balmain	Hornsby	
	Throws Relay	Campbelltown Collegians	Canterbury	
U11	4 x 100m	Ku-Ring-Gai	Ku-Ring-Gai	Wyong
	4 x 400m			Balmain
	Jumps Relay	Balmain	Hornsby	
	Throws Relay	Campbelltown Collegians	Canterbury	
U12	4 x 100m	Ku-Ring-Gai	South Eastern	Kurrajong/Bilpin
	4 x 400m			Balmain
	Jumps Relay	K-Ring-Gai	Manly Warringah	
	Throws Relay	Hills District	Bankstown Sports	
U13	4 x 100m	Bankstown Sports	Ryde	Albion Park
	4 x 400m			Balmain
	Jumps Relay	Port Hacking	Hills District	
	Throws Relay	Northern Suburbs	Bankstown Sports	
U14	4 x 100m	Winston Hills	Campbelltown Collegians	Liverpool City
	4 x 400m			Manly Warringah
	Jumps Relay	Bankstown Sports	Manly Warringah	
	Throws Relay	Bankstown Sports	Campbelltown Collegians	

State Relays - 2018

Continued...

U15	4 x 100m	Bankstown Sports	Wollongong City	Albion Park
	4 x 400m			Sutherland
	Jumps Relay	Northern Suburbs	Bankstown Sports	
	Throws Relay	Winston Hills	Bankstown Sports	
U17	4 x 100m	Camden	Camden	Kurrajong/Bilpin
	4 x 400m			Campbelltown Collegians
	Jumps Relay	Cherrybrook	Sutherland	
	Throws Relay	Camden	Port Hacking	
JNR	4 x 100m			Albion Park
	Long Jump Relay			Bowral
	Middle Distance	Sutherland	Sutherland	
SNR	4 x 100m			Liverpool City
	Long Jump Relay			Liverpool City
	Middle Distance	Balmain	Sutherland	

State Combined Events - 2019

Held at Barden Park, Dubbo on Saturday and Sunday 2 & 3 March 2019.

	BOYS		GIRLS	
U7	Jardi Ikamui	Liverpool City	Halo Keays	Douglas Park
U8	Lucas Ajaka	Parramatta	Elisa Green	South Eastern
U9	Cooper Kibblewhite	Northern Suburbs	Olivia Scott-Rogers	Hills District
U10	Gerhardus Burger	Ku-Ring-Gai	Keira Toohey	Sutherland
U11	Jozef Cluff	Smithfield	Catherine Mikan	Northern Suburbs
U12	Bailey-Dean Latanis	St George	Sarah Lovell	Ku-Ring-Gai
U13	Angus Clues	Springwood	Chelsea Ezeoke	Wollongong City
U14	Cody Hancock	Raymond Terrace	Brianna Worsfold	Ku-Ring-Gai
U15	Renato Pane	Tiger Wests	Lily Tilt	Nth Rocks/ Carlingford
U17	Jackson Willis	Orange	Tiahna Skelton	Wallsend RSL

State Track & Field Championships – 2019

Held at Sydney Olympic Park Athletic Centre on Saturday and Sunday, 16 & 17 March 2019.

* Some events not held due to weather conditions.

EVENT	U9 BOYS		U9 GIRLS	
70 Metres	Jacob Borg	Euro Coast	Clara Seyram Fetrie	Parramatta
100 Metres	Kenewa Gamanga	Bankstown Sports	Clara Seyram Fetrie	Parramatta
200 Metres	Jayden Todoroski	Greystanes	Adelaide Pittis	Orange
400 Metres	Jayden Todoroski	Greystanes	Adelaide Pittis	Orange
800 Metres	Patrick McMahon	Canterbury	Olivia Scott-Rogers	Hills District
60m Hurdles	Brock Lampret	Port Hacking	Marli Mayne	Eastern Suburbs
700m Walk	Lukas Hall	Edgeworth	Niki Danilis	Eastern Suburbs
Long Jump	* NO EVENT		* NO EVENT	
High Jump	Zane Guthrie	Coffs Coast	Chelsea Nicol	Albion Park
Shot Put	Ashton Taeloa	Campbelltown	Hanna Masic	Lethbridge Park
Discus	Kalisa Aualiitia	Lethbridge Park	Annisha Reader	Girraween

EVENT	U10 BOYS		U10 GIRLS	
70 Metres	Dylan Taylor-Rogers	Cranebrook	Indie Bower	Illawong
100 Metres	Jaxon Gotch	Sutherland	Ellie Mai Levi	Port Hacking
200 Metres	Jaxon Gotch	Sutherland	Elkie Walters	Coffs Coast
400 Metres	Cooper Clugston	Camden	Keira Toohey	Sutherland
800 Metres	Trent Alley	Port Macquarie	Keira Toohey	Sutherland
1500 Metres	Jake Fourie	Ku-Ring-Gai	Audrey Khamphet Pearse	South Eastern
60m Hurdles	Blake Birmingham	Balmain	Natasha Flahey	Cherrybrook
700m Walk	Jimmy Thebridge	Ku-Ring-Gai	Audrey Khamphet Pearse	South Eastern
Long Jump	* NO EVENT		Mia Davis	St Georges Basin
High Jump	Solomon Meehan	Glenbrook	Sienna Latanis	St George
Shot Put	Noah Vaotangi	Orange	Tallara Joseph-Riogi	Canterbury
Discus	Jozef Cluff	Smithfield	Jasmin Franich	St George

State Track & Field Championships – 2019

Continued...

EVENT	U11 BOYS		U11 GIRLS	
100 Metres	Ethan Grimshaw	Manly Warringah	Tammin Lampret	Port Hacking
200 Metres	Ethan Grimshaw	Manly Warringah	Tammin Lampret	Port Hacking
400 Metres	Alexander Marshall	Inner West	Catherine Mikan	Northern Suburbs
800 Metres	Alexander Marshall	Inner West	Piper Simpson	Eastern Suburbs
1500 Metres	Kobe Stewart	Bankstown Sports	Piper Simpson	Eastern Suburbs
60m Hurdles	Germaine Wright	Albion Park	Tammin Lampret	Port Hacking
1100m Walk	Thomas Varga-Strike	Quakers Hill	Grace Beck	Ku-Ring-Gai
Long Jump	* NO EVENT		* NO EVENT	
High Jump	Mason McGroder	Sutherland	Dixie Conlon	Raymond Terrace
Triple Jump	Cadel Holmes	Northern Suburbs	Amy Brice	Illawong
Shot Put	Jozef Cluff	Smithfield	Amy Barton	Dubbo
Discus	Jozef Cluff	Smithfield	Tallulah Prentice	Balmain
Javelin	Lachlan Waldron	Parramatta	Ava-Marie Carlson	Wyong

EVENT	U12 BOYS		U12 GIRLS	
100 Metres	Dylan Hall	Ku-Ring-Gai	Shari Hurdman	Port Stephens
200 Metres	Dylan Hall	Ku-Ring-Gai	Shari Hurdman	Port Stephens
400 Metres	Callum Grantham	Illawong	Ivy Boothroyd	Sutherland
800 Metres	Joshua O'Connell	Balmain	Ivy Boothroyd	Sutherland
1500 Metres	Joshua O'Connell	Balmain	Ivy Boothroyd	Sutherland
60m Hurdles	Billy Blair	Balmain	Renee Penitani	Revesby Workers
1100m Walk	Isaac Beacroft	Quakers Hill	Sienna Pitcher	Gosford
Long Jump	Dylan Hall	Ku-Ring-Gai	* NO EVENT	
High Jump	Christian Callcut	Griffith	Izobelle Louison-Roe	Port Hacking
Triple Jump	* NO EVENT		Izobella Louison-Roe	Port Hacking
Shot Put	Daniel Kasozi	Hills District	Manaia Coulter	Bankstown Sports
Discus	Michael Ajaka	Parramatta	Salamasina Pupualii	Lethbridge Park
Javelin	Michael Ajaka	Parramatta	Jessica Johnston	Ryde

State Track & Field Championships – 2019

Continued...

EVENT	U13 BOYS		U13 GIRLS	
100 Metres	Liam Coles	Toukley	Chelsea Ezeoke	Albion Park
200 Metres	Chris Alaelua	Bankstown Sports	Ellen Murphy	Balmain
400 Metres	James Cosier	Dubbo	Chelsea Ezeoke	Albion Park
800 Metres	Dane Mitchell	St George	Tayissa Buchanan	Albion Park
1500 Metres	Dane Mitchell	St George	Hannah Jarvis	Macquarie Hunter
3000 Metres	Dane Mitchell	St George	Lucie Francis	Winston Hills
80m Hurdles	William Austin	Cherrybrook	Delta Amidzovski	Wollongong City
200m Hurdles	Liam Coles	Toukley	Ellen Murphy	Balmain
1500m Walk	Ryan Bonham	Coffs Coast	Milly Boughton	Eastern Suburbs
Long Jump	Angus Clues	Springwood	Delta Amidzovski	Albion Park
High Jump	Oliver Mason	Lismore	Delta Amidzovski	Albion Park
Triple Jump	* NO EVENT		* NO EVENT	
Shot Put	George Wells	Tuggerah Lks Mingara	Rachel Bardney	The Ponds
Discus	Angus Clues	Springwood	Rachel Bardney	The Ponds
Javelin	Angus Clues	Springwood	Rachel Bardney	The Ponds

EVENT	U14 BOYS		U14 GIRLS	
100 Metres	Rashid Kabba	Holroyd	Aleksandra Stoilova	Campbelltown
200 Metres	Luke Szymanski	Woy Woy	Emma Lee	Sutherland
400 Metres	Lachlan Wood	Winston Hills	Alesha Bennetts	Mudgee
800 Metres	Michael King	Prestons Robins	Ada Rand	Balmain
1500 Metres	Michael King	Prestons Robins	Ada Rand	Balmain
3000 Metres	Jonathan Meaker	Canterbury	Alexandra Field	South Eastern
90m Hurdles	Rashid Kabba	Holroyd	Alexandra Richards	Balmain
200m Hurdles	Max Milani	Northern Suburbs	Chantelle Barnard	Campbelltown
1500m Walk	Harry Dundon	Balmain	India Duguid	Woy Woy
Long Jump	Pengfei Zhao	Bankstown Sports	Lauren Kasozi	Hills District
High Jump	Tye Fepuleai	Campbelltown	Emily Malakovski	Prestons Robins
Triple Jump	* NO EVENT		Sienna Bond	Ku-Ring-Gai
Shot Put	Benjamin Stevens	Ryde	Brianna Worsfold	Ku-Ring-Gai
Discus	Benjamin Stevens	Ryde	Zoe Daniels	Douglas Park
Javelin	Ilankumaran Murugappan	Kings Langley	Ariana Levy	Werrington

State Track & Field Championships – 2019

Continued...

EVENT	U15 BOYS		U15 GIRLS	
100 Metres	Joseph Ayoade	Northern Suburbs	Shola Adeniran	Bankstown Sports
200 Metres	Joseph Ayoade	Northern Suburbs	Jessica Wardrobe	Sutherland
400 Metres	Dylan Charlier	Manly Warringah	Jessica Wardrobe	Sutherland
800 Metres	Kane Shields	Balmain	Montana Monk	Macquarie Hunter
1500 Metres	Kane Shields	Balmain	Montana Monk	Macquarie Hunter
3000 Metres	Jacob Leon	Ryde	Sophie Ferenczi	Randwick Botany
100m Hurdles	Jack Sheehan	Coffs Coast	Ashlyn Adams	Wollongong City
300m Hurdles	Dylan Charlier	Manly Warringah	Amy Lovatt	Bankstown Sports
1500m Walk	Raven Pyda	Liverpool City	Ellie DeCelis	Illawong
Long Jump	Renato Pane	Tiger Wests	* NO EVENT	
High Jump	Robbie Cullen	Cherrybrook	Sophie Anderson	Northern Suburbs
Triple Jump	* NO EVENT		Ella Young	Kurrajong/Bilpin
Shot Put	Alex Shahla	Nth Rocks/C'ford	Ashlyn Blackstock	Eastlakes
Discus	Jack Greaves	Canterbury	Ashlyn Blackstock	Eastlakes
Javelin	Jack Greaves	Canterbury	Amelia McIlwaine	Winston Hills

EVENT	U17 BOYS		U17 GIRLS	
100 Metres	Zen Clark	Bathurst	Jessica Laurance	Doonside
200 Metres	Zen Clark	Bathurst	Caitlyn Ferrier	Kurrajong/Bilpin
400 Metres	Zachary Rothwell	Katoomba	Caitlyn Ferrier	Kurrajong/Bilpin
800 Metres	Joshua Atkinson	Hills District	Sarah Pickering	Macquarie Hunter
1500 Metres	Angus Beer	Balmain	Maeve Goehner	Glenbrook
3000 Metres	Kai Hammond	St George	Lauren Carey	St George
110m Hurdles	Andrew Goschnik	Port Hacking	Tiahna Skelton	Wallsend RSL
300m Hurdles	Jack McFadden	Ku-Ring-Gai	Tiahna Skelton	Wallsend RSL
1500m Walk	Jack McGinniskin	Edgeworth	Allanah Pitcher	Gosford
Long Jump	* NO EVENT		Katie Gunn	Gosford
High Jump	Jesse Tindall	Maitland	Phoebe White	Griffith & District
Triple Jump	* NO EVENT		Annika Lynch	Northern Suburbs
Shot Put	Corey-Jay Eyndhoven	Gosford	Bella Ferfaglia	Eastlakes
Discus	Lamarr Sovilj-Talo	Campbelltown	Sally Shokry	Hills District
Javelin	Nathan Graham	Wauchope	Lianna Davidson	Kurrajong Bilpin

State Track & Field Championships – 2019

Continued...

EVENT	BOYS	GIRLS
U9-U12 4 x 100m RELAY	South Eastern	Port Hacking
U12-U17 4 x 100m RELAY	Bankstown Sports	Sutherland

MULTI-CLASS EVENT	U9-10 BOYS		U9-10 GIRLS	
100 Metres	Lachlan Margetson	Sutherland	Azri Mortimer	Blacktown
200 Metres	Lachlan Margetson	Sutherland	Azri Mortimer	Blacktown
800 Metres	Levi Douglass	Hawkesbury City	NO ENTRIES	
Long Jump	Levi Douglass	Hawkesbury City	Violla Nasser	Liverpool City
Shot Put	Levi Douglass	Hawkesbury City	Olivia Earl	Tamworth
Discus	Levi Douglass	Hawkesbury City	Olivia Earl	Tamworth

MULTI-CLASS EVENT	U11-12 BOYS		U11-12 GIRLS	
100 Metres	Kynan Miller	Shoalhaven	Telaya Blacksmith	Lake Illawarra
200 Metres	Matthew Engesser	Parramatta	Telaya Blacksmith	Lake Illawarra
800 Metres	Matthew Engesser	Parramatta	Sybella Warton	Manly Warringah
Long Jump	Nathan Barbara	Ryde	Telaya Blacksmith	Lake Illawarra
Shot Put	Kynan Miller	Shoalhaven	Telaya Blacksmith	Lake Illawarra
Discus	Kynan Miller	Shoalhaven	Michayla Espie	Penrith

MULTI-CLASS EVENT	U13-14 BOYS		U13-14 GIRLS	
100 Metres	Dylan Molloy	Newcastle City	Akala Miller	Shoalhaven
200 Metres	Jackson Love	Manly Warringah	Akala Miller	Shoalhaven
800 Metres	Dylan Molloy	Newcastle City	Indiana Cooper	Tumut
Long Jump	Jackson Love	Manly Warringah	Indiana Cooper	Tumut
Shot Put	Riley Farrugia	Greystanes	Zara Perry	Ku-Ring-Gai
Discus	Riley Farrugia	Greystanes	Breanna Fisk	Bathurst

MULTI-CLASS EVENT	U15-17 BOYS		U15-17 GIRLS	
100 Metres	Ryan Conroy	Parramatta	Lainee Harrison	Macquarie Hunter
200 Metres	Ryan Conroy	Parramatta	Lainee Harrison	Macquarie Hunter
800 Metres	Aaron Houston	Bathurst	Tamsin Colley	South Eastern
Long Jump	Cameron Murray	Parramatta	Summer Giddings	Parramatta
Shot Put	Cameron Murray	Parramatta	Annabelle Rodgers	Gosford
Discus	Jaycob Clarke	Deniliquin	Annabelle Rodgers	Gosford

Records - Individual

U11 Boys	Jozef Cluff	Smithfield	Discus	41.51m
U11 Girls	Tammin Lampret	Port Hacking	60m Hurdles	9.33s
U12 Boys	Joshua O'Connell Benjamin Kasozi	Balmain Hills District	800m Shot Put	2.13.13 15.69m
U13 Boys	Angus Clues	Springwood	Discus	60.74m
U13 Girls	Delta Amidzovski	Wollongong City	Long Jump	5.58m
U17 Boys	Joshua Atkinson Angus Beer Kai Hammond Connor Murphy	Hills District Balmain St George Illawong	800m 1500m 3000m Triple Jump	1.53.49 3.59.64 8.55.17 14.93m
U17 Girls	Allanah Pitcher Lauren Carey Tiahna Skelton Lianna Davidson Katie Gunn	Gosford St George Wallsend RSL Kurrajong/Bilpin Gosford	1500m Walk 3000m 300m Hurdles Javelin Long Jump	6.38.0 9.45.64 42.35s 52.66m 5.87m



Records - Team

U8-U11 Mixed	Bowral	4 x Long Jump	2907 pts
U12-U15 Mixed	Liverpool City	4 x 100m	50.04s
U9 Boys	Manly Warringah Winston Hills	Jumps Relay Throws Relay	2225 pts 1827 pts
U9 Girls	Bankstown Sports	Jumps Relay	2259 pts
U11 Boys	Manly Warringah Parramatta	Jumps Relay Throws Relay	2471 pts 2186 pts
U11 Girls	Manly Warringah	Throws Relay	1715 pts
U12 Boys	Hills District	Throws Relay	1844 pts
U13 Boys	Bankstown Sports Northern Suburbs	4 x 100m Throws Relay	48.47s 1823 pts
U13 Girls	Hills District Bankstown Sports	Jumps Relay Throws Relay	2483 pts 2290 pts
U14 Girls	Campbelltown Collegians	4 x 100m	48.86s
U17 Girls	Port Hacking	Throws Relay	2012 pts
Snr Boys	Balmain	Middle Distance	9.03.50

Award Winners

Centre Volunteer Administration

BRONZE

Canterbury
Parramatta
Tamworth
Kurrajong/Bilpin
Prestons Robins

SILVER

Bankstown Sports
Blacktown
Holroyd

GOLD

Northern Suburbs

GOLD & WINNER:

Hills District

Centre Registration Increase

Newcastle City

Centre Retention

Wellington

Zone Coordinator of the Year

Emily Jordan (North West Met)

Volunteer of the Year

FEMALE FINALISTS

Susan Ferrier (Kurrajong Bilpin)
Rachael Keyes (Macquarie Hunter)
Melisa Brown (Myall Coast)
Agnieszka Hornung (Liverpool City)
Natalie Portes (North Rocks Carlingford)

FEMALE WINNER

Linda Hutton (Eschol Park)

MALE FINALISTS

Ross Burgess (Armidale)
Danny Vaz (Northern Suburbs)
Jason Wells (Medowie)

MALE WINNER

Dennis Coker (Eschol Park)



Honour Roll

Life Members

Ian Adams 2004
Graeme Allen 1976
Jim Arkins * 1985
Eric Arnold OAM * 2012
Peter Barnes 2018
John Burne OAM * 2007
Darryl Channells 1998
Betty Collyer 1991
Dick Corish * 1973
Gordon Costello 2006
Grahame Down 1974
Dereck Fineberg OAM 2013
Jack Freeman * 1975
Barry Garment * 1988
Ken Gardiner 1987
Stan Hamley * 1980
Charles Hansen * 1975
Dick Healey * 1987
Cec Hensley * 1973
Trevor Hinwood 2014
Arnold Hunt * 1993
Lorna Magee 1990
Jack McCarthy 1978
Maria McConville 1996
Heather Mitchell 1998
Ann Pamplin 1995
Bob Quail 1976
Ron Richter OAM 1992
Garth Robinson * 1984
Neil Sandall 2017
Craig Scott 2016
Grahame Searles 1997
Allan Shaw 2004
Peter Shinnick* 1980
Susan Shinnick 1986
Adele Whalen 1976
Peter Wickes * 1994
Doug Wood * 1995

* Deceased

Merit Award

Recipients

Peter Barnes 1998
Rosie Barnes 2012
Alan Bartlett 2001
Marian Bennett 2001
Phill Blunt 1998
Bill Boyle 1992
Bill Bradshaw * 1991
Ron Budd 1991
Kim Burton 2003
Robert Care AM 2001
Rita Channells 1993
Carol Clima 1991
Steve Clima 1995
Kevin Collyer * 1991
Bob Crawford * 1998
Christine Crawford 1993
Steve Critchley 1998
Phil Cross 1993
Irené Dasey 2012
Vinlei Della Casa 2016
Doreen Dickinson 1991
Greg Dickson 2002
Ivan Drury 2015
Jenny Drury 2015
Miriam Ebejer 2015
Robyn Eyears 1998
Kevin Fisher 2015
Christine Fletcher 2001
Anne Garment 1991
Mavis Godber 2012
Gary Green 1991
Elaine Green 1991
Stephen Green 2015
Max Harris 1994
Gerald Hayes * 1991
Jacky Hayes 1991
James Hepburn * 1991
Trevor Hinwood 2002
Margaret Honey 1997
Paul Hughes 2002
Michael Irwin 2002
Kevin Ivin 2007
Lizbeth Ivin 2007
Allan Johnson 2009
Carmen Jones 2002
Ron Keys OAM 1991
Les Kirkland 2015
Tony Kish 2001
Barbara Lea 1993
Bob Leach * 1998
Diane Levy 1997
Anne Lupton 2003
Les Magee * 1991
Carol McGarry 1996
Howard McGarry 1991
Joe McGarry 2015
Ross Macleod-Jones 2002
Lyn McMahan* 1998
Viv Manwaring 2002
Aino Matwisyk 2013
Lynne Moore 2012
Colin Muir 2015
Mick Mulligan 1993
Mike O'Hehir 1991
Tony Okulicz 2001
Mick O'Neill * 1991
Terry O'Neill 2002
Wally Pamplin * 1992
Russell Peters 1998
Gordon Prevett 2012
Geoff Quirk 1991
Julie Reynolds 2001
Glen Richardson 1994
Lesley Rodgers 1998
Warren Ross 1998
Karl Rugg 2013
Neil Sandall 1998
Charles Sanders 2012
Ron Saville 1998
Wayne Sayers 2015
Lorraine Searles 2015
Sue Sinclair 2015
Linda Smith 1993
Rosemary Smith 2003
Sue Stafa 1997
Glen Taylor 2016
Reg Thompson 1998
Greta Vallance 1991
Judy Vecellio 1991
Tony Vecellio OAM 1991
Alan Venzlauskas 1998
Margaret Vonarx 1991
Marcus Vowels (Prof) AM 2002
Tony Ward 2006
Bob Wardle 1995
Jim Walker 2013
Chris Watt 2007
Pauline Watt 2016
John Wells * 2001
Sue Wells 2001
Lynne Whatman 2012
Gordon Willson 1998
Lorraine Wiseman 1996
Jorge Zapatero 1998

Honour Roll

Volunteer of the Year Award Winners

2001/2002	Ray Horton	St George
2002/2003	Kay Swann	Nepean
2003/2004	Judy Vecellio	Randwick/Botany
2004/2005	Pat Maxwell	Holroyd
2005/2006	Mike Christie	Manly Warringah
2006/2007	Barbara & Peter Bird	Charlestown
2007/2008	Vernon Cross	Riverstone & District
<i>From 2008/2009 onwards, both male and female winners were awarded</i>		
2008/2009	Peter Thomas	South Eastern
	Anne Garment	Warradale
2009/2010	Greg Moore	Kurri Kurri
	Vinlei Della Casa	Canterbury
2010/2011	Moe Maruta	Colyton/St Clair
	Denise Staples	Eschol Park
2011/2012	Kevin Fisher	Parramatta
	Sally Richardson	Northern Suburbs
2012/2013	Paul Deane	Bankstown Sports
	Carmen Jones	Randwick/Botany
2013/2014	Ronald Pollett	Mt Druitt
	Deborah Engeler	Illawong
2014/2015	Luke Gemmell	Quakers Hill
	Veronica Cudmore	Griffith
2015/2016	Simon Nicola	Winston Hills
	Marina Picken	Helensburgh & District
2016/2017	Grant Beer	Balmain
	Lisa Sayers	Minchinbury
2017/2018	Dennis Coker	Hills District
	Linda Hutton	Eschol Park

Honour Roll

NSW Inductees into the Little Athletics Australia Roll of Excellence

The Little Athletics Australia Roll of Excellence recognises former participants who have achieved the highest level in their chosen sport or profession. There are four categories: track and field, sports person, achievers and volunteers.

2009

Amy Winters (Track & Field)
Melinda Gainsford-Taylor AM (Track & Field)
Jana Pittman-Rawlinson (Track & Field)
John Maclean (Achiever)
Barry Garment (Volunteer)
Mike Whitney (Sports Person)

2010

Jane Saville (Track & Field)
Janine Shepherd (Achiever)
Peter Wickes (Volunteer)

2011

Darren Clark (Track & Field)
Jim Arkins (Volunteer)
Paul Murray (Achiever)

2012

Debbie Wells (Track & Field)

2013

Kimberlee Green (Sports Person)
Ken Gardiner (Volunteer)

2014

Dani Samuels (Track & Field)
Jarryd Hayne (Sports Person)
Prof. Marcus Vowels AM (Volunteer)

2015

Nicole Boegman-Stewart (Track & Field)
Sally Fitzgibbons (Sports Person)
John & Len Pearce (Achiever)
Maria McConville (Volunteer)

2016

Fabrice Lapierre (Track & Field)

2017

Mitchell Starc (Sports Person)
Andrew May (Achiever)

2018

Ron Keys OAM (Volunteer)

Acknowledgements

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