



Little  
Athletics  
NSW

Celebrating  
**50**  
Years

# 2020/2021 ANNUAL REPORT



**BE YOUR BEST.**



**Little Athletics NSW acknowledges the traditional custodians of the land on which we walk, run, jump, throw and roll. We pay our respects to Indigenous Elders throughout Australia, past, present, and future.**



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## Chair Report



This past year has seen Little Athletics NSW overcome a lot of hurdles, but we were fortunate enough to be able to run the season and make sure our athletes could continue to participate and compete. I have to say I was quite humbled by the way the Centres all just stepped up and made it work despite the COVID-19 restrictions and protocols, once again you have all displayed a great level of dedication to the sport, and I thank you for that. I would also like to thank the staff at LANSW for putting in the extra effort and support for our Centres, the feedback has been nothing but positive.

I am only new into this role; I was fortunate enough to take it on in February when Craig Scott stepped down. I believe Craig is the youngest life member which is testament to his contribution to the sport. Craig was such a solid and committed Chair and has continued to be a great source of knowledge and support and I really wish him well as he steps down from the board this year, we will all very much miss him.

On a personal note, I am hugely proud to be taking on this role, and I look forward to leading LANSW into a period of positive change and growth. Rebecca and the LANSW staff have put together a great operational plan for the next 12 months, and you will also see a lot more collaboration and co-ordination with ANSW as we all want to see more kids participating in athletics.

LANSW took a hit in registration numbers this year for so many reasons and whilst a lot of it was due to COVID-19, the trend is not where we would like it to be. As 2021 is an Olympic year which in itself is a miracle, we need to take advantage of the peak we always see and try to retain as many of those that register as possible and continue to evolve the Little Athletics product offering.

I would like to thank all the LANSW staff, all our officials, all the many volunteers, coaches, parents, and most importantly the athletes. It takes quite an effort from a lot of people to run athletics each week, and everyone's dedication to the sport is quite unique.

I must thank our sponsors this season including McDonald's, Wholesale Trophies, RHSports, Kumon, and our National sponsor Coles. Coles has funded over \$500,000 in grants to our local Centres which I am sure you all would agree has been beneficial.

I would also like to thank Glen Taylor, a board member that is not returning. Glen has made a material contribution in his time including moving LANSW from an incorporated association registered under the Associations Incorporation to a not-for-profit company limited by guarantee under the Corporations Act 2001. He also spent a lot of time improving our financial position. Glen will still be around as an official as so many others in the sport. He wants to stay involved, he simply does not want to leave!

I really look forward to the next season, and I hope to see you all on the track. Stay well and safe.

**Melissa Chandler**  
Chair - Little Athletics NSW

# Chief Executive Officer Report



2020/2021 was a season like no other with the COVID-19 pandemic impacting every part of our sport. Whether it be the restrictions on gathering sizes, ever updating COVID plans and policies, QR code check-ins and countless litres of hand sanitiser, the Little Athletics NSW community came together to ensure athletes across the state still had the opportunity to participate at their best. Coming into the role of Chief Executive Officer in October it was easy to see the work which had been done leading into the commencement of the season to ensure Centres complied with the ever-changing Public Health Orders.

The structure of competitions for the season was a major challenge. Trying to develop a progression and qualification system without knowing what the restrictions might look like in the lead up to State Championships in March, exploring all options to not be in the same situation as the year prior, was a challenge when the Championships were cancelled.

The team had developed new ways to deliver programs including coaching and officials courses, education programs, engagement with school students and virtual initiatives to keep the Little Athletics community engaged during the difficult lockdown period. Some key activities were put on hold including the roll out of the latest Tiny Tots program and new opportunities emerged such as the Centre Resource Hub on the Little Athletics NSW website.

To have over 28,000 participants at over 170 Centres, a strong calendar of competitions and ongoing engagement with the greater Little Athletics family was a great achievement by everyone involved including volunteers, officials, parents and staff.

This season is the 50 year anniversary of Little Athletics in NSW, and this milestone provided an opportunity to reflect on our rich history. Eight foundation Centres in Randwick Botany, Blacktown, Sutherland, Eastern Suburbs, Deniliquin, Murrumbidgee (Narrandera/Leeton), Manly Warringah and Hornsby also achieved this milestone. The 50 years was recognised on the athlete bibs, with stories shared on social media and we continue to celebrate this achievement at the upcoming Gala Dinner and Awards night and with 50 Year Fun Runs.

From an administrative perspective there has been some major changes including moving to new finance and IT operations, as well as an office move into the heart of sport in Sydney, Sydney Olympic Park. We also commenced work to transition to a new registration system in 2021/2022, working behind the scenes with GameDay to have this available prior to next season's registrations.

There are many people to thank each year, however even more so in this challenging year. We are very grateful for all our commercial support. It is the 19th season partnering with our Major Sponsor, McDonald's and we look forward to celebrating our 20th season together next year. We welcomed new partners in Kumon Australia and New Zealand who amongst other benefits are the naming rights partner for the Kumon State Combined Carnival, and RHSports came on board as our official equipment and merchandise partner. Coles continued their support as a National Partner providing grants to 49 Centres across the state valued at over \$500,000. Thank you also to Sports TG, Sport NSW, Sydney Olympic Park Authority and our charity partner Ronald McDonald House Greater Sydney.

Thank you to the NSW Office of Sport for their ongoing support of Little Athletics, our Centres and everyone within in the sporting industry. Your support went well beyond your financial contribution to provide guidance and recommendations in the ever-changing environment in which we operated across the year.

To all the volunteers whether you be a Zone Coordinator, advisory committee member, official, Centre administrator or parent helper, we would not have achieved what we have this season without your commitment to the sport. You have all played a vital role for which we are most grateful.

To the team at Little Athletics NSW and the greater Little Athletics family, thank you for being so welcoming. When visiting Centres across the state I have met so many passionate people. I look forward to rebuilding some aspects of our sport impacted by COVID-19 but also continuing to evolve, challenge ourselves and reach new heights.

**Rebecca Shaw**

Chief Executive Officer - Little Athletics NSW

# Board of Directors



Craig Scott  
Chair  
Until February 2021



Melissa Chandler  
Chair  
From February 2021



Glen Taylor



Simon Nicola



Matt Andrews



Joe Burgess  
from July 2020



James Kermond  
from July 2020



Michael O'Mara  
from July 2020



Heather Mitchell  
Until July 2020



Mavis Godber  
Until July 2020



Tim Jessup  
Until June 2020



Brooke Collins  
until June 2020

# Zone Coordinators & Committees

## Zone Coordinators

Mark Searles	Mid North Coast
Russell Scott	New England
	Northern Rivers
Kelly Hunter	Central Coast
Leesa Whyte-Southcombe	Hunter
Linda McPherson	Lake Macquarie
Yvonne Webster	Port Hunter
Bruce Cox	Western Plains
Bob Maxwell	Western Ranges
Judith Peel	Eastern Riverina
Howard McGarry	Mid South Coast
Allan Johnson	South Coast Highlands
Rick Gardiner	Western Riverina
Ron White	Northern Met
Ken Carter	North East Met
Dennis Coker (July 2020)	North West Met
Nicholas Pryke	Outer West Met
Ronald Pollett	West Met
Robbi Sain	Central West Met
Glen Richardson	Mid West Met
Gordon Costello	South West Met
	Inner City
Lynne Whatman	Southern Met

## Finance & Audit Committee

Glen Taylor (Chair April- June 2020)  
Melissa Chandler (Chair June 2020 - February 2021)  
Michael O'Mara (Chair February 2021)  
Joe Burgess (August 2020)

## Championship Advisory Committee

Diane Levy (Until October 2020)  
Ben Offerins - ANSW (Until January 2020)  
Heather Mitchell  
Peter Barnes  
Tim Batho  
Murray Gaudin  
Neil Hinton  
Daniel Bliss  
Bruce Cox  
Cheryl Webb (November 2020)

## Joint Officials Committee

Barry Pecar (Chair)  
Peter Barnes  
Tamara Savage - ANSW (January 2021)  
Neil Hinton  
Heather Mitchell  
John Morris  
Darren Wensor

## Governance & Risk Committee

Glen Taylor (Chair June 2020)  
Craig Scott (Until August 2020)  
Tim Jessup (Chair to June 2020)  
Simon Nicola  
James Kermond (August 2020)

## Staff

Kerry O'Keefe  
Chief Executive Officer  
Until July 2020

Rebecca Shaw  
Chief Executive Officer  
Commenced October 2020

Kathy Moran  
Operations & Administration Manager

Rebecca Newton  
Centre Support Manager

Adam Jolliffe  
Regional Development Officer (Tamworth)

Michael Gardiner  
Regional Development Officer (Dubbo)  
Until June 2020

Kelly Ryan  
Regional Development Officer (Dubbo)  
Commenced January 2021

Jessica Earsman  
Regional Development Officer (Wagga Wagga)

Trish Bright  
Administration Assistant

Diane Levy  
Head of Competition  
Until October 2020

Cheryl Webb  
Diversity & Inclusion Lead  
Competition Manager  
From November 2020

Darren Wensor  
Head of Coach & Volunteer Development

Alvin Umadhay  
Schools & Community

Youcef Abdi  
Coaching & Development

Melissa Neilsen  
Bookkeeper (P/T)  
Until December 2020

Sarah Skidmore  
Participation Coordinator \*  
Until November 2020

Daniel Laus  
Marketing & Communications Manager \*

Laura Crowhurst  
Marketing & Communications Coordinator \*

Emily Brunton  
Participation & Partnerships Manager  
Commenced March 2021

Stephanie Grujoski  
Participation Coordinator  
Commenced March 2021

Tamara Savage  
Workforce and Engagement Coordinator \*  
Commenced January 2021

*\* Shared role with ANSW*





## Our Vision

Athletics to be the number 1 individual participation sport in NSW.



## Our Purpose

Maximise the enjoyment, development and potential of each participant whether they be an athlete, coach, official, volunteer or parent/guardian.

## Our Core Values

INTEGRITY | INNOVATION | INCLUSION | EXCELLENCE

Our core values shape our culture and define the character of our company. They guide how we behave and how we make decisions.

# Our Strategic Objective

## Support and educate our members

- Support and educate our Members
- Provide a coaching pathway and program
- Ongoing support of Officials
- Promote volunteer participation
- Support centres with educational programs and resources
- Actively engage with our Members
- Create opportunities to retain and attract a diversified team of officials across all levels

## Strengthen our position to achieve our purpose

- Advise and support our Centres
- Reduce complexities and provide flexibility
- Leverage technology opportunities
- Support Centres with tools and resources
- Delivery of superior customer service
- Provide principles, guidelines and resources for parents and volunteers

## Offer comprehensive and innovative products

- Increase the experience and fundamental skills for young athletes
- Provide a greater range of programs and events
- Leverage technology to improve product delivery and experience

## Grow and develop Athletics

- Engage with Government and Councils
- Identify and target growth opportunities in developing regions
- Build relationships with other sporting bodies
- Engage stakeholders to further develop Little Athletics
- Build strong commercial and community partnerships
- Create a curriculum aligned school program

## Provide a diverse product offering

- Continue to provide a product offering that enhances participation
- Provide a pathway for talented athletes
- Emphasis on social participation particularly for youth ages
- Create a unified framework for athletes from Tiny Tots to Masters



# Key Statistics



9 STATE RECORDS



1416 ATHLETES AT STATE CHAMPIONSHIPS



6 MULTI CLASS ATHLETES ON TEAM NSW



24 ATHLETICS @ HOME VIDEOS



17,187 LIKES



4,302 FOLLOWERS



NEW PARTNERS



88% OF CENTRES VISITED BY A STAFF OR BOARD MEMBER

	Centre	Zone	Region		Centre	Zone	Region
<b>REGION 1</b>				<b>LAKE MACQUARIE ZONE</b>			
<b>MID NTH COAST ZONE</b>				Cardiff	146		
Camden Haven	34			Eastlakes	117		
Forster/Tuncurry	33			Edgeworth	134		
Gloucester	39			Kotara South	255		
Harrington	37			Macquarie Hunter	188		
Old Bar	14			Southlakes	64	1011	
Port Macquarie	153			Westlakes	107		
Stuarts Point	28			<b>PORT HUNTER ZONE</b>			
Taree	41			Adamstown/N Lamb.	181		
Wauchope	83	462		Medowie	113		
<b>NEW ENGLAND ZONE</b>				Newcastle City	203		
Armidale	84			Port Stephens	134		
Gunnedah	104			Raymond Terrace	93		
Moree	65			Stockton	100		
Narrabri	65			Thornton	108		
Quirindi	68			Wallsend	93		
Tamworth	160	546		Woodberry	15	1040	4494
<b>NTH RIVERS ZONE</b>				<b>REGION 3</b>			
Ballina	44			<b>WESTERN RANGES</b>			
Casino	45			Bathurst	159		
Coffs Coast	100			Blayney	82		
Grafton	53			Canowindra	61		
Lismore	86			Cowra	72		
Lower Clarence	61			Glenbrook	299		
Nambucca	56			Katoomba	132		
Urunga/Bellinger Valley	57			Kurrajong/Bilpin	207		
Woolgoolga	98	600	1608	Lithgow	81		
<b>REGION 2</b>				Oberon	28		
<b>CENTRAL COAST ZONE</b>				Springwood	170	1291	
Gosford	218			<b>WESTERN PLAINS ZONE</b>			
Terrigal/Wamberal	243			Ballimore	23		
Toukley	40			Cobar	58		
Tuggerah Lakes	237			Coonabarabran	24		
Woy Woy	130			Coonamble	115		
Wyong	247	1115		Cumnock	47		
<b>HUNTER ZONE</b>				Dubbo	247		
Aberdeen	50			Forbes	82		
Branxton Greta	129			Gilgandra	104		
Cessnock	129			Gulgong	47		
Denman	76			Mudgee	112		
East Maitland	69			Narromine	37		
Kurri Kurri	150			Orange	174		
Maitland	278			Parkes	70		
Merriwa	66			Three Rivers	85		
Muswellbrook	168			Walgett	87		
Rutherford	0			Warren	31		
Scone	87			Wellington		1343	2634
Singleton	126	1328					

Region	Centre	Zone	Region	Centre	Zone	Region
<b>REGION 4</b>						
<b>EASTERN RIVERINA ZONE</b>						
Billabong	15					
Coolamon	19					
Koorimal-Wagga	184					
Lockhart	32					
Temora	85					
Tumbarumba	75					
Tumut	72					
Wagga Wagga	208					
Young	43	733				
<b>MID SOUTH COAST ZONE</b>						
Albion Park	139					
Kiama	115					
Lake Illawarra	116					
Milton/Ulladulla	70					
Shoalhaven	209					
St Georges Basin	145	794				
<b>STH COAST H'LANDS ZONE</b>						
Bowral	217					
Dapto	111					
Northern Illawarra	115					
Wollongong	236	679				
<b>WESTERN RIVERINA ZONE</b>						
Corowa	86					
Deniliquin	108					
Finley	79					
Griffith	110					
Independent Athletes (Hay)	3					
Leeton	158					
Narrandera	30	574	2780			
<b>REGION 5</b>						
<b>NTH MET ZONE</b>						
Cherrybrook	327					
North Rocks Carlingford	388					
Northern Suburbs	419					
Parramatta	340					
Ryde	439	1913				
<b>NTH EAST MET ZONE</b>						
Hornsby	272					
Ku-Ring-Gai	431					
Manly/Warringah	585					
Mosman	468					
Northern Districts	265	2021	3934			
<b>REGION 6</b>						
<b>NTH WEST MET ZONE</b>						
Hawkesbury	307					
Hills District	625					
Kings Langley	262					
Riverstone	193					
Rouse Hill Rams	369					
Winston Hills	419	2175				
<b>OUTER WEST MET ZONE</b>						
Colyton/St Clair	204					
Cranebrook	150					
Emu Plains	232					
Jamison	123					
Nepean	183					
Penrith Valley	198					
Werrington	280	1370				
<b>WEST MET ZONE</b>						
Blacktown	225					
Doonside	177					
Lethbridge Park	130					
Minchinbury	214					
Mt Druitt	116					
Prospect	173					
Quakers Hill	268					
Tallawong Park	171					
The Ponds	408	1882	5427			
<b>REGION 7</b>						
<b>CENTRAL WEST MET ZONE</b>						
Liverpool	243					
Prestons Robins	262					
Smithfield	190					
Warradale	111					
Western Blues	190	996				
<b>MID WEST MET ZONE</b>						
Bankstown Sports	310					
Cabra-Vale Fairfield	120					
Everley Park	53					
Girraween	380					
Greystanes	188					
Holroyd	193	1244				
<b>STH WEST MET ZONE</b>						
Ambarvale	64					
Camden	404					
Campbelltown	360					
Douglas Park	90					
Eschol Park	210					
Ingleburn	71	1199	3439			
<b>REGION 8</b>						
<b>INNER CITY ZONE</b>						
Balmain	650					
Canterbury	299					
Eastern Suburbs	521					
Inner West	346					
Randwick/Botany	169					
South Eastern	315					
Tiger Wests	64	2364				
<b>STH MET ZONE</b>						
Helensburgh	203					
Illawong	195					
Port Hacking	386					
Revesby/Workers	266					
St George	218					
Sutherland	379	1647	4011			

Total Registrations - 28,275

## Membership & Centres

COVID-19 had a significant impact on registrations and Centre affiliations in the 2020/2021 season. While some families weren't confident to have their children return to sport at the beginning of the season, many medium-large Centres needed to cap the number of registrations they could accept to keep within the 500 people limits at any one time.

### Registrations

Registrations for the 2020/2021 season saw a decline of 6679 members from 34,954 the previous year to 28,275 (-21%). In total, 170 Centres affiliated, down 17 on last year.

Active Kids vouchers were again well utilised in the 2020/2021 season, with 18,437 processed equating to a take up by 65% of participants.

### Centre Support

Centre support became a priority for LANSW in the lead-up and during the 2020/2021 season, given the challenges members faced. These challenges ranged from shared facilities with other sports still using the grounds, the constant review of COVID hot-spots and implementing COVID Safe Plans and practices. Education was provided on how to use the EVA QR Codes and the importance of 'checking-in' and retrieving check-in information. There were additional requirements from various local Councils which Centres needed to fulfill to allow them the opportunity to get back to on the track and more.

Further initiatives undertaken included:

- 6 x Zoom information sessions which provided COVID updates, season updates and Q&A time. All sessions were well attended by Centre representatives and Zone Coordinators.
- Wellbeing calls were placed with all Centres while staff worked remotely.
- 88% of Centres received a visit from a staff or Board member throughout the season.
- Centres were asked to complete a survey, and responses were reviewed by staff who followed up on required action items and discussed the feedback.
- Creation of a COVID Safe Plan template, Back on Track guidelines, COVID resources and EVA Check-in accounts (QR codes) for each Centre.
- Distribution of sanitiser (10L) and COVID safe posters to all Centres before the season's commencement.
- A new COVID after-hours phone number, manned by a staff member, was made available for Centres to use in case of an emergency or COVID concern.
- A review of all Centres COVID Safety Plans was conducted before opening registration portals.
- Creation of the Resource Hub on the Little Athletics NSW website.

Seven Centres were successful with their application for the Centre Grant Scheme for the 2020/2021 season. The scheme aims to assist Centres throughout NSW in maintaining their facilities and obtaining track and field equipment to better enable them to conduct events for their members.

This year Ambarvale, Ballina, Cranebrook, Raymond Terrace, Temora, Tumbbarumba and Riverstone all benefited from this grant, receiving equipment ranging from throws equipment, hurdles, starting blocks and high jump mats etc.

Despite the challenges, the three LANSW Regional Development Staff continued to service the regions of the Central West, Eastern and Western Riverina, New England and Mid North Coast of NSW.

Working from home allowed the regional team to participate in online education programs such as National Principles for Child Safe Organisations eLearning, Autism Inclusion workshop, and Governance Challenges and Planning for the Future workshops.

### Facilities

Facilities continued to be a focus throughout the year with the following advancements:

- Maitland Regional Athletics Centre opened in October 2020.
- Westleigh Park DRAFT Master Plan, including an athletics track, went to exhibition.
- Penrith track upgrade continues to progress.
- Tender process is complete in Griffith for the handover to Developers. The expected completion date is June 2022
- Synthetic track in the Narellan Sports Hub in Camden anticipated to be completed by December 2021
- Discussions continue in relation to a regional athletics facility in Coffs Harbour.

## Participation & Development

As with participation numbers at Centres, COVID-19 had a significant impact on all development activities across the State this season. At a time when Little Athletics would be conducting a variety of school and community activities, lock down and restrictions hindered many of our traditional and newly planned programs.

### Schools

#### Little Athletics Program for Schools (LAPS)

LAPS, is our schools program where coaches visit schools to teach the fundamental skills of an event group, along with basic skills to compete in these events at school carnivals. The LAPS program introduces school aged children to the sport of athletics. Just five weeks into term one 2020 saw the halt of face to face learning including our LAPS programs. Recently LAPS programs recommenced across the state however in smaller numbers than previous years.

#### Little Athletics @Home Video Series

Whilst students were adjusting to virtual learning, Little Athletics NSW worked in collaboration with the NSW School Sport Unit to create an athletics teacher resource. Aiming to encourage and keep students active in athletics. This collaboration has resulted in the production of 24 videos focusing on the fundamental skills of each little athletics event that can be done at home using modified equipment. These videos formed part of the NSW Education Department KeepActive@Home resources available online. LANSW was one of only three sports who provided this content, these were promoted across both LANSW and NSW Education Department social media platforms.

#### NSW School Sports Unit

Term 4 2020 saw Little Athletics returning to schools, working with the Schools Sports Unit - Disability and Inclusion Officer Peter Cardy, to conduct LAPS sessions at Multi Sport Days for Multi Class students around the state. These were held together with a number of other sports, showcasing Little Athletics to primary and high school students throughout Metropolitan and Regional Schools.

This relationship has strengthened as we move into 2021 with Little Athletics NSW being involved a Multi-Sport Days and reintroduction of "Come and Try" Athletics Day.

Some of the further school initiatives included:

- Women in Sport Day at Granville Public School - together with Tay-lea Clarke LANSW presenting "an athletics inspired morning"
- Sports Mascot Day- LANSW's State Team Mascot "Bluey", together with a variety of other mascots including GWS GIANTS AFL & Netball, featured in a council initiative. Filming was conducted at Gipps Road Sporting Fields
- International Day of People with a Disability - Paralympian Rae Anderson together with LANSW conducted athletics sessions at Holy Trinity Primary School Granville.

SCHOOL STATISTICS: 34 Metropolitan Schools, 50 Regional Schools and 1352 participants.

### NAIDOC Week Celebrations

Due to the postponement of NAIDOC Week in 2020, we were able to celebrate within the Little Athletics Season. The "NAIDOC 100" was introduced for the first time in 2020 and held at Bankstown Athletics Club. The NAIDOC 100 was a timed 100m race where a participants results were compared to a baseline percentage of Australia's Fastest Indigenous sprinter, Patrick 'PJ' Johnson. The event included a Welcome to Country and Smoking Ceremony, Indigenous Dance Lessons culminating in a handicapped 100m race where the fastest runners from each age group raced to find the junior/senior boy/girl winner.

In addition to this:

- Centres were provided resources and information regarding what they could do at their competitions including Indigenous warm up games.
- Indigenous Olympian, Kyle VanderKuyp shared his story and provided education to staff.



## COVID-19 Initiatives

Nationwide lock-downs meant our team had to think of new innovative ways for the Little Athletics Community to keep active:

- Stay at home challenge - Online weekly training challenges engaged both athletes and parents from the comfort of their own homes.
- Run with A Friend - Fun challenge encouraging kids to reach out to their friends, set a goal, and achieve it by running, walking, or rolling together. Kids had three distance options to choose from being 1km, 2km or 5km. All participants received a digital medal.

## Coaching Clinics/Camps

Throughout 2020 camps and clinics were placed on hold. January 2021, saw the recommencement of the popular school holidays clinic program with Little Athletics NSW hosting three clinics in conjunction with Athletics NSW. These were held at Sydney Olympic Park, The Crest, Bankstown and Wollongong.

## Tiny Tots and On-Track

Due to number restrictions at many Centres, the Tiny Tots & On-Track programs took a back seat during the 2020/2021 season. In early 2020, a plan had been to roll out an updated Tiny Tots program adapted from the resources developed by Little Athletics South Australia in conjunction with ACHPER South Australia. However due to COVID it wasn't the right time to share this to Centres encouraging more children in the youngest age groups to participate. This resource will now be released ahead of the 2021/2022 Season.

The Development and Participation staff are looking forward to being back out on the track, visiting schools, hosting clinics and camps and developing new programs in the lead up and throughout the 2021/2022 season.





# Coach & Volunteer Development

As a result of COVID-19, the delivery of coach, official and volunteer training and development took on new formats in 2020/2021. For much of the year, face-to-face opportunities were unable to take place and there was a significant move to virtual and online training.

A positive of this was the key learning that virtual opportunities are a viable platform for education, and while it can't solely replace practical in-person sessions it does allow for further reach on many occasions and will play a role in training and development moving forward.

Attract, Train, Support and Retain, as the four pillars of coach, official and volunteer development, continued to be a focus with notable achievements throughout the year:

## Attract

- A post-season email sent to all Under 17 athletes inviting them to complete coach and/or officials courses.
- Collaboration with the Centre for Volunteering to recruit volunteers from outside the sport.

## Train

- 33 education events attracting nearly 650 registrations.
- A series of virtual education opportunities for coaches, officials and parent helpers.
- Delivery of a new "Field Events 101" session at both Dubbo and Parkes.
- A new split format option for the ITLAS course.

## Support

- The Joint Officials Committee continued to operate to drive development of officials.
- Launch of the NSW Officials Virtual Community.
- Launch of a new Little Athletics Workforce Team App.
- Launch of Sunday Coaching School plus its associated video recordings and podcast. Nine episodes recorded to date.
- Delivery of the RUOK? event webinar: R WE OK? A Sports Conversation for Coaches.
- Significant work done in preparation for coach and official mentoring program.
- Launch of a coaching webinar series.

## Retain

- Significant work completed on preparing volunteer inductions, exit policies and surveys.



# Marketing & Partnerships

## Marketing

With the uncertainty of the season commencing, commitment to a marketing strategy became challenging, shifting the focus to social/digital executions which allowed greater flexibility.

The season saw strong growth in followers and engagement in Facebook and Instagram as the main platforms to engage the current and potential Little Athletics audiences.

A partnership with Shunt Media continued, providing insights as to what works best for individual Centres through to the State and National bodies with KPI's set for the year.

Little Athletics NSW Social media continued to grow with Facebook increasing 12.7% in audience. Instagram saw a growth of 21.4% audience.

The Centre Resource Hub was launched at the beginning of the 2020/2021 season on the Little Athletics NSW website. The Resource Hub provides information and resources relevant to Centre administrators. This will continue to grow with resources for members of the Centre committees and volunteers, while work will be completed on the main website to be more relevant to new and existing parents, coaches and officials looking for information.

Newsletters continue to be sent on a regular basis to Centres and members with relevant information, along with timely direct communications.

An SMS service was trialed in 2020/2021 with some targeted communications and will continue to be utilised in the lead-up and during next season.

## Partnerships

Despite challenges, partnerships continued to flourish in the 2020/2021 season.

This year saw McDonald's and Little Athletics NSW extend their partnership to 19 years of continuous support. Many Centres and LANSW worked closely with local franchises to extend the association at a local and regional level. McDonald's once again provided certificates for all participants across the state,

this year in the form of end of season celebratory certificates, along with providing marquees, water, fruit and vouchers at various events, and a special visit from Ronald McDonald at the Littles State Championships. McDonald's has committed to ongoing support next year, where we will recognise 20 years of partnership together.

We also welcomed new partners in Kumon Australia and New Zealand and RHSports.

Kumon Australia and New Zealand, who provide educational services became the naming rights partner for the Kumon State Combined Carnival and this year's Coach of the Year Award. Kumon, who recognise the connection between healthy bodies and healthy minds had a presence at a number of events and we look forward to continuing to partner with them.

RHSports commenced this season as the LANSW official equipment and merchandise partner producing the very popular state t-Shirt and a merchandise range on offer to all participants. Centres are encouraged to purchase their equipment via RHSports, and they have provided equipment for the Centre grants applied for in the 2020/2021 season.

National sponsor, Coles continues to provide the well-received bananas to Centres on a weekly basis along with LANSW events. This season they also introduced the Coles "Athlete of the Month" program where 15 athletes in NSW were awarded vouchers for their submissions. Coles Community Round saw plenty of colour and fun with canteens converting to "Little Shops", banana relays, endless costumes, and many other innovative initiatives. Forty-nine Centres across NSW benefitted from the Coles Community Funds delivering \$521,000 in value back into the Little Athletics in NSW community by providing much needed equipment.

Little Athletics NSW also thanks our on-going partners in Wholesale Trophies, Sports TG, NSW Office of Sport, Sport NSW and Sydney Olympic Park Authority.

Ronald McDonald House Greater Western Sydney is also acknowledged as our Charity Partner and we look forward to continuing to support them and their Earn Your Stripes campaign.

# Competitions

The 2020/2021 season saw a very different-looking competition schedule due to COVID-19. As a result, the State Road Walks (July 2020), State Cross Country (July 2020) and the State Relays (November 2020) were cancelled along with the Zone Championships.

Many of the other events had a change in format to ensure they could be held in a COVID-safe environment within the restrictions under the Public Health Order.

## State Qualifying Events - January – February 2020

State Qualifying Events replaced Regional Championships across the eight regions for athletes aged U9-U12.

Region 1 – Tamworth Regional Athletics Centre

Region 2 – Maitland Regional Athletics Facility

Region 3 – Barden Park Athletics Centre

Region 4 – Jubilee Park Athletics Centre

Region 5 – Sydney Academy of Sport and Recreation, Narrabeen

Region 6 – Blacktown International Sportspark

Region 7 – Campbelltown Athletics Centre

Region 8 – Sylvania Waters Athletics Track

3508 athletes competed across the weekends. Congratulations to all the Region and Zone Coordinators, Centres, officials, volunteers, and families for assisting with providing this opportunity to the athletes and keeping them safe and well.

## Direct Qualifications to Youth State Championships

To manage numbers and ensure the Qualifying Events could be hosted in a COVID-safe environment, athletes aged U13-17 had the opportunity to directly nominate to attend the Youth State Championships. 1689 nominations were received with the top two from each region and the next best eight qualifying.

## Kumon State Combined Carnival – March 2020

Entries to the Kumon State Combined Carnival hosted at Kerry McCann Athletics Track on 5-6 March sold out in just over 24 hours. The carnival had over 700 registrations, a capped number due to COVID-19 restrictions, higher than many previous years.

The day however was a great success, and a special thanks to Wollongong City Little Athletics for hosting the carnival, along with the 48 officials and 48 Age Managers.

Thanks also goes to the naming right sponsor for the State Combined Carnival, Kumon, who were in attendance across the weekend handing out gift bags and drink bottles as well as gift packs for the medallists.

## Littles State Track and Field Championships

The Littles State Track and Field Championships were held on 20-21 March at Sydney Olympic Park in trying weather conditions. Day One saw hurdles, scissor high jumps, long and triple jumps postponed, with hurdles and long jumps rescheduled to the following day, and the horizontal jumps to the following weekend.

A total of 1265 athletes, representing 138 Centres competed across the two days with the assistance of 86 officials and 240 parent/centre helpers.

Thank you to all those in the Little Athletics community who were supportive of ticketing the event to allow for extra spectator capacity, as occurred also on the weekend of the Youth State Track and Field Championships, and for braving the conditions, especially those who returned the following weekend for the postponed events.

## Youth State Track and Field Championships

Despite some concerns during the week, the sun returned for the weekend of the Youth State Track and Field Championships at Sydney Olympic Park on the 27-28 March.

1416 athletes, along with those who had returned to compete in events postponed from the previous weekend, competed over the two days representing 140 Centres.

Despite the cancellation of the Coles Australian Little Athletics Championships in Melbourne for the second year in a row, 32 U13 athletes were selected following the State Championships along with selection in the U15 age group, to form the NSW State Team for 2020/2021. Thank you to Kerry Smith, Maria McConville, Sharon Twigg, Lee Brigandi, Heather Mitchell and Bruce Cox, the selectors of the 2020/2021 NSW State Team.

## Championships Advisory Committee

The 2020/2021 season was certainly not an ordinary year for the Competitions Advisory Committee. Numerous difficult and complex decisions had to be made in relation to the season and competition calendar. Thank you to committee members Heather Mitchell, Peter Barnes, Neil Hinton, Tim Batho, Daniel Bliss, Bruce Cox and Murray Gaudin for their dedication to this role and ensuring that our Little Athletes could still compete where possible in a COVID safe environment. Thanks also to Diane Levy who retired in October 2020 as the LANSW Head of Competitions, and Cheryl Webb OLY who stepped into the position of LANSW Competitions Manager.



## 50 Years of Little Athletics in NSW

Skills and techniques developed in athletics are regarded as fundamental for all sport. In the 50-year existence of Little Athletics NSW, over half a million athletes have enjoyed running, jumping and throwing with the Association. Their journeys in athletics have been as diverse as the sport itself. Hundreds have gone on to wear the green and gold, hundreds more have made lifelong friends, many have taken those foundation skills to other sports. But one thing is assured, they have cherished their introduction to sport as they build discipline and self-esteem, learn dedication and respect, and become aware of the benefits of fitness and health in life.

### THE BEGINNING

Little Athletics in Australia grew from a small group of athletes in Geelong Victoria in 1963 under the guidance of Trevor Billingham. In 1967 Victorian Little Athletics Association was formed and a year later in October 1968 Dick Corish was the driving force for competition to commence in NSW at the Randwick Botany Centre.

Just prior to the commencement of the 1970/71 track and field season moves were made to establish more Centres, resulting in competitions commenced at Blacktown, Sutherland, Eastern Suburbs, Deniliquin, Murrumbidgee (Narrandera/Leeton), Manly Warringah and Hornsby. During this period, the Little Athletics Association of NSW (LAANSW) was formed on 8th December 1970 at a meeting at the Randwick Botany Club where a steering committee was appointed under the Chairmanship of Cec Hensley.

### FIRST NSW TRACK AND FIELD CHAMPIONSHIPS

The first NSW track and field championships were held at Hensley Athletics Field in March 1971 with the championships attracting 1,331 entries. All but one of the eight Centres, Murrumbidgee, competed. Events were held in the under-7 to under-12 age groups, with Randwick Botany the most successful

Centre gaining 811 points, Hornsby second with 441 points and Blacktown third with 290 points.

In the under-12 boys, Michael Whitney was first in the long jump and second in the high and triple jumps. He would go on to represent NSW and Australia in cricket. In the under-11 girls Beverly Wilkins won the 800m walk and as a senior athlete represented Australia in the Commonwealth Games.

### INTERSTATE MEETINGS/ALAC

The first interstate competition took place in Melbourne March 1970 with a team of U11 and U12 athletes from Randwick Botany competing against Western Australia and Victoria. On April 4, 1971 after only four months in existence, the first official LAANSW State team was selected as NSW hosted a very successful inaugural interstate competition at the Hensley Athletics Field.

### GROWTH OF THE ASSOCIATION

No records were kept of registrations in the inaugural 1970/71 season, but the second annual report noted an estimate of 2,800 athletes and eight Centres. In their second year they had grown to 6,424 athletes and 18 Centres.

LAANSW surpassed 10,000 registrations in 1973, 20,000 in 1978 and 30,000 in 1983. For the next 37 years, the numbers generally remained between 30,000 and 40,000. The peak year was 41,557 in 2013. A trend was a boost in registrations post each Olympics.

Similarly with numbers of Centres, they grew rapidly; they first surpassed 100 in 1979, 150 in 1983 and 200 in 1995. Since then, they have hovered around 200 Centres, peaking in 1997 with 207 Centres.



A yearly feature is the mid-year gathering of Centre administrators at the annual Conference, the first held at the Oceanic Hotel, Coogee in August 1972. The Little Athletics Association of New South Wales became incorporated on 19th January 1988.

The Centres have been the strength in the incredible growth of Little Athletics in NSW. From an initial eight Centres in 1971 to regularly over 200 annually, located in every corner of the state.

The Randwick Botany Centre commenced competition in October 1968 and during the summer of 1970/71, the interest had grown with another seven Centres opening their doors, Blacktown, Sutherland, Eastern Suburbs, Deniliquin, Murrumbidgee (Narrandera/Leeton), Manly Warringah and Hornsby. The eight pioneer Centres have gone on to be some of the most prominent Centres in the 50-year history of the sport in NSW.

#### Randwick-Botany

On 26 October 1968, the first Little Athletics competition in NSW was held at Hensley Athletics Field and the club has continued to use the same venue for over half a century. The Centre provided many of the early pioneers of the Association, including Cec Hensley, George Soper, Dick Corish and Jack Freeman. Involved early on at their Centre, and still there to this very day is Tony Vecellio. Randwick Botany hosted the first NSW Championships and many of the great athletes emerged from the Centre including Olympians Jane and Natalie Saville, Selma Kajan and Jess Thornton; cricketer Mike Whitney; netballer Sue Kenny; as well as Rabbitohs Craig Wing and John Sutton.

#### Blacktown

Blacktown Little Athletics Centre administrators Adele Whelan and Peter Shinnick were appointed managers for the first NSW team to travel to an Interstate Team Championships in 1972. Shinnick would go on to become the Association's first employee as Secretary/Manager. Another prominent

administrator with the Centre was Dereck Fineberg, LANSW President for seven years and President of Little Athletics Australia for six years. Beverly Wilkins was their first star athlete representing Australia.

#### Sutherland

The leading Centre in the south was Sutherland. In 1974, they were placed second to Hornsby in the State point score. Their first state team member was Sharon Hadfield (1972 team), brother of Olympic decathlete Peter Hadfield. Sharon and Peter's father, was a key person involved in the establishment of their competition track – Sylvania Waters Athletics Field, which would host two LAANSW State Championships - 1987 and 1988. Rio Olympian Ella Nelson was also a member of their Centre.

#### Eastern Suburbs

The prominence of Eastern Suburbs Little Athletics Centre is reflected in them being awarded the number '2' competition bib. Competing for them at the very first State Championships was future Australian representative Liz Miller (nee Rose), winning a medal in the U7 50m, 70m and long jump.

#### Deniliquin

Deniliquin was one of two pioneer Centres from NSW country. As Melbourne was closer, the father of Little Athletics in Australia, Trevor Billingham, assisted them to commence. They competed at the first NSW Championships, held in Sydney in 1971, sending a team of 25 athletes, winning 25 medals. The outstanding athlete was Roger Menadue who won three state titles in the 60m hurdles, high jump and discus and was selected in the inaugural state team.

#### Murrumbidgee (Narrandera/Leeton)

Murrumbidgee was the second Country Centre to be launched in the inaugural year of Little Athletics in NSW. They changed their name to Leeton for the 1983/84 season. Their first NSW State team representatives were Philip Hurst in 1974, followed by the first girl, Lyn Heath in 1976.



### Manly Warringah

One of the eight pioneer Centres that have become a powerhouse in NSW is the Manly Warringah Centre, however their start was modest. The first annual report of LAANSW, noted 'all Centres, with the possible exception of Manly-Warringah, which may still need a little supporting, are now firmly established'. During the '80s they were a top-5 Centre, but during the '90s dominated, winning the State Championships points score by staggering margins. Some outstanding athletes were: Cath Emmerson, Nicole Liestenschneider, Peter Elvy, David Geddes, Kristie Edwards, Alex Willett, Amanda Thomas and James Watson.

### Hornsby

While Randwick Botany was clearly the pioneer Centre, Hornsby picked up the baton and ensured NSW quickly grew into the leading Little Athletics State in Australia. They grew to 1297 registrations in the third year of operation and so become a most successful Centre dominating the State Championships and Relays Championship point scores. They were guided by tremendous administrators, many who were also in key Little Athletics NSW roles. Administrators included Graeme and Margaret Allen, Grahame Down, Stan Hamley, Arnold Hunt, Bob Quail, Vic Sparks, Keith Garling and Col Joyce. Leading athletes were numerous, including Olympians Darren Clark and Adam Rutter; along with Graham Garnett, Paul Gilbert, Margaret Hamley, Glenn MacLaughlan, Janine Shepherd and Lyndal Garling.

### Other Centres

While the above pioneer Centres were prominent, there were dozens more Centres who commenced operations across the State in the '70s.

In the second year 1971/72 - major Centres to commence included Bankstown, Fairfield, Griffith, Holroyd, Mid South Coast (now titled Lake Illawarra), Parramatta, St George and

Wagga Wagga. In 1972/73 these Centres commenced: Balmain, Armidale, Hawkesbury, Hay, Hills, Gloucester, Kempsey, Lethbridge Park, Mosman, Nepean, Nambucca, Springwood and Western Suburbs.

By the end of the first decade 110 Centres were in operation across the state. They reached 200 by 1995 and have hovered around 200 Centres ever since.

### **THE ATHLETES**

The half a million NSW Little Athletes, who have during the last 50 years experienced Little Athletics in NSW, have evolved into all areas of sport and industry.

NSW athletes have also been good, very good, winning 35 of the 49 Australian Little Athletics Teams Championship, first held in 1971. Victoria, with 12 wins have been the next strongest, while Queensland and Western Australia have a win each.

The first NSW athlete to progress to the Olympic arena was 'Emmaville Express', Debbie Wells, who in 1973, and competing for Armidale Little Athletics Centre, won the State U12 100m, 200m and long jump, all in meet records. Three years later she was in Montreal at the 1976 Olympics Games. Over the next five decades, dozens more Olympians started their journey in sport in Little Athletics.

As recently as last month the five NSW athletes added to the Tokyo Olympic team were all Little Athletes: Jye Edwards (Albion Park), Nicola McDermott (Gosford), Bendere Oboya (Prospect), Rohan Browning (Illawong) and Dani Stevens (Greystanes). They join Jessica Hull (Albion Park) who was selected last year and Liz Clay (Hornsby) who now competes for Queensland.

Three-time Olympian, Melinda Gainsford-Taylor from Narromine, competed for Trangie Centre in the early '80s. It was where she was discovered by the then LANSW Development Officer, Jackie



Byrnes. Another country athlete was Amy Winters from Kempsey in the '90s, competing for the Macleay District - she would go on to be a four-time Paralympic Games gold medallist.

Current national 400m record holder Darren Clark competed in the sprints in the Hornsby colours. Clark was not the best in his age, but did sneak onto the 1977 ALAC team before he became a superstar a few years later, running 44.38 for 400m in 1988. In the late '90s Paramatta LA Centre developed future world champion hurdler Jana Pittman. She would become the only Australian women to compete at the winter and summer Olympics.

NSW was very strong in race walking, with many going onto Olympic representation. In the late '80s sisters Jane and Natalie Saville (Randwick Botany) were in an incredible race walking era, along with Athens Olympian Cheryl Webb (Penrith), the current LANSW Competitions Manager.

Many others moved into other sports after spending time in Little Athletics. In the very first state team was future Australian cricketer and television personality Mike Whitney (Randwick Botany). Two-time world champion Australian netballer Kimberlee Green was a terrific sprinter with St George LA Centre, selected in the 1999 ALAC U13 team and then again in 2001 in the multi-event. Also in the 2001 ALAC team was future world champion discus thrower, Dani Stevens (nee Samuels). Another Australian netballer Gabi Simpson (Randwick Botany) was a very good allrounder and hurdler and had some great battles over the hurdles against Rio Olympian Michelle Jenneke (Cherrybrook). They would in 2018 be Gold Coast Commonwealth Games teammates in their respective sports. Another Australian

netballer was Sue Kenny who competed for Randwick Botany in the '80s, and also Natalie Avellino who was in the Diamond's 1995 world championship winning team.

Reigning Olympic Modern Pentathlon gold medallist Chloe Esposito competed with Liverpool Centre in distance events. Another Rio Olympian, Olympic cyclist Ashlee Ankudinoff, race walked at Illawong, while Ashlee's Rio Olympic cycling teammate Rachel Neylan hurdled at Ryde LA Centre. A couple of other former Little Athletes in different sports at the Rio Olympics were, footballer, Alanna Kennedy (Ambarvale) and triathlete Aaron Royle (Wallsend).

An enormous number of rugby league players started their journey in sport via little athletics. Australian rugby league full back, James Tedesco was a sprinter and jumper at Campbelltown in the '00s, winning a medal in the U10s 200m. A few years ahead of him at Campbelltown was another Australian rugby league player, Chris Lawrence, who played with Wests Tigers. Lawrence, who was a state champion in sprints, and still holds state and Australian records, played in the centres and eventually second row. He was a member of the 2002 ALAC team, along with State of Origin half-back Mitchell Pearce (Ku-ring-gai Centre). Current NSW state of origin player, Payne Haas (Macquarie Hunter) was a very good little athlete and still holds state and national shot put records. An Australian shot put record Haas broke, was held by former Australian player, Jamal Idris (Bankstown). Idris, who mainly played centre, represented Australia at the World Youth Athletics Championships in the discus. Paramatta league player Tepai Moeroa (Doonside) still holds state shot put records and former Penrith winger Luke Rooney sprinter for Springwood Centre. Rabbitohs trio, Craig





Wing, Beau Champion and John Sutton were members of Randwick Botany Little Athletics. Even some league coaches were little athletics members. Current Penrith coach, Ivan Cleary, won state long jump titles as an U9 and U10 for the Manly Centre in the early '80s, defeating a future Olympian Paul Henderson (Macquarie Shores) and Australian representative Jason Kougelis (Ku-ring-gai). A member of the 1991 ALAC team was current North Queensland Cowboys coach, Todd Payten.

Current Channel 9 USA correspondent, Alison Piotrowski was a very good hurdler competing for Girraween Centre in the late '90s, while Sky News presenter Paul Murray was also a Little Athlete. Australian hip-hop dance and pop music group, Justice Crew featured Ryde LA Centre athletes John and Len Pearce who were terrific sprinters/jumpers in the '00s. The Australian newspaper's European correspondent and award winning sports journalist, Jacquelin Magnay was in the 1976 ALAC team. She was a discus thrower and her parents were prominent administrators at St George LA Centre. A member of the 1974 ALAC team was race walker Janine Shepherd who became a leading cross country skier after overcoming life threatening injuries sustained in a bicycle training accident. As a walking paraplegic she gained her pilots license and has authored a number of best selling books. A 1978 ALAC member, John MacLean later competed in the Sydney Paralympics and swam the English channel.

Australian junior representative and now international model, Amy Pejkoivic (Cherrybrook) was a champion high jumper in the '00s. Leading filmmaker Megan Riakos was in the 1994 ALAC team and was a champion race walker at Randwick Botany Centre. The voice of 1979 ALAC team member and talented discus thrower, Stephen Carline (Sutherland), is heard across

the airwaves as a traffic reporter on a number of radio stations. Other athletes who have gone on to become Olympians included: Selma Kajan (RB), Jess Thornton (RB), Nicole Boegman-Stewart (Bankstown), Jane Jamieson (Ku-ring-gai), Fabrice Lapierre (Blacktown), Benn Harradine (Macquarie Shores), Brandon Starc (Parramatta), Nick Hough (Hills), Ryan Gregson (Albion Park), Madeline Heiner (Wollongong City), Jenny Blundell (Cherrybrook), Anneliese Rubie (Manly Warringah), Lisa Corrigan, Adam Rutter (Hornsby), Nicole Liestenschneider (Manly Warringah), Ella Nelson (Sutherland), Beki Lee (Minchinbury), David Geddes (Manly Warringah), Bronwyn Eagles (Camden), Debbie Sosimenko (Doonside), Petrina Price (Northern Illawarra and Helensburgh), Nick A'Hern (Campbelltown), Matt Beckenham (Queanbeyan) and Stephanie Price (North Rocks Carlingford).

*David Tarbotton for Little Athletics NSW*



## Representative Teams

In early 2021, Coles Little Athletics Australia, along with the State Member Organisations, made the difficult decision to cancel the Coles Australian Little Athletics Championships for the second year in a row.

Despite this decision, NSW named a State Team following the Youth State Championships, which comprised of 15 U13 boys, 15 U13 girls, four U15 boys and four U15 girls. Within this team six members were multi-class athletes.

The team attended a one-day camp at NSW Academy of Sport and Recreation at Narrabeen, receiving their state uniforms, participating in team building activities and having the opportunity to be a part of a Q&A with Olympian Brandon Starc before he made a special presentation to each member of the team.

All team members also participated in the Coles National Virtual Challenge, using their results from the Youth State Championships and the Kumon State Combined Carnival to compete against team members from other states.

Congratulations to all team members selected.

### Under 13 Girls:

Evie Armstron Reading - South Eastern  
Adriana Borg - Colyton St Clair  
Mabel Dukes - Emu Plains  
Tammin Lampret - Port Hacking  
Bronte Locane - Balmain  
Catherine Mikan - Northern Suburbs  
Le'ati Moefaauo - Smithfield  
Cheyenne Murray - Milton Ulladulla  
Charlotte O'Dowd - Northern Suburbs  
Grace Peters - Dubbo  
Grace Smith - Wauchope  
Grace Townsend - Manly Warringah  
Isabella Wall - Tamworth

### Under 13 Girls Multi Class:

Rihannon Bellette - Revesby Workers  
Michayla Espie - Penrith

### Under 15 Girls:

Damita Betham - Campbelltown Collegians  
Vanessa Apel - Winston Hill  
Rachel Bardney - Winston Hills

### Under 15 Girls Multi Class:

Sienna Bromfield - Westlakes

### Under 13 Boys:

Dylan Allabush - Ku-ring-gai  
Joshua Cetinic - Hills District  
Jozef Cluff - Smithfield  
Emeric Fuamatu - Lithgow  
Andres Hampel - Northern Suburbs  
Cadel Holmes - Northern Suburbs  
Ashton Large - Eschol Park  
Mason McGroder - Sutherland  
Matthew McLachlan - Balmain  
Xavier Perry - Nepean  
Cameron Tizzard - Manly Warringah  
Rhys Webster - Winston Hills  
Benjamin Woodhouse - North Rocks Carlingford

### Under 13 Boys Multi Class:

Cooper Robb-Jackson - Parramatta  
Zac Harding - Narromine

### Under 15 Boys:

Angus Clues - Springwood District  
William Austin - Cherrybrook  
Kurt Rutter - Coonabarabran

### Under 15 Boys Multi Class:

Dylan Molloy - Newcastle



# Championship Winners

Kumon State Combined Carnival  
Held at Kerryn McCaan Athletics Centre

	BOYS		GIRLS	
U7	Deuceleon Ikamui	Liverpool City	Harlow Pate	Douglas Park
U8	Lachlan Chappell	South Eastern	Ayla York	Albion Park
U9	Jardii Ikamui	Liverpool City	Halo Keays	Camden
U10	Ludvig Persson	Manly Warringah	Isla Croft	Macquarie Hunter
U11	Josef Sikora	South Eastern	Jade Strahl	Port Hacking
U12	Zak Evans	Northern Suburbs	Keira Carlson	Wyong
U13	Joshua Cetinic	Hills District	Piper Todd	Bankstown Sports
U14	Daniel Kasozi	Hills District	Chelsy Wayne	Wollongong City
U15	Angus Clues	Springwood	Damita Betham	Campbelltown Collegians
U17	Robbie Cullen	Cherrybrook	Lily Tilt	North Rocks Carlingford



Littles & Youth State Championships  
Held at Sydney Olympic Park Athletics Centre

	U9 Girls		U9 Boys	
70m	Capri Vincent	Eastern Suburbs	Corbyn Fainga'a	St George
100m	Marnie Laurence	Eastern Suburbs	Jardii Ikamui	Liverpool City
200m	Marnie Laurence	Eastern Suburbs	Tyrese-Lloyd Owusu	Inner West
400m	Capri Vineent	Eastern Suburbs	Max Israel	South Eastern
800m	Dakota Ferguson	Tamworth	Isaac Robinson	Mosman
60m H	Halo Keays	Camden	Riley Death	Illawong
High Jump	Eliette Munn-Power	Woolgoolga	Riley Death	Illawong
Long Jump	Manvi Arabolu	Ku-ring-gai	Tyrese-Lloyd Owusu	Inner West
Shot Put	Savannah Auvaa	Bathurst & District	Finn Wilson	Ku-ring-gai
Discus	Patience Time	Smithfield	Hunter Tietie	Campbelltown
700m Walk	Isla Berry	Hills District	Ryan Volpato	Balmain
	U10 Girls		U10 Boys	
70m	Asuncion Ayeto-Sad	Balmain	Oscar Le Guay	Bowral
100m	Asuncion Ayeto-Sad	Balmain	Beau Wheeldon	Forbes
200m	Asuncion Ayeto-Sad	Balmain	Kyan Seale	Northern Suburbs
400m	Ronia Warszawska	Port Hacking	Zwi Ratajczak	Sutherland
800m	Ronia Warszawska	Port Hacking	Max McIntosh	Ku-Rring-gai
60m H	Sophie Howson	Port Hacking	Harvey Todd	Eastern Suburbs
High Jump	Hannah Lambert	North Rocks Carlingford	Ludvig Persson	Manly Warringah
Long Jump	Sophie Howson	Port Hacking	Alexander Song	North Rocks Carlingford
Shot Put	Savannah Wiki	Wollongong City	Ludvig Persson	Manly Warringah
Discus	Savannah Wiki	Wollongong City	Izach Saalea-Morga	Campbelltown
1100m Walk	Gemma Dixon	Cherrybrook	Mitchell McCarthy	Ryde
	U11 Girls		U11 Boys	
100m	Tahlia Tabone	Camden	Kenewa Gamanga	Bankstown
200m	Clara Seyram Princ	Parramatta	Kenewa Gamanga	Bankstown
400m	Adelaide Pittis	Orange	Henry Perkins	Balmain
800m	Adelaide Pittis	Orange	Lachlan Wheeler	Sutherland
1500m	Eliza Lawton	Manly Warringah	Thomas Chalmers	Kotara South
80m H	Rhema Adeleja	Port Hacking	Charlie Andrews	Winston Hills
High Jump	Annabel Srbinovski	Port Hacking	Davin Yap	Northern Suburbs
Long Jump	Casey Pendleton-Cherry	Sutherland	Josef Sikora	South Eastern
Triple Jump	Casey Pendleton-Cherry	Sutherland	Josef Sikora	South Eastern
Shot Put	Madison Cornish	Sutherland	Ashton Taeiloa	Campbelltown
Discus	Annisha Reader	Girraween	Aaron Chevalier	Winston Hills
Javelin	Savannah Hill	Doonside	Matthew Lawrence	North Rocks Carlingford
1100m Walk	Ruby Kernaghan	Parramatta	Lukas Hall	Edgeworth

	U12 Girls		U12 Boys	
100m	Alyssa Michael	Preston Robins	Flynn Daly	Port Macquarie
200m	Keira Carlson	Wyong	Jack Proudford	Hills District
400m	Keira Toohey	Sutherland	Trent Alley	Port Macquarie
800m	Philippa Quarrell	Manly Warringah	Trent Alley	Port Macquarie
1500m	Philippa Quarrell	Manly Warringah	Trent Alley	Port Macquarie
80m H	Alyssa Michael	Preston Robins	Hugo Macri	St George
High Jump	Audrey Khmphet Pearse	South Eastern	Joel Moresi	Cherrybrook
Long Jump	Maiya Hewitt	Kiama	Hewston Fitzgerald	Balmain
Triple Jump	Aileesha Oudshoorn	Port Stephens	Ashwin Ramaswamy	Hills District
Shot Put	Kaiah Wong	Mt Druitt	Boston Traino	Sutherland
Discus	Fiorella Collins	Mosman	Cooper Dabin	Wagga Wagga
Javelin	Tallara Joseph-Riogi	Canterbury	Ryan Cloey	Glenbrook
1500m Walk	Jessica Loring	Parramatta	Lucas Whelan	Quakers Hill
	U13 Girls		U13 Boys	
100m	Bronte Locane	Balmain	Ashton Large	Eschol Park
200m	Bronte Locane	Balmain	Ashton Large	Eschol Park
400m	Cheyenne Murray	Milton-Ulladulla	Xavier Perry	Nepean
800m	Cheyenne Murray	Milton-Ulladulla	Matthew McLachlan	Balmain
1500m	Brooke Carson	Illawong	Matthew McLachlan	Balmain
3000m	Emerson Leadbetter	Kotara South	Joel Harlor	Shoalhaven
80m H	Tammin Lampret	Port Hacking	Andres Hampel	Northern Suburbs
200m H	Tammin Lampret	Port Hacking	Rhys Webster	Winston Hills
High Jump	Grace Townsend	Manly Warringah	Cadel Holmes	Northern Suburbs
Long Jump	Rekha Levine	Canterbury	Mason McGroder	Sutherland
Triple Jump	Catherine Mikan	Northern Suburbs	Mason McGroder	Sutherland
Shot Put	Salote Wolfgramm	Kings Langley	Jozef Cluff	Smithfield
Discus	Grace Peters	Dubbo	Christopher Szeker	Sutherland
Javelin	Jessica Koussas	Inner West	Jozef Cluff	Smithfield
1500m Walk	Evie Armstrong Reading	South Eastern	Dylan Allabush	Ku-ring-gai
	U14 Girls		U14 Boys	
100m	Holly Rea	Wollongong City	Billy Blair	Balmain
200m	Samara Bond	Ku-ring-gai	Dylan Hall	Ku-ring-gai
400m	Ivy Boothroyd	Sutherland	Callum Grantham	Illawong
800m	Ivy Boothroyd	Sutherland	Archie Nott	Campbelltown
1500m	Fleur Cooper	Mosman	Archie Nott	Campbelltown
3000m	Aspen Lambert	Canterbury	Jesiah Low	Sutherland
80/90m H	Savannah Taylor	Port Hacking	Billy Blair	Balmain
200m H	Jordan Moore	Sutherland	Noah Ribeiro	Hills District
High Jump	Izobelle Louison-Roe	Port Hacking	Kurt Michael	Port Hacking
Long Jump	Nekea Talaia	Emu Plains	Dylan Hall	Ku-ring-gai
Triple Jump	Izobelle Louison-Roe	Port Hacking	Daniel Okerenyang	Koorringal Wagga
Shot Put	Manaia Coulter	Preston Robins	Daniel Kasozi	Hills District
Discus	Chelsy Wayne	Wollongong City	Michael Ajaka	Parramatta
Javelin	Jessica Johnston	Ryde	Ruann Eksteen	Manly Warringah
1500m Walk	Sienna Pitcher	Gosford	Isaac Beacroft	Quakers Hill

	U15 Girls		U15 Boys	
100m	Tuliana Kabuyawa	Hills District	Michael McCarthy	Maitland
200m	Tuliana Kabuyawa	Hills District	Sadheel Kumar	Hills District
400m	Damita Betham	Campbelltown	Ivan Balic	Inner West
800m	Tayissa Buchanan	Albion Park	Mohamad Hage	Liverpool City
1500m	Tayissa Buchanan	Albion Park	Miles Carson	Illawong
3000m	Ingrid Kingsmill	Manly Warringah	Miles Carson	Illawong
90/100m H	Talahn Paki	Hills District	Liam Coles	Tuggerah Lakes Mingara
300m H	Marissa Tnokovski	Smithfield	Mitchell Bradley	Prospect
High Jump	Vanessa Apel	Winston Hills	Ivan Prizmic	Manly Warringah
Long Jump	Tuliana Kabuyawa	Hills District	Evander Kelly	Emu Plains
Triple Jump	Raphaila Idris	Blacktown	Evander Kelly	Emu Plains
Shot Put	Lucy Lee	Port Hacking	George Wells	Tuggerah Lakes Mingara
Discus	Jamaya Wayne	Wollongong City	George Wells	Tuggerah Lakes Mingara
Javelin	Tali Baltineshter	Port Hacking	Toby Camilleri	Cranebrook
1500m Walk	Aiva Pinches	Adamstown New Lambton	Ryan Bonham	Wallsend Rsl
	U17 Girls		U17 Boys	
100m	Emma Lee	Sutherland	Rashid Kabba	Holroyd
200m	Emma Lee	Sutherland	Sebastian Sultana	Hills District
400m	Ashleigh Goncalves	Albion Park	Lachlan Wood	Winston Hills
800m	Montana Monk	Macquarie Hunter	Michael King	Preston Robins
1500m	Imogen Stewart	Bankstown	Adam Brunsch	Ryde
3000m	Niamh McMahon	Canterbury	Adam Brunsch	Ryde
100/110m H	Georgia Fichardt	Ku-ring-gai	James Kotis	Eastern Suburbs
300m H	Talia Kupceric	Manly Warringah	Max Milani	Northern Suburbs
High Jump	Sophie Kavanagh	North Rocks Carlingford	Darcy Holmes	Northern Suburbs
Long Jump	Sienna Bond	Ku-ring-gai	William Moir	South Eastern
Triple Jump	Olivia Dimech	Hawkesbury City	William Moir	South Eastern
Shot Put	Kaitlyn Coulter	Preston Robins	Alexander Shahla	North Rocks Carlingford
Discus	Ashlyn Blackstock	Eastlakes	Drew Dodgson	Cessnock
Javelin	Karina Bell	Illawong	Alexander Del Popolo	Tiger Wests
1500m Walk	Elizabeth McMillen	Manly Warringah	Raven Pyda	Liverpool City

	U9/U10 Multi Class Girls		U9/U10 Multi Class Boys	
100m	Heidi Lewtschenko	Warradale	Xavier Wilson	Albion Park
200m	Kloe Hunter	Revesby Workers	Xavier Wilson	Albion Park
800m	Kloe Hunter	Revesby Workers	Ethan Odell	Rouse Hill Rams
Discus	Heidi Lewtschenko	Warradale	Blake Heath	Leeton
Long Jump	Heidi Lewtschenko	Warradale	Xavier Wilson	Albion Park
Shot Put	Heidi Lewtschenko	Warradale	Nil	Nil
	U11/U12 Multi Class Girls		U11/U12 Multi Class Boys	
100m	Olivia Earl	Tamworth	Carson Blacksmith	Albion Park
200m	Gemma Sellick	Manly Warringah	Carson Blacksmith	Albion Park
800m	Nil	Nil	Carson Blacksmith	Albion Park
Discus	Olivia Earl	Tamworth	Levi Douglass	Hawkesbury City
Long Jump	Gemma Sellick	Manly Warringah	Carson Blacksmith	Albion Park
Shot Put	Olivia Earl	Tamworth	Lachlan Margetson	Sutherland
	U13/U14 Multi Class Girls		U13/U14 Multi Class Boys	
100m	Sydbella Warton	Manly Warringah	Matthew Engesser	Parramatta
200m	Telaya Blacksmith	Albion Park	Cooper Robb-Jackson	Parramatta
800m	Charlize Colwell	Albion Park	Cooper Robb-Jackson	Parramatta
Discus	Rhiannon Bellette	Revesby Workers	Nathan Barbara	Ryde
Long Jump	Telaya Blacksmith	Albion Park	Matthew Engesser	Parramatta
Shot Put	Rhiannon Bellette	Revesby Workers	Nathan Barbara	Ryde
	U15/U17 Multi Class Girls		U15/U17 Multi Class Boys	
100m	Lainee Harrison	Macquaire Hunter	Zander Field	Southlakes
200m	Mali Lovell	Manly Warringah	Jackson Love	Manly Warringah
800m	Mali Lovell	Manly Warringah	Aaron Houston	Bathurst & District
Discus	Savannah Buss	Glenbrook	Dylan Molloy	Newcastle City
Long Jump	Lainee Harrison	Macquaire Hunter	Zander Field	Southlakes
Shot Put	Savannah Buss	Glenbrook	Zander Field	Southlakes

## Records - Individual

U11 Girls	Rhema Adeleja Annisha Reader	Port Hacking Giraween	80m Hurdles Discus	13.16s 37.74m
U12 Boys	Hugo Macri	St George	80m Hurdles	12.51s
U12 Girls	Alyssa Michael	Preston Robbins	80m Hurdles	12.76s
U14 Boys	Billy Blair	Balmain	90m Hurdles 100m	11.96s 11.17s
U14 Girls	Ivy Boothroyd	Sutherland	800m	2:12.29
U17 Girls	Sienna Bond Elizabeth McMillen Montana Monk	Ku-ring-gai Manly Warringah Macquarie Hunter	Long Jump 1500m Walk 800m	6.02m 6:32.30 2:09.22





# 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

## Merit Award Recipients

Matt Andrews 2019  
Peter Barnes 1998  
Rosie Barnes 2012  
Alan Bartlett 2001  
Marian Bennett 2001  
Phill Blunt 1998 \*  
Bill Boyle 1992  
Bill Bradshaw \* 1991  
Russell Briggs 2019  
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 McMahon\* 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  
Ronald Pollett 2019  
Geoff Quirk 1991  
Julie Reynolds 2001  
Glen Richardson 1994  
Sally Richardson 2019  
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

\* Deceased

# 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
From 2008/2009 onwards, both male and female winners were awarded		
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
2018/2019	Trans Tasman Team	Trans Tasman Team

# 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.

Two individuals were added to this prestigious list in 2020 from NSW.

### 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)

### 2019

Brandon Starc (Track & Field)

### 2020

Amy Pejkovic (Achiever)  
Chloe Esposito (Sports Person)

# Acknowledgements

## Major Sponsor



## National Partner





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Years

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