

# 2021/22 Annual Report





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## Acknowledgement of Country

Little Athletics NSW acknowledges the traditional custodians of the lands on which we walk, run, jump, throw and roll. We pay our respects to Indigenous elders throughout Australia, both past and present, as well as emerging.

# Message from the Chair



Little Athletics NSW once again had to navigate through some challenging factors such as COVID-19 restrictions impacting season start dates for all Centres, as well as the floods that so terribly impacted our Centres in Northern NSW in the early New Year. I can only pass on my gratitude to the many volunteers that persevered with getting weekly competitions up and running, and I also want to acknowledge our flood affected Centres and hope you can all be back on the track for next season. We continue to work with government departments and Little Athletics Australia to ensure they get the funding they need.

Registration numbers are not where we would like them to be, once again COVID-19 hampered a lot of our Centres ability to get up and running and we are planning to get back up to 32,000 next season which is a 20% increase. Whilst this might seem ambitious, it still is not up to the numbers we've seen in the past and the staff will be working hard on several initiatives to support this ambition, as well as capitalising on the momentum of this year's Commonwealth Games. This ambition is a joint effort of not only LANSW staff, but also our dedicated Centre volunteers and we will be helping to assist you with reaching this ambition with ongoing support, training and resources.

The board of LANSW spent a considerable amount of time and effort late last year on the proposed National Merger of Little Athletics and Athletics Australia. There was a period of 4 months where the board had to go through the proposed constitution and business case, and whilst we all agreed that the intent was right, the documents themselves weren't where we would have liked for the betterment of Little Athletics in Australia and ultimately the merger did not get the votes required. It was soon followed by losing several board members namely Matthew Andrews, Naomi Tancred and Michael O'Mara.

I would like to thank each of them for their contributions to the board and this process, Matthew was an appointed Director that contributed a lot to operational initiatives and

improvements, Naomi was an outstanding adviser when it came to legal matters, and Michael led the sale process of the Harris Street property.

The Harris Street property sale would not have been completed without the help from John Bateman who continues to provide pro-bono legal advice to us, but also John McCann from Colliers that facilitated the sale. James Kermond also left the board in January this year to concentrate his time and efforts on his running and studying, James was a great voice for the athletes, and I also thank him for his involvement and dedication.

Sally Richardson came on as an Appointed Board Member in February and Sally has many years of volunteering and championships experience which we on the board hugely appreciate.

Now that we have the National merger work behind us, the board can now re-focus on ensuring we provide direction on what is required for our Centres, volunteers, officials, and families. We have been working on simplifying the strategic imperatives of the organisation and the LANSW staff are building the operational initiatives to support it. All this work will be shared at the Annual Conference, and I hope to see many of you there.

I'd like to make special mention and congratulate Heather Mitchell, long term volunteer and official for LANSW on her OAM announced in the Queens Birthday Honours List.

Finally, I would like to personally thank Rebecca and the Staff for their very active support of Little A's in the past 2 seasons which has been really difficult. I would also like to give a big shout out to all the Committee members, volunteers, officials, and families that make this great sport possible every week. I am sure our athletes appreciate it to no end, and I've seen so many examples of athletes displaying the great spirit and love for the sport over the many meets and championships that would not be possible without everyone turning up.

# Message from the CEO



Similar to last season, 2021/2022 was a disrupted season. Lockdowns were in place, and policies and guidelines were changing sometimes daily at a time when Little Athletics should have been flourishing off the back of the Tokyo Olympics. Our Centres though showed their resilience, navigating the challenges to the benefit of athletes, families and the community.

Unfortunately the challenges didn't stop there. Weather impacted much of the state this season, impacting competition days and nights for many, and the devastating floods in March resulted in a turn for the worst for some.

Once again, the Annual Conference and Awards Dinner was cancelled, along with the much loved State Relay Championships. For some regions, Zone Championships were removed from the competition calendar and entry became direct to Regional Championships, and a number of new events, along with camps and clinics were unable to take place.

While weather threatened the Kumon State Combined Carnival and the McDonalds State Track and Field Championships, these events successfully took place and after two years of cancellations the NSW Team again participated in the Coles Australian Little Athletics Championships.

Virtual formats for coach and official education were well received, with more individuals attending courses and webinars than ever before. With such success this will continue to be incorporated into the education offerings moving forward.

While we had hoped registrations would be open in the week of athletics at the Tokyo Olympics, this wasn't to be with the uncertainty of when the season would start. Marketing and communication plans had to change and focus on registering interest rather than signing up.

As with every year, there are many people to thank in our sport. This year we celebrated 20 years of partnership with our Major Sponsor McDonald's and we thank all the franchises across NSW for their ongoing support.

This thanks is also extended to our other partners including Kumon Australia and New Zealand, RHSports, Valour Sport, Wholesale Trophies and GameDay. Coles continued their support as a National Partner, and Round 6 of the Coles Community Fund saw 31 Centres received \$100,000 in grants, taking the national total to over \$2 million in three years.

Little Athletics NSW also extended our charity partners, adding Little Wings and R U OK? to long term partner Ronald McDonald House Charities Greater Western Sydney, working with all three charities on a range of initiatives.

Again our thanks goes to the NSW Office of Sport and Sport NSW for their ongoing support of Little Athletics, our Centres and everyone within in the sporting industry. This went well beyond financial contributions to providing guidance and recommendations in the ever-changing environment in which we operated across the year.

In a sport which relies so heavily on volunteers, we could not have achieved what we have this season without you. At times there were concerns if our season would get off the ground with the ongoing challenges of lockdowns and restrictions. Whether you are a Zone Coordinator, advisory committee member, official, Centre administrator or parent helper, you play a vital role.

And finally, to the team at Little Athletics NSW. There have certainly been hurdles in the past 12 months, particularly working from home during such a critical time. I personally thank you for your support and dedication, and I look forward to what we can achieve with these challenges behind us.







# Board of Directors



**Melissa Chandler**  
(Chair)



**Joe Burgess**



**John McFadden**  
Since July 2021



**Simon Nicola**



**Sally Richardson**  
Since February 2022



**Costa Zakis**  
Since July 2021

Craig Scott  
Until July 2021

Glen Taylor  
Until July 2021

Matthew Andrews  
Until December 2021

Michael O'Mara  
Until December 2021

Naomi Tancred  
Until December 2021

James Kurmond  
Until January 2022

## OUR PURPOSE

To facilitate family, fun, fitness and friendships

## OUR VALUES

Integrity, Innovation, Inclusion, Excellence



# Spotlight

During a year of challenges there were some amazing achievements by Centres and initiatives to highlight.




Lismore & Kurrajong-Bilpin athletes made extraordinary efforts to attend State Championships




Centres sharing facilities during tough times



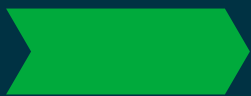
Numerous equipment donations from Centre to Centre



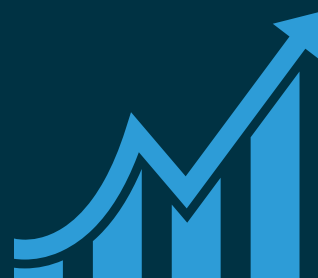
Centres inviting other members to attend when their facilities were unavailable



Heather Mitchell receiving an Order of Australia Medal



Multi Class Athletes competing at ALAC for the first time



## Highest growth Centres from each region

Ballina	268.6% (Region 1)
Cumnock	166.0% (Region 3)
Young	160.5% (Region 4)
Maitland	131.8% (Region 2)
Penrith Valley	131.8% (Region 6)
St George	131.7% (Region 8)
Douglas Park	121.1% (Region 7)
Ryde	119.1% (Region 5)



### Indigenous Uniforms

- Balmain celebrated with a 50 year Indigenous themed uniform
- Emma Hoskins from Quakers Hill designed our Indigenous themed State Championships tee



### New Centre Initiatives

- Implementing cross country events as tracks were unavailable due to weather
- Centre surveys being conducted to collect feedback
- Offering unique training sessions with specialists coaches
- Implementing youth committees to create a voice for the athletes

# Key Statistics

7 Able Bodied state records and the introduction of Multi Class state records

2,590 Athletes at State Championships

Tiny Tots program grew by 14%

26,675  
MEMBERS



Created in February  
2022

19,508 Likes  
+ 2.6k

5,270 Followers  
+1.4k

1,477 Followers  
+1.4k

4.1M Reach  
+ 697%

528k Reach  
+1,354%

926k Views  
106k Likes

176  
CENTRES

## ALAC



41

## PBs

26



51%



49%



# Centres and Membership

2021/2022 season was again impacted by COVID-19 seeing many Centres not commencing until mid-December. Of the 176 Centres affiliated for the season, seven were unable to take registrations, while others have reduced numbers for a variety of reasons.

The weather again created havoc with Centres having to cancel weekly competitions and six Centres were significantly impacted by the floods in March and will require support to rebuild.

## Registrations

Registrations for the season were interrupted due to the impact of COVID-19 with regional Centres initially opening before the state-wide lockdown. As a result, 57% of registrations were taken in November and 20% in December, compared to the bulk usually occurring in August and September.

Of the 26,709 registrations, which were down 5.5% on the previous year, 16,256 Active Kids Vouchers were utilised, equating to almost 61% of the membership.

## Centre Support

The past two seasons have seen Centres and their Committees continue to face new challenges. Throughout August and to December there were ongoing announcements by the NSW Government

in relation to the COVID-19 lockdowns and the path for the return of Community Sport. Centres showed patience and resilience acting upon the information that was provided, often with very little notice.

Rouse Hill Little Athletics became the face of the announcement by the Daily Telegraph that caps would be raised to allow all Centres to recommence weekly competitions earlier than initially indicated.

The 2021 Annual Conference and Awards Night was unfortunately again cancelled, however replaced with a series of virtual events. Eight sessions were held over 13 days, plus the AGM totalling 435 minutes of presentations. There were a total of 706 event registrations by 210 individuals with the highest participation in a session being 148 attendees.

In addition to this, the Centre Support Series was launched - and a range of specific topics covered throughout the year included: The Role of a Centre Secretary, GameDay Registration Overview, GameDay Events Overview, Social Media and The Role of a Centre Treasurer - Your Centres Money.

LANSW staff again visited three-quarters of the Centres across NSW and enjoyed meeting many Committee Members and participants across the state. We remain committed to continuing to play an active role visiting and supporting Centres where possible.





# Centre Support

## Centre Grant Scheme

The Little Athletics Centre Grant Scheme was again available to assist Little Athletics Centres throughout NSW, in obtaining track and field equipment and facilities that will better enable them to conduct events for their members. Successful Centres which received a grant were: Coffs Coast, Eastlakes, Eschol Park, Gunnedah, Katoomba, Koorngal Wagga, Ku-ring-gai, Lockhart, Port Macquarie, Winston Hills and Young.

## Facilities

New opportunities continue to be investigated in conjunction with local interest groups and local councils to grow athletics facilities particularly in growth areas. A new synthetic track has been laid in Camden and the synthetic tracks for Werrington LAC and Griffith LAC are under construction. We can also expect a new grass facility in the near future in Marsden Park.

## COVID-19 Hardship Fund

Little Athletics NSW created a COVID-19 Hardship Fund in late 2021. Centres had the opportunity to apply for up to \$1,500 to assist them financially during the difficult lockdown. Eight Centres applied for support and received their requested funds. In addition to this, the NSW State Government provided up to \$1,000 per Centre, with majority of Centres applying and receiving this support.

## GameDay

The 2021/22 season saw the introduction of a new registration system, GameDay. Transitioning to the new system was not without its challenges and we thank all registrars and other Centre volunteers for their patience and feedback. Feedback from Centres has been collated and we continue to work with GameDay to improve the experience for both Centres and parents for the upcoming season.









# Participation

COVID-19 again had an impact this year on participation activities including engagement in schools and community events.

## Schools

With lockdowns and additional rules related to COVID-19, limited activity was able to take place in the school environment in 2021/22. We were able to however, still run a small number of LAPS programs, attend a number of school carnivals, conduct a 10-week SLR High School program, participate in three Disability and Inclusion Days with the Department of Education, as well as a number of "Come and Try Athletics" days with the School Sports Unit.

## Athletics at Home

During lockdown the focus turned to how to engage participants and Centres from home. A range of initiatives were implemented including:

- Dedicated page on the website including activity sheets and colouring in pages
- Weekly prizes for videos sent in of active kids at home
- Centre challenge launched for Centres to send in a combined video
- 50 Year Fun Run challenge
- Opportunity to participate in at home school holiday clinic/activities
- Engagement with Olympians – Centre Zoom calls and at home videos

## Camps and Clinics

A number of clinics were held in the early part of the year across the state including Tamworth, Narrabri, Moree, Orange, Wagga Wagga, Narrabeen and Sydney Olympic Park. This included a successful two-day multisport clinic in conjunction with AFL NSW/ACT and Netball NSW in Wagga Wagga.

Unfortunately, all camps and clinics in the July school holidays had to be cancelled, and due to severe weather and damage to the facility, the two-day Christmas Camp in December had to be postponed until April 2022.

Little Athletics were a feature of the Far West Active Fest, a roadshow organised by the Office of Sport visiting Lightning Ridge, Goodooga, Collarenebri and Walgett.

## Grants

We were fortunate this year to receive two grants to assist with developing our sport and growing participation. Her Sport, Her Way provides a unique opportunity to improve leadership skills for selected females in the areas of mentoring and officiating. This is a program that will continue to roll out in 2022/23.

And for the first time a significant grant was received from Multicultural NSW to assist with translated materials to promote Little Athletics in five different languages. This will also support dedicated programs in Wagga Wagga and Western Sydney to drive awareness and participation.





# Coach and Volunteer Development

COVID-19 again significantly influenced the delivery of coach, official, and volunteer training. The number of face-to-face courses and related participant numbers were severely affected. Yet, this opened up space for the continued exploration of virtual education offerings which had excellent results. We offered or collaborated on 17 virtual events and registrations reached just over 1,000.

This is the highest number of registrations ever gained for LANSW education programs in a 12-month period. Pleasingly, this was accompanied by consistently positive feedback. The accessibility and convenience of virtual events needs to be recognised. They will continue to feature prominently going forward.

## Programs & Events

Some of the education programs and events offered and developed in 2021/22 were:

### Live Learn from Home

What started as a LANSW webinar series became the "Run Jump Throw Live Learn from Home" program.

Topics/titles included:

- Various "Introduction to Teaching" webinars: shot put, discus, long jump, scissors high jump
- How to Positively Manage Athlete Behaviour
- How to Effectively Manage Groups of Young Athletes
- Creativity in Coaching Kids
- How to Create Great Coaching Cues
- Your Little Athletics Survival Guide

### Sunday Coaching School

Sunday Coaching School enjoyed a brief return featuring an exclusive conversation with Matt Horsnell, coach of Tokyo Olympics Women's High Jump silver medallist Nicola McDermott.

## ITLAS (introduction to Teaching Little Athletics Skills) Courses

We delivered just two face-to-face ITLAS courses. One of the courses utilised ACPE at Sydney Olympic Park for the first time. The other course was held in Deniliquin. Several courses were cancelled due to a lack of registrations. This was a result of the uncertainty created by COVID-19.

## Officials Webinars

The Joint Officials Committee (JOC) again delivered a series of webinars. Some highlights were:

- The first-ever extended interview with an official - Janet Nixon (photo finish - Tokyo Olympics)
- "Hurdles from Both Sides" - A webinar examining hurdles from both a coach's (Penny Gillies) and official's (John Morris) viewpoint

## Mentor Training

The JOC launched the NSW Officials Mentoring Network. This project aims to assist officials to team up with a mentor. Associated events included:

- A virtual forum to gather feedback
- An "Effective Mentoring" webinar delivered by consultant Darryl Durham
- A virtual Office of Sport Mentor Training workshop. This was offered to officials who had applied as mentors



## R WE OK?

For the second consecutive year, LANSW coordinated an “R WE OK? A Sports Conversation for Coaches” webinar. It was held on RUOK? Day. The session featured 8 presenters (NSW Office of Sport; an RUOK? Ambassador; Little Athletics NSW; NSW Ice Skating; Basketball NSW; Softball NSW; Football NSW; Psychologist). 114 participants from 17 sports registered for the session.

## Age Manager Training

Importantly, work began on the development of Age Manager Training. Stephanie Grujoski, Adam Jolliffe, and Darren Wensor formed a committee tasked with planning and developing the training and accompanying resources. Significant initial planning tasks, including the implementation of an age manager training survey, were successfully undertaken.

Despite the challenges of COVID-19, delivery of LANSW education and training programs continued, albeit in a different form. With the advent of virtual products, the program has innovated and grown, arguably placing it in a stronger position than ever before. The key now is to find the right balance between virtual and face-to-face products to meet the needs of the Little Athletics community most effectively.

We look forward to maintaining and growing our virtual products while resuming, rebuilding, and refreshing our face-to-face education program.









# Marketing & Communications

With the delay to the start of the season, the Marketing plan for the 2021/22 season had to pivot. At a time when we thought we would have the opportunity to take registrations off the back of momentum due to the Olympics, we had to adjust the campaign to take registrations of interest to then later target. While this wasn't the ideal scenario it did create a database of over 6,200 prospects.

In addition to regional TV, metro radio and digital and social advertising, the focus was on creating personalised social media assets for Centres. In a recent survey there was overwhelming support for LANSW to continue and expand on this initiative, and Centres can expect even more personalised and a greater number of assets next season.

## Social Media

We had impressive reach via social media this year, particularly throughout the Olympics and through the introduction of Instagram Reels.

We increased our Facebook reach by 697% with a total reach of 4.1 million, with our Instagram receiving an increase in reach of 1354% with a total of 532k (335k of this total just from Instagram Reels).

Little Athletics expanded into the world of TikTok in 2022, whilst also experimenting with the Reels category on Instagram. The goal of this was to reach the younger audience and create a platform to show off Little Athletics in a fun and entertaining way. Our TikTok has already grown to 1440 followers with a total of 106k likes and 926k total views.

We now sit at the below amount of followers:

Facebook - 19,407 (1st in Little Athletics in Australia)

Instagram 5242 (3rd in Little Athletics in Australia)

TikTok - 1,440 (1st in Athletics associations in Australia)

## Top Performers

Facebook - Ivy Boothroyd at Nationals (Video)

2.23M Reach, 3,745 likes, 40 Comments and 16 Shares

Instagram - Normalise Racing with Snacks

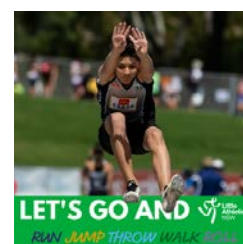
75k views, 319 Likes, 0 Comments and 6 Shares

TikTok - Exhausted Runners

182.6k views, 31k Likes, 114 Comments and 435 Shares

## Ready, Set, Go

Due to the disruption of our season and being unsure when we would commence, we launched the 'Ready, Set, Go' campaign. The idea was to build excitement for the upcoming season with the queues directed at Centres, parents and athletes to start preparing for the season ahead.



## Tokyo 2020/2021

Over the course of the Olympics in Tokyo, our strategy was to report on highlights and achievements of all Australian Athletes. We also highlighted former LANSW athletes in the lead up with the focus on what Centre they came from and their achievements throughout that time.

As a result, we were able to achieve a total reach of 864k for Facebook and 44k for Instagram, during the Athletics component of the Olympics.

Our top performer on Facebook being Jessica Hull's Australia Record which recorded in 499k reach and 21.3k likes.

And our top performer for Instagram being Nicola McDermott's silver medal which reached 23.7k accounts and 1,458 likes.

# Partnerships

Despite the challenges, Little Athletics NSW had a successful year of activating with our network of valued sponsors.

McDonald's and Little Athletics NSW celebrated 20 years of ongoing partnership during the 2021/2022 season. McDonald's continued their support state-wide by providing certificates for participants across the state, as well as supplying marquees, water stations, fruit and vouchers at multiple events in the calendar. Local franchises continued to engage with Centres to extend their association with LANSW at local and regional levels. Registration numbers were branded with a proud partner message in celebration of the 20-year anniversary, and McDonald's held event naming rights for the State Track and Field Championships which Ronald McDonald attended as a special guest.

Kumon Australia and New Zealand continued their partnership activity as the naming rights partner for the Kumon State Combined Carnival, with the team on hand to meet the Little Athletics community and hand out gift bags and drink bottles to the athletes in attendance. All registered athletes were also provided with a Kumon PB book to use throughout the season.

National Sponsor Coles provided bananas throughout the 2021/22 season, both directly to

Centres as well as at all major state events. Coles Community Round was held between February 17 & March 6 and LANSW had 71 Centres participate in the initiative – with plenty of colour, fun and Coles branding. 31 centres across NSW received much needed equipment via the Coles Community Funds, delivering over \$100,000 back in value to the Little Athletics community. The Coles Little Athlete of the Year celebrated their win with a Coles gift card and meet and greet with the Coles Athletics Ambassadors.

RHSports supported Centres via the Little Athletics Centre Grant Scheme, by providing 11 Centres with track and field equipment to upgrade their facilities for their members. Additionally, RHSports produced the custom State Track and Field Championships shirts, which were designed with the winning artwork from the State T-Shirt Competition.

Little Athletics NSW would also like to extend our thanks to all valued partners in Valour, Wholesale Trophies, Sport NSW and GameDay.

We look forward to continuing to support our charity partner in Ronald McDonald House Greater Western Sydney, and welcomed two new partners, Little Wings, and RUOK? who we look forward to collaborating with and supporting their charitable and awareness campaigns.









# Competitions, Fun Runs and Carnivals

At the beginning of the year hopes were high that we would see a return of all our traditional events, as well as the inclusion of new ones.

Things started well with the introduction of the LANSW Racewalking Carnival for 120 participants in May, and the 50 Year Fun Run hosted in Sydney Olympic Park, Wagga Wagga and Dubbo in June. Across the three venues the Fun Run attracted almost 500 individuals of all ages participating in either a 1.5, 3 or 5km fun run to celebrate 50 years of Little Athletics in NSW.

From there however, a number of events were cancelled including a Cross Country Carnival, Cross Country and Road Walks State Championships and for the second year, the much-loved State Relay Championships.

Regions 1-4 were given the opportunity to determine whether they wished to host Zone Championships or open entries to all directly into a Regional Championships, with Regions 1, 2 and 3 opting for the later. This still saw 14 Zone

Championships run between December and February, and the eight Regional Championships hosted between January and March.

## Kumon State Combined Carnival

It was a challenging week in the lead up to the Kumon State Combined Carnival with the weather threatening to lead to a cancellation of the event. We were fortunate however that the sun came out on the Saturday morning and stayed with us for majority of the weekend.

There were 772 entries to the event hosted at Maitland Regional Athletics Centre on 5 and 6 March, where for the first time registrations were open to athletes of all ages. Due to the weather the number of competing athletes was reduced to 560.

Thank you to East Maitland Little Athletics who assisted with running the BBQ and canteen over the weekend, the 41 Officials and naming rights partner, Kumon Australia and New Zealand, who all contributed to making this carnival a great success.





## McDonald's State Track and Field Championships

The weather again impacted the McDonald's State Track and Field on 19 and 20 March at Sydney Olympic Park, closing the pits for a significant amount of time on the first day of competition. Fortunately, all events took place and time was able to be made up across the weekend.

A total of 2,590 athletes, including 30 Multi Class athletes, competed across 5,167 events from 149 Centres across NSW. Many Centres and athletes had been impacted by the recent flooding in NSW and QLD, and the support for those Centres and athletes was evident.

Ronald McDonald was again on hand to declare the Championships officially open and was presented with a plaque to celebrate 20 years of partnerships.

The State Tee was designed by 12 year old Emma Hoskins from Quakers Hills Little Athletics Centre following a competition, and Emma delivered a moving Acknowledgement to Country at the Opening Ceremony.

105 Officials made the State Track and Field Championships possible, and thanks goes to each and every one of them as this event capped off the competition season.

## Championship Advisory Committee

Thank you to the Competitions Advisory Committee who again had to make a number of complex recommendations during another unusual season. The committee who met monthly, or more often as required comprises of Heather Mitchell, Peter Barnes, Neil Hinton, Tim Batho, Daniel Bliss, Bruce Cox, Murray Gaudin, Ron Richter and Cheryl Webb. Their dedication to this committee across the 12 months is greatly appreciated.





# Coles Australian Little Athletics Championships (ALAC)

After a two-year absence, the Coles Australian Little Athletics Championships (ALAC) returned in 2022 from 23-24 April at Lakeside Stadium in Melbourne. Things however did look a little different with COVID-19 precautions in place, which included parents travelling with the athletes.

The 2022 edition also saw a significant team size increase of 50% and for the first time ever, the inclusion of Multi Class athletes. NSW selectors chose a team of 48 to represent NSW comprising of 39 under 13, six under 15 and 3 Multi Class athletes.

Majority of the team members attended a one-day camp held at Sydney Olympic Park in early April, which included creating and learning the all-important NSW war cry.

The NSW team performed exceptionally well over the two-day event and showed great sportsmanship and maturity during the competition. Overall, they brought home 41 medals and achieved 26 personal best performances.

In addition to their individual performances, their overall scores were as follows:

**Trevor Billingham Trophy - U13 Division:** Team NSW finished an encouraging third (3rd) place with 640.50 behind Victoria and Queensland with 709 and 680 points respectively

**Life Members Trophy - U15 Division:** Team NSW finished in fifth (5) place with 245.50 points

Thank you is extended to the selectors, as well as the parents and guardians who travelled with the team, and the athletes themselves who proudly represented NSW.





# ALAC Team 2022

## Under 13 Boys

Trent Alley – Port Macquarie  
Cameron Badger – Sutherland  
Thomas Cashion – Macquarie Hunter  
Ryan Cloey – Glenbrook  
Cooper Dabin – Wagga Wagga  
Zak Evans – Northern Suburbs  
Harrison Ferns – Hills District  
Filtomas Finekifolau – Bankstown Sports  
Aidan Kirk – Eschol Park  
Dylan Lau – St George  
Ratu Viliame Lewanavanua – North Rocks  
Carlingford  
Jude Lumley – Northern Suburbs  
Joel Moresi – Cherrybrook  
Dylan Mortimer – Manly Warringah  
Samuel Price – Cherrybrook  
Jack Proudford – Hills District  
Alex Spadaro – Prospect  
Boston Traino – Sutherland  
Alberto Jordan – Manly Warringah

## Under 13 Multi Class Boys

Nate Castelli – Port Macquarie

## Under 15 Multi Class Boys

Adnan Darwich – Greystanes  
Lowndes Motler – Werrington

## Under 13 Girls

Erin Blayney – Northern Suburbs  
Indii Bower – Campbelltown Collegians  
Jemma Camilleri – Cranebrook  
Elysse Diep – Bankstown Sports  
Eva Gawel – Campbelltown Collegians  
Matilda Harrison – Ku-ring-gai  
Maiya Hewitt – Kiama  
Irin Kapsalis – Balmain  
Sienna Latanis – St George  
Jessica Loring – Parramatta  
Ahlyrah Lubis – Port Hacking  
Siara Mccreery – Randwick Botany  
Caitlyn Martin – Winston Hills  
Audrey Khamphet Pearse – South Eastern  
Philippa Quarrell – Manly Warringah  
Molly Rayment – Sutherland  
Tallara Joseph- Riogi – Canterbury  
Keira Toohey – Gosford  
Matilda Webb – Winston Hills  
Kaiah Wong – Mount Druitt

## Under 15 Combined Events Boys

Michael Ajaka – Parramatta  
Lucas Harvey Cosseteini – Kotara South  
Benjamin Kasozi – Hills District

## Under 15 Combined Events Girls

Jaide Almeida – South Eastern  
Sarah Lovell – Ku-ring-gai  
Lily Stewart – Inner West

# Kumon State Combined Carnival Results

## Saturday 5 and Sunday 6 March, Maitland

### Male

U7	Joshua West	Hills District
U8	Sam Kelly	Balmain
U9	Lucas Gill-Gomes	Albion Park
U10	Jardii Kamui	Kings Langley
U11	Temana Searle	Kiama
U12	Josef Sikora	South Eastern
U13	Thomas Cashion	Macquarie Hunter
U14	Jozef Cluff	Smithfield
U15	Michael Ajaka	Parramatta
U17	Cody Hancock	Raymond Terrace
U20	Byron Watts	Camden
Open	Andrew Sim	Hornsby

### Female

Shreya Iyer	Winston Hills
Harlow Pate	Wollongong City
Ayla York	Albion Park
Chloe Antony	Eastern Suburbs
Sienna Vassella	Ku-Ring-Gai
Olivia Scott-Rogers	Hills District
Sienna Latanis	St George
Zara Nicholas	Springwood
Jaide Almeida	South Eastern
Vanessa Apel	Winston Hills
Lara Check	Wollongong
Georgie Latanis	Illawong





# McDonald's State Track and Field Championships Results

Saturday 19 and Sunday 20 March, Sydney Olympic Park

	Girls U9		Boy U9s	
70m	Lana Bozic	Sutherland	Ethan Costa	Randwick Botany
100m	Lana Bozic	Sutherland	Ethan Costa	Randwick Botany
200m	Imogen Wynne	Kings Langley	Ethan Costa	Randwick Botany
400m	Lana Bozic	Sutherland	Alexander Miller	Balmain
800m	Ayla York	Albion Park	Alexander Miller	Balmain
60m Hurdle	Charlotte Harper	Eschol Park	Anson Vella	Sutherland
High Jump	Zeldi Cilliers	Port Hacking	Noah Van Dyk	Sutherland
Long Jump	Rani Batchelor	Balmain	Ethan Costa	Randwick Botany
Shot Put	Giselle Stopins	Colyton St Clair	Lachlan Chappell	Randwick Botany
Discus	Imogen Connell	Cherrybrook	Lachlan Chappell	Randwick Botany
700m Walk	Keira Gill	Riverstone	Nate Appleyard	Winston Hills

	Girls U10		Boy U10s	
70m	Marnie Laurence	Eastern Suburbs	George Lambousis	Port Hacking
100m	Marnie Laurence	Eastern Suburbs	Corbyn Fainga'a	St George
200m	Marnie Laurence	Eastern Suburbs	Corbyn Fainga'a	St George
400m	Capri Vincent	Eastern Suburbs	Isaac Robinson	Manly Warringah
800m	Charlotte James	Eastlakes	Isaac Robinson	Manly Warringah
60m Hurdle	Marnie Laurence	Eastern Suburbs	Riley Death	Illawong
High Jump	Manvi Arabolu	Ku-Ring-Gai	Duke Lampret	Port Hacking
Long Jump	Manvi Arabolu	Ku-Ring-Gai	Riley Death	Illawong
Shot Put	Savannah Wiki	Wollongong City	Finn Wilson	Ku-Ring-Gai
Discus	Ruby Tindall	Camden	Callan Atherton	Gosford
1100m Walk	Gemma Hunt	Manly Warringah	Ryan Volpato	Balmain

	Girls U11s		Boy U11s	
100m	Asuncion Akeng Saddler	Balmain	Callum Gilchrist	Ku-Ring-Gai
200m	Asuncion Akeng Saddler	Balmain	Callum Gilchrist	Ku-Ring-Gai
400m	Ronia Warszawska	Gosford	Zwi Ratajczak	Sutherland
800m	Ronia Warszawska	Gosford	Zwi Ratajczak	Sutherland
1500m	Ronia Warszawska	Gosford	Zwi Ratajczak	Sutherland
80m Hurdle	Alexia Mathison	Port Hacking	Taten Rogers	Manly Warringah
High Jump	Ava Cetinic	Hills District	Kyan Seale	Northern Suburbs
Long Jump	Sophie Howson	Wollongong City	Harvey Todd	Eastern Suburbs
Triple Jump	Alina Meers	South Eastern	Kyan Seale	Eastern Suburbs
Shot Put	Sophie Farrell	Ku-Ring-Gai	Hayden Free	Hill District
Discus	Sienna Vassella	Ku-Ring-Gai	Izach Saalea-Morgan	Campbelltown
Javelin	Savannah Wiki	Wollongong City	Archer Todd	Gosford
1100m Walk	Gemma Dixon	Cherrybrook	Ryan Volpato	ANL



# McDonald's State Track and Field Championships Results

Saturday 19 and Sunday 20 March, Sydney Olympic Park

	Girls U12s		Boy U12s	
100m	Rhema Adelaja	Port Hacking	Jayden Todoroski	Greystanes
200m	Rhema Adelaja	Port Hacking	Jayden Todoroski	Greystanes
400m	Adelaide Pittis	Orange	Harry Keats	Bowral
800m	Eliza Lawton	Manly Warringah	Harry Keats	Bowral
1500m	Eliza Lawton	Manly Warringah	Harry Keats	Bowral
80m Hurdles	Rhema Adelaja	Port Hacking	Ethan McErlane	Manly Warringah
High Jump	Olivia Scott-Rogers	Hills District	Davin Yap	Northern Districts
Long Jump	Casey Pendleton-Cherry	Sutherland	Alexander Benforte	Rouse Hill
Triple Jump	Allegra Little	Port Hacking	Brock Lampret	Port Hacking
Shot Put	Sophie Farrell	Ku-Ring-Gai	Ashton Taelioa	Campbelltown
Discus	Nisini Rajapaksha Mudiya	Cherrybrook	Ashton Taelioa	Campbelltown
Javelin	Annisha Reader	Girraween	Mitchell Klomp	Hills District
1500m Walk	Sophie Polkinghorne	North Rocks/Carling	Alexander Braendle	Northern Districts

	Girls U13s		Boy U13s	
100m	Matilda Harrison	Ku-Ring-Gai	Jack Proudford	Hills District
200m	Matilda Harrison	Ku-Ring-Gai	Jack Proudford	Hills District
400m	Keira Toohey	Gosford	Cameron Badger	Sutherland
800m	Philippa Quarrell	Manly Warringah	Trent Alley	Port Macquarie
1500m	Philippa Quarrell	Manly Warringah	Trent Alley	Port Macquarie
3000m	Philippa Quarrell	Manly Warringah	Trent Alley	Port Macquarie
80m Hurdles	Alyssa Michael	Prestons Robins	Zak Evans	Northern Suburbs
200m Hurdles	Maiya Hewitt	Kiama	Alex Spadaro	Prospect
High Jump	Audrey Khamphet Pearce	South Eastern	Joel Moresi	Cherrybrook
Long Jump	Maiya Hewitt	Kiama	Jack Proudford	Hills District
Triple Jump	Maiya Hewitt	Kiama	Alex Spadaro	Prospect
Shot Put	Irin Kapsalis	Balmain	Samuel Price	Cherrybrook
Discus	Fiorella Collins	Manly Warringah	Cooper Dabin	Wagga Wagga
Javelin	Tallara Joesph-Riogi	Canterbury	Ryan Cloey	Glenbrook
1500m Walk	Matilda Webb	Winston Hills	Aidan Kirk	Eschol Park

	Girls U14s		Boy U14s	
100m	Ava Ross	Kotara South	Wol Albino	Hornsby
200m	Ava-marie Carlson	Macquarie Hunter	Wol Albino	Hornsby
400m	Mathilda Delfs	Sutherland	Wol Albino	Hornsby
800m	Isabella Wall	Tamworth	Nathaniel Clarke	Independent
1500m	Mabel Dukes	Emu Plains	Alexander Marshall	Parramatta
3000m	Matilda Richards	Revesby Workers	Nate Ward	Kotara South
90m Hurdles	Grace Townsend	Manly Warringah	Oliver Facer	Inner West
200m Hurdles	Grace Townsend	Manly Warringah	Andres Hampel	Northern Suburbs
High Jump	Grace Townsend	Manly Warringah	Cadel Holmes	Northern Suburbs
Long Jump	Grace Townsend	Manly Warringah	Liam Hayes	Hills District
Triple Jump	Zara Nicholas	Springwood	Christopher Moala	Ryde
Shot Put	Salote Wolfgramm	Mount Druitt	Jozef Cluff	Smithfield
Discus	Salote Wolfgramm	Mount Druitt	James Schofield	Nepean
Javelin	Piper Todd	Bankstown	Jozef Cluff	Smithfield
1500m Walk	Danelia Samuel	Winston Hills	Dylan Allabush	Ku-ring-gai



# McDonald's State Track and Field Championships Results

Saturday 19 and Sunday 20 March, Sydney Olympic Park

100m	Girls U15s	Manly Warringah	Boy U15s	Ku-ring-gai
200m	Matilda Vial	Mosman	Dylan Hall	Hills District
400m	Sofia Fedirchuk	Ku-Ring-Gai	Dylan Illangantilake	Illawong
800m	Samara Bond	Woy Woy	Callum Grantham	Sutherland
1500m	Sienna Scahill	Woy Woy	Jesiah Low	Sutherland
3000m	Sienna Scahill	Woy Woy	Jesiah Low	Quakers Hill
100m Hurdles	Sienna Scahill	Sutherland	Isaac Beacroft	Singleton
300m Hurdles	Jordan Moore	Cherrybrook	Ethan Williams	Singleton
High Jump	Sarah-Anne Koot	Port Hacking	Ethan Williams	Port Hacking
Long Jump	Izobelle Louison-Roe	Port Hacking	Kurt Michael	Koorngal Wagga
Triple Jump	Izobelle Louison-Roe	Port Hacking	Daniel Okerenyang	Blacktown
Shot Put	Izobelle Louison-Roe	Ryde	Luke Vrataric	Hills District
Discus	Jessica Johnston	Wollongong City	Daniel Kasozi	Wollongong City
Javelin	Chelsy Wayne	Glenbrook	William Willis	Manly Warringah
1500m Walk	Lilly Allport	Ku-Ring-Gai	Ruann Eksteen	Quakers Hill
	Zoe Wood		Isaac Beacroft	

100m	Girls U17s	Manly Warringah	Boy U17s	Randwick Botany
200m	Gabriella Taylor	Mudgee	Zac Urbach	Holroyd
400m	Alesha Bennetts	Campbelltown	Rashid Kabba	Ku-ring-gai
800m	Damita Betham	Dubbo	Lachlan Herbert	Prestons Robins
1500m	Ella Penman	Taree	Michael King	Prestons Robins
3000m	Brooke Hosgood	Ryde	Michael King	Canterbury
100m Hurdles	Georgia Phillips	Port Hacking	Jonathan Meaker	Holroyd
300m Hurdles	Jasynta Lampret	South Eastern	Rashid Kabba	Canterbury
High Jump	Isabel Nystrom	Prestons Robins	Uchenna Egbu	Ryde
Long Jump	Emily Malakovski	Ku-Ring-Gai	Brendan Mannasz	Holroyd
Triple Jump	Sienna Bond	Blacktown	Rashid Kabba	Canterbury
Shot Put	Raphaila Idris	Manly Warringah	Uchenna Egbu	Nepean
Discus	Emma Polikowski	Douglas Park	Amosia Soatini	Mingara
Javelin	Zoe Daniels	Port Hacking	George Wells	Cranebrook
1500m Walk	Tali Baltineshter	Manly Warringah	Toby Camilleri	ANL
	Tara Laytham		Grady Platt	

Junior Relay	Girls
Senior Relay	Eastern Suburbs (Billie Rollo, Marnie Laurence, Aria Jackson, Elizabeth Somerville)
	Many Warringah (Kaitlin Dunne, Gabriella Taylor, Sienna Kupceric, Matilda Vial)

Junior Relay	Boys
Senior Relay	Manly Warringah (Jake Maillet, Jake O'Sullivan, Emerson Ayres, Harvey Glanville)
	Hills District (Jack Proudford, Liam Hayes, Dylan Illangantilake, Sadheel Kumar)



# McDonalds State Track and Field Championships Results

Saturday 19 and Sunday 20 March, Sydney Olympic Park

	Girls Multi Class U9-10s		Boys Multi Class U9-10s	
100m	Melinda Hottes	Toukley	Xavier Wilson	Albion Park
200m			Xavier Wilson	Albion Park
800m	Melinda Hottes	Toukley	Xavier Wilson	Albion Park
Long Jump	Melinda Hottes	Toukley	Eddie Clare	Helensburgh
Discus			Xavier Wilson	Albion Park
Shot Put			Eddie Clare	Helensburgh

	Girls Multi Class U11-12s		Boys Multi Class U11-12s	
100m	Gemma Sellick	Manly Warringah	Carson Blacksmith	Albion Park
200m	Gemma Sellick	Manly Warringah	Carson Blacksmith	Albion Park
800m	Khloe Hunter	Revesby Workers	Carson Blacksmith	Albion Park
Long Jump	Heidi Lewtschenko	Warradale	Carson Blacksmith	Albion Park
Discus	Olivia Earl	Tamworth	Ashton Burgess	Wyong
Shot Put	Olivia Earl	Tamworth	Lachlan Margetson	Sutherland

	Girls Multi Class U13-14s		Boys Multi Class U13-14s	
100m	Abbie Peet	Tamworth	Cooper Robb-Jackson	Parramatta
200m	Abbie Peet	Tamworth	Cooper Robb-Jackson	Parramatta
800m	Abbie Peet	Tamworth	Cooper Robb-Jackson	Parramatta
Long Jump	Rhiannon Bellette	Revesby Workers	Zac Harding	Narromine
Discus	Rhiannon Bellette	Revesby Workers	Zac Harding	Narromine
Shot Put	Rhiannon Bellette	Revesby Workers	Cooper Robb-Jackson	Parramatta

	Girls Multi Class U15-17s		Boys Multi Class U15-17s	
100m	Telaya Blacksmith	Albion Park	Malcahi Canning	Lismore
200m	Telaya Blacksmith	Albion Park	Malcahi Canning	Lismore
800m	Layla Sharp	Werrington	Malcahi Canning	Lismore
Long Jump	Telaya Blacksmith	Albion Park	Malcahi Canning	Lismore
Discus	Jasmine Ferguson	Wauchope	Nathan Barbara	Ryde
Shot Put	Kelly Ryan	Lake Illawarra	Nathan Barbara	Lismore



# State Records

U8 Girls	200m	5.3.22	Harlow Pate	Wollongong City	31.6	State Combined Carnival
U11 Girls	80m Hurdles	19.3.22	Sophie Howson	Wollongong City	12.75	State Championships
U11 Boys	80m Hurdles	19.3.22	Taten Rogers	Manly Warringah	12.96	State Championships
U12 Girls	80m Hurdles	19.3.22	Rhema Adelaja	Port Hacking	12.57	State Championships
U17 Boys	110m Hurdles	20.3.22	Rashid Kabba	Holroyd	13.31	State Championships
U17 Boys	Shot Put (5kgs)	19.3.22	Amosia Soatini	Nepean	18.25m	State Championships
Relay	Senior Boys	20.3.22	4 x 100m	Hills District	44.61	State Championships

## Girls Multi Class U11/12s

Event	Class	Date	Name	Centre	Record	
100m	T01	19.3.22	Khloe Hunter	Revesby Workers	16.71	State Championships
	T46	19.3.22	Gemma Sellick	Manly Warringah	15.73	State Championships
200m	T01	20.3.22	Khloe Hunter	Revesby Workers	33.78	State Championships
	T46	20.3.22	Gemma Sellick	Manly Warringah	32.73	State Championships
800m	T01	20.3.22	Khloe Hunter	Revesby Workers	3:06.37	State Championships
Shot Put	F20	19.3.22	Olivia Earl	Tamworth	8.84m	State Championships
Discus	F37	20.3.22	Heidi Lewtschenko	Warradale	11.92m	State Championships
	F46	20.3.22	Gemma Sellick	Manly Warringah	11.18m	State Championships

## Girls Multi Class U13/14s

Event	Class	Date	Name	Centre	Record	
100m	T44	19.3.22	Rhiannon Bellette	Revesby Workers	19.80	State Championships
200m	T36	20.3.22	Abbie Peet	Tamworth	34.05	State Championships
	T44	20.3.22	Rhiannon Bellette	Revesby Workers	42.89	State Championships
800m	T36	20.3.22	Abbie Peet	Tamworth	3:10.21	State Championships
Long Jump	T44	19.3.22	Rhiannon Bellette	Revesby Workers	2.73	State Championships
Shot Put	F20	19.3.22	Michayla Espie	Penrith	7.45m	State Championships
	F38	19.3.22	Seren Hall	Singleton	4.99m	State Championships
	F45	19.3.22	Rhiannon Bellette	Revesby Workers	5.62m	State Championships
Discus	F36	20.3.22	Abbie Peet	Tamworth	8.79m	State Championships
	F38	19.3.22	Seren Hall	Singleton	14.35m	State Championships
	F45	19.3.22	Rhiannon Bellette	Revesby Workers	10.32m	State Championships

## Girls Multi Class U15-17s

Event	Class	Date	Name	Centre	Record	
100m	T12	19.3.22	Layla Sharp	Werrington	14.81	State Championships
	T20	19.3.22	Telaya Blacksmith	Albion Park	13.72	State Championships
200m	T12	20.3.22	Layla Sharp	Werrington	30.88	State Championships
	T20	20.3.22	Telaya Blacksmith	Albion Park	28.58	State Championships
800m	T12	20.3.22	Layla Sharp	Werrington	2:40.68	State Championships
Long Jump	T20	20.3.22	Telaya Blacksmith	Albion Park	4.66m	State Championships

# State Records

## Boys Multi Class U9/10s

Event	Class	Date	Name	Centre	Record	
100m	T12	19.3.22	Xavier Wilson	Albion Park	16.40	State Championships
200m	T37	20.3.22	Eddie Clare	Helensburgh	41.78	State Championships
800m	T12	20.3.22	Xavier Wilson	Albion Park	2:39.24	State Championships
	T37	20.3.22	Eddie Clare	Helensburgh	3:54.15	State Championships
Long Jump	T37	19.3.22	Eddie Clare	Helensburgh	2.52m	State Championships
Shot Put	F37	19.3.22	Eddie Clare	Helensburgh	4.97m	State Championships

## Boys Multi Class U11/12s

Event	Class	Date	Name	Centre	Record	
100m	T12	19.3.22	Lachlan Margetson	Sutherland	31.86	State Championships
200m	T37	20.3.22	Lachlan Margetson	Sutherland	1:12.15	State Championships
800m	T12	20.3.22	Carson Blacksmith	Albion Park	3:09.85	State Championships
Shot Put	T37	19.3.22	Lachlan Margetson	Sutherland	2.98m	State Championships

## Boys Multi Class U13/14s

Event	Class	Date	Name	Centre	Record	
100m	T36	19.3.22	Zac Harding	Narromine	17.02	State Championships
	T38	19.3.22	Cooper Robb-Jackson	Parramatta	14.43	State Championships
	T44	19.3.22	Kynan Miller	Shoalhaven	20.69	State Championships
200m	T21	20.3.22	Blake Morgan	Port Macquarie	1:03.73	State Championships
	T36	20.3.22	Zac Harding	Narromine	36.45	State Championships
	T38	20.3.22	Cooper Robb-Jackson	Parramatta	28.74	State Championships
800m	T01	20.3.22	Oscar Melbourne	Mingara	2:47.14	State Championships
	T38	20.3.22	Cooper Robb-Jackson	Parramatta	2:24.88	State Championships
Long Jump	T21	20.3.22	Blake Morgan	Port Macquarie	0.92m	State Championships
	T36	19.3.22	Zac Harding	Narromine	3.13m	State Championships
Shot Put	F21	19.3.22	Blake Morgan	Port Macquarie	3.99m	State Championships
	F36	19.3.22	Zac Harding	Narromine	5.76m	State Championships
	F37	19.3.22	Dominic Baker	Eschol Park	4.32m	State Championships
	F38	19.3.22	Cooper Robb-Jackson	Parramatta	7.99m	State Championships
Discus	F43	19.3.22	Kynan Miller	Shoalhaven	4.66m	State Championships
	F21	20.3.22	Blake Morgan	Port Macquarie	4.74m	State Championships
	F36	20.3.22	Zac Harding	Narromine	14.31m	State Championships
	F38	20.3.22	Nate Castelli	Port Macquarie	4.16m	State Championships

## Boys Multi Class U15-17s

Event	Class	Date	Name	Centre	Record	
100m	T36	19.3.22	Dylan Molloy	Newcastle City	17.25	State Championships
200m	T36	20.3.22	Dylan Molloy	Newcastle City	37.82	State Championships
	T38	20.3.22	Jesse James	Moree	37.82	State Championships
800m	T38	20.3.22	Jesse James	Moree	2:59.44	State Championships
Long Jump	T38	19.3.22	Jesse James	Moree	3.15m	State Championships
Shot Put	F20	19.3.22	Malachi Canning	Lismore	9.44m	State Championships
	F36	19.3.22	Dylan Molloy	Newcastle City	6.06m	State Championships
	F38	19.3.22	Jesse James	Moree	4.39m	State Championships
	F61	19.3.22	Nathan Barbara	Ryde	5.12m	State Championships
Discus	F20	20.3.22	Malachi Canning	Lismore	24.21m	State Championships
	F38	19.3.22	Jesse James	Moree	15.80m	State Championships
	F61	20.3.22	Nathan Barnes	Ryde	14.99m	State Championships



# 2020/2021 Annual Award Winners

Wauchope Little Athletics Centre  
Revesby Workers' Little Athletics  
Centre

Singleton Track and Field

Rebecca Broughton (Hawkesbury)

David Murphy (Balmain)

Justine Wallis (Cherrybrook)

David Bruce (Winston Hills)

Jacqueline Gilroy (Revesby Workers')

Innovative Centre of the Year

Metropolitan Centre of the Year

Regional Centre of the Year

Administrator of the Year

Volunteer of the Year

Young Volunteer of the Year

Coach of the Year

Official of the Year



# Life Members and Merit Awards

## 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	Paul Hughes 2002	Ron Saville 1998
Peter Barnes 1998	Michael Irwin 2002	Wayne Sayers 2015
Rosie Barnes 2012	Kevin Ivin 2007	Lorraine Searles 2015
Alan Bartlett 2001	Lizbeth Ivin 2007	Sue Sinclair 2015
Marian Bennett 2001	Allan Johnson 2009	Linda Smith 1993
Phill Blunt * 1998	Carmen Jones 2002	Rosemary Smith 2003
Bill Boyle 1992	Ron Keys OAM 1991	Sue Stafa 1997
Bill Bradshaw * 1991	Les Kirkland 2015	Glen Taylor 2016
Russell Briggs 2019	Tony Kish 2001	Reg Thompson 1998
Ron Budd 1991	Barbara Lea 1993	Greta Vallance 1991
Kim Burton 2003	Bob Leach * 1998	Judy Vecellio 1991
Robert Care AM 2001	Diane Levy 1997	Tony Vecellio OAM 1991
Rita Channells 1993	Anne Lupton 2003	Alan Venzlauskas 1998
Carol Clima 1991	Les Magee * 1991	Margaret Vonarx 1991
Steve Clima 1995	Carol McGarry 1996	Marcus Vowels (Prof) AM 2002
Kevin Collyer * 1991	Howard McGarry 1991	Tony Ward 2006
Bob Crawford * 1998	Joe McGarry 2015	Bob Wardle 1995
Christine Crawford 1993	Ross Macleod-Jones 2002	Jim Walker 2013
Steve Critchley 1998	Lyn McMahon* 1998	Chris Watt 2007
Phil Cross 1993	Viv Manwaring 2002	Pauline Watt 2016
Irené Dasey 2012	Aino Matwisyk 2013	John Wells * 2001
Vinlei Della Casa 2016	Lynne Moore 2012	Sue Wells 2001
Doreen Dickinson 1991	Colin Muir 2015	Lynne Whatman 2012
Greg Dickson 2002	Mick Mulligan 1993	Gordon Willson 1998
Ivan Drury 2015	Mike O'Hehir 1991	Lorraine Wiseman 1996
Jenny Drury 2015	Tony Okulicz 2001	Jorge Zapatero 1998
Miriam Ebejer 2015	Mick O'Neill * 1991	
Robyn Eyears 1998	Terry O'Neill 2002	
Kevin Fisher 2015	Wally Pamplin * 1992	
Christine Fletcher 2001	Russell Peters 1998	
Anne Garment 1991	Gordon Prevett 2012	
Mavis Godber 2012	Ronald Pollett 2019	
Gary Green 1991	Geoff Quirk 1991	
Elaine Green 1991	Julie Reynolds 2001	
Stephen Green 2015	Glen Richardson 1994	
Max Harris 1994	Sally Richardson 2019	
Gerald Hayes * 1991	Lesley Rodgers 1998	
Jacky Hayes 1991	Warren Ross 1998	
James Hepburn * 1991	Karl Rugg 2013	
Trevor Hinwood 2002	Neil Sandall 1998	
Margaret Honey 1997	Charles Sanders 2012	

\*Deceased



# Little Athletics Australia

## 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.

Three individuals were added to this prestigious list in 2021 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 Pejkovik (Achiever)  
Chloe Esposito (Sports Person)

#### 2021

Nicola McDermott (Olyslagers) (Track & Field)  
Heather Mitchell (Volunteer)  
James Turner (Track & Field)

# Centre Numbers

	2019-2020 (Pre-Covid)	2020-2021 (During Covid)	2021-2022 (Recovery)	Difference	% of last season	% of Pre-Covid
<b>REGION 1</b>						
<b>MID NORTH COAST ZONE</b>						
Camden Haven	78	34	28	-6	82.4%	35.9%
Forster Tuncurry	114	32	48	16	150.0%	42.1%
Gloucester	81	38	28	-10	73.7%	34.6%
Harrington	29	37	27	-10	73.0%	93.1%
Kempsey	108	0	12	12	-	11.1%
Old Bar	36	13	17	4	130.8%	47.2%
Port Macquarie	200	152	197	45	129.6%	98.5%
South West Rocks	38	0	0	0	-	0.0%
Stuarts Point	51	28	17	-11	60.7%	33.3%
Taree	78	30	68	38	226.7%	87.2%
Wauchope	130	83	74	-9	89.2%	56.9%
<b>NEW ENGLAND ZONE</b>						
Armidale	90	79	41	-38	51.9%	45.6%
Glen Innes	2	0	0	0	-	0.0%
Gunnedah	99	104	184	80	176.9%	185.9%
Inverell	85	0	6	6	-	7.1%
Moree	71	51	120	69	235.3%	169.0%
Narrabri (Winter)	13	38	48	10	126.3%	369.2%
Quirindi	63	68	58	-10	85.3%	92.1%
Tamworth	214	161	183	22	113.7%	85.5%
Yetman	3	0	0	0	-	0.0%
<b>NORTHERN RIVERS ZONE</b>						
Ballina	81	35	94	59	268.6%	116.0%
Casino	79	45	35	-10	77.8%	44.3%
Coffs Coast	121	94	74	-20	78.7%	61.2%
Evans Head	12	0	0	0	-	0.0%
Glenreagh and Dist.	15	0	0	0	-	0.0%
Grafton	107	52	47	-5	90.4%	43.9%
Lismore	100	86	85	-1	98.8%	85.0%
Lower Clarence	53	61	0	-61	0.0%	0.0%
Nambucca District	61	56	48	-8	85.7%	78.7%
Urunga/Bellinger Valley	64	55	0	-55	0.0%	0.0%
Woolgoolga	92	97	111	14	114.4%	120.7%
	2368	1529	1650	121	107.9%	69.7%



# Centre Numbers

	2019-2020 (Pre-Covid)	2020-2021 (During Covid)	2021-2022 (Recovery)	Difference	% of last season	% of Pre-Covid
<b>REGION 2</b>						
<b>CENTRAL COAST</b>						
Gosford	264	215	201	-14	93.5%	76.1%
Terrigal/Wamberal	258	243	242	-1	99.6%	93.8%
Toukley Dist.	75	38	30	-8	78.9%	40.0%
Tuggerah Lakes/Mingara	354	236	162	-74	68.6%	45.8%
Woy Woy Peninsula	210	126	150	24	119.0%	71.4%
Wyong	319	247	198	-49	80.2%	62.1%
<b>HUNTER</b>						
Aberdeen	75	50	65	15	130.0%	86.7%
Branxton Greta	196	128	0	-128	0.0%	0.0%
Cessnock	174	128	107	-21	83.6%	61.5%
Denman	44	76	68	-8	89.5%	154.5%
East Maitland	134	68	65	-3	95.6%	48.5%
Kurri Kurri	133	150	129	-21	86.0%	97.0%
Maitland	110	277	365	88	131.8%	331.8%
Merriwa and Dist.	62	64	62	-2	96.9%	100.0%
Muswellbrook	160	168	145	-23	86.3%	90.6%
Rutherford	81	0	0	0	-	0.0%
Scone	90	87	73	-14	83.9%	81.1%
Singleton	187	122	127	5	104.1%	67.9%
<b>LAKE MACQUARIE</b>						
Cardiff and Dist.	135	143	139	-4	97.2%	103.0%
Eastlakes	147	115	142	27	123.5%	96.6%
Edgeworth	177	134	140	6	104.5%	79.1%
Kotara South	365	255	256	1	100.4%	70.1%
Macquarie Hunter	262	181	193	12	106.6%	73.7%
Southlakes	118	63	70	7	111.1%	59.3%
Westlakes	176	107	124	17	115.9%	70.5%
<b>PORT HUNTER</b>						
Adamstown/New Lambton	243	178	191	13	107.3%	78.6%
Medowie	179	113	78	-35	69.0%	43.6%
Myall Coast	37	0	0	0	-	0.0%
Newcastle City	249	199	196	-3	98.5%	78.7%
Port Stephens	144	132	106	-26	80.3%	73.6%
Raymond Terrace	114	94	63	-31	67.0%	55.3%
Stockton	88	99	76	-23	76.8%	86.4%
Thornton	129	106	135	29	127.4%	104.7%
Tilligerry and Dist.	86	0	35	35	-	40.7%
Wallsend RSL	130	88	100	12	113.6%	76.9%
Woodberry	34	14	0	-14	0.0%	0.0%
	4233	-211	5739	4444	95.3%	73.8%

# Centre Numbers

	2019-2020 (Pre-Covid)	2020-2021 (During Covid)	2021-2022 (Recovery)	Difference
<b>REGION 3</b>				
<b>WESTERN PLAINS</b>				
Ballimore	13	23	5	-18
Cobar	58	58	67	9
Coonabarabran	56	24	4	-20
Coonamble	97	115	3	-112
Cumnock	0	47	78	31
Dubbo	258	245	227	-18
Forbes	136	80	92	12
Gilgandra	72	104	58	-46
Gulgong	62	47	64	17
Gwabegar (Winter)	11	0	7	7
Mudgee	157	108	133	25
Narromine (Winter)	84	35	47	12
Orange	292	171	184	13
Parkes	62	70	65	-5
Three Rivers	95	85	73	-12
Walgett	139	87	1	-86
Wellington	157	0	0	0
<b>WESTERN RANGES</b>				0
Bathurst	193	141	135	-6
Blayney	120	81	67	-14
Canowindra	49	60	32	-28
Cowra	116	72	86	14
Glenbrook	335	299	260	-39
Kandos/Rylstone	37	0	0	0
Katoomba	147	132	129	-3
Kurrajong/Bilpin	255	203	193	-10
Lithgow	67	81	92	11
Oberon Dist.	47	28	24	-4
Springwood Dist.	216	170	132	-38

% of last season	% of Pre-Covid
21.7%	38.5%
115.5%	115.5%
16.7%	7.1%
2.6%	3.1%
166.0%	-
92.7%	88.0%
115.0%	67.6%
55.8%	80.6%
136.2%	103.2%
-	63.6%
123.1%	84.7%
134.3%	56.0%
107.6%	63.0%
92.9%	104.8%
85.9%	76.8%
1.1%	0.7%
-	0.0%
95.7%	69.9%
82.7%	55.8%
53.3%	65.3%
119.4%	74.1%
87.0%	77.6%
-	0.0%
97.7%	87.8%
95.1%	75.7%
113.6%	137.3%
85.7%	51.1%
77.6%	61.1%

3331 2566 2258 -308

88.0% 67.8%



# Centre Numbers

	2019-2020 (Pre-Covid)	2020-2021 (During Covid)	2021-2022 (Recovery)	Difference
<b>REGION 4</b>				
<b>EASTERN RIVERINA ZONE</b>				
Billabong	52	15	21	6
Coolamon	22	19	25	6
Koorringal-Wagga	159	184	193	9
Lockhart	37	32	32	0
Temora	104	85	69	-16
Tumbarumba	66	75	62	-13
Tumut	87	72	56	-16
Wagga Wagga	216	208	95	-113
West Wyalong	96	0	54	54
Young	73	43	69	26
<b>MID SOUTH COAST ZONE</b>				
Albion Park	193	139	172	33
Kiama	198	115	98	-17
Lake Illawarra	205	116	128	12
Milton/Ulladulla	45	70	42	-28
Shoalhaven	258	209	252	43
St Georges Basin	141	145	138	-7
<b>STH COAST H'LANDS ZONE</b>				
Bowral	193	217	207	-10
Dapto	175	111	129	18
Nth Illawarra	164	115	110	-5
Wollondilly	153	0	0	0
Wollongong	310	251	265	14
<b>WESTERN RIVERINA ZONE</b>				
Corowa	134	86	96	10
Deniliquin	107	108	96	-12
Finley	122	79	63	-16
Griffith	136	110	74	-36
Independent Athletes (Hay)	3	3	3	0
Leeton	174	158	160	2
Narrandera	43	30	35	5

% of last season	% of Pre-Covid
140.0%	40.4%
131.6%	113.6%
104.9%	121.4%
100.0%	86.5%
81.2%	66.3%
82.7%	93.9%
77.8%	64.4%
45.7%	44.0%
-	56.3%
160.5%	94.5%
123.7%	89.1%
85.2%	49.5%
110.3%	62.4%
60.0%	93.3%
120.6%	97.7%
95.2%	97.9%
95.4%	107.3%
116.2%	73.7%
95.7%	67.1%
-	0.0%
105.6%	85.5%
111.6%	71.6%
88.9%	89.7%
79.7%	51.6%
67.3%	54.4%
100.0%	100.0%
101.3%	92.0%
116.7%	81.4%

3666

2795

2744

-51

98.2%

74.8%

# Centre Numbers

	2019-2020 (Pre-Covid)	2020-2021 (During Covid)	2021-2022 (Recovery)	Difference
<b>REGION 5</b>				
<b>NORTHERN MET</b>				
Cherrybrook	361	327	350	23
Northern Suburbs	508	388	433	45
North Rocks/Carlingford	471	419	321	-98
Parramatta	459	340	312	-28
Ryde	548	439	523	84
<b>NORTH EAST MET</b>				0
Hornsby District	334	272	264	-8
Ku-Ring-Gai	571	430	461	31
Manly Warringah	788	585	563	-22
Mosman	607	468	399	-69
Northern Districts	275	265	228	-37

% of last season	% of Pre-Covid
107.0%	97.0%
111.6%	85.2%
76.6%	68.2%
91.8%	68.0%
119.1%	95.4%
97.1%	79.0%
107.2%	80.7%
96.2%	71.4%
85.3%	65.7%
86.0%	82.9%

4922      3933      3854      -79

98.0%      78.3%



# Centre Numbers

	2019-2020 (Pre-Covid)	2020-2021 (During Covid)	2021-2022 (Recovery)	Difference
<b>REGION 6</b>				
<b>NORTH WEST MET</b>				
Hawkesbury City	347	307	230	-77
Hills District	781	625	642	17
Kings Langley	272	262	245	-17
Riverstone & District	188	193	217	24
Rouse Hill Rams	331	369	345	-24
Winston Hills	497	419	401	-18
<b>OUTER WEST MET</b>				
Colyton/St Clair	212	204	177	-27
Cranebrook	216	150	114	-36
Emu Plains	497	232	260	28
Jamison	135	123	0	-123
Nepean	222	183	167	-16
Penrith Valley	206	198	261	63
Werrington	293	280	184	-96
<b>WEST MET</b>				
Blacktown	267	225	206	-19
Doonside	191	177	159	-18
Lethbridge Park	162	130	96	-34
Minchinbury	221	214	174	-40
Mt Druitt	141	116	74	-42
Prospect	229	173	137	-36
Quakers Hill	392	267	245	-22
Tallawong Park	197	171	146	-25
The Ponds	426	409	396	-13

% of last season	% of Pre-Covid
74.9%	66.3%
102.7%	82.2%
93.5%	90.1%
112.4%	115.4%
93.5%	104.2%
95.7%	80.7%
86.8%	83.5%
76.0%	52.8%
112.1%	52.3%
0.0%	0.0%
91.3%	75.2%
131.8%	126.7%
65.7%	62.8%
91.6%	77.2%
89.8%	83.2%
73.8%	59.3%
81.3%	78.7%
63.8%	52.5%
79.2%	59.8%
91.8%	62.5%
85.4%	74.1%
96.8%	93.0%

6423

5427

4876

-551

89.8%

75.9%

# Centre Numbers

	2019-2020 (Pre-Covid)	2020-2021 (During Covid)	2021-2022 (Recovery)	Difference
<b>REGION 7</b>				
<b>CENTRAL WEST MET</b>				
Liverpool City	271	243	189	-54
Prestons Robins	345	262	250	-12
Smithfield	315	190	164	-26
Warradale	131	111	101	-10
Western Blues	176	190	211	21
<b>MID WEST MET</b>				
Bankstown Sports	319	310	230	-80
Cabra Vale/Fairfield	139	120	116	-4
Everley Park	71	53	23	-30
Girraween	424	380	406	26
Greystanes	223	188	136	-52
Holyroyd	172	193	125	-68
<b>SOUTH WEST MET</b>				
Ambarvale	153	64	51	-13
Camden	551	404	467	63
Campbelltown Collegians	513	360	373	13
Douglas Park	137	90	109	19
Eschol Park	220	210	147	-63
Ingleburn	135	71	0	-71

% of last season	% of Pre-Covid
77.8%	69.7%
95.4%	72.5%
86.3%	52.1%
91.0%	77.1%
111.1%	119.9%
74.2%	72.1%
96.7%	83.5%
43.4%	32.4%
106.8%	95.8%
72.3%	61.0%
64.8%	72.7%
79.7%	33.3%
115.6%	84.8%
103.6%	72.7%
121.1%	79.6%
70.0%	66.8%
0.0%	0.0%

4295

3439

3098

-341

90.1%

72.1%



# Centre Numbers

	2019-2020 (Pre-Covid)	2020-2021 (During Covid)	2021-2022 (Recovery)	Difference
<b>REGION 8</b>				
<b>INNER CITY</b>				
Balmain	1032	650	752	102
Canterbury	421	299	338	39
Eastern Suburbs	489	521	520	-1
Inner West	433	346	415	69
Randwick/Botany	222	169	206	37
South Eastern	327	315	198	-117
Tiger Wests	106	64	52	-12
<b>SOUTHERN MET</b>				0
Bundeena-Maianbar	116	0	0	0
Helensburgh and District	204	203	160	-43
Illawong	162	195	140	-55
Port Hacking	464	386	339	-47
Revesby Workers	291	266	292	26
St George	220	218	287	69
Sutherland	511	379	410	31

% of last season	% of Pre-Covid
115.7%	72.9%
113.0%	80.3%
99.8%	106.3%
119.9%	95.8%
121.9%	92.8%
62.9%	60.6%
81.3%	49.1%
-	0.0%
78.8%	78.4%
71.8%	86.4%
87.8%	73.1%
109.8%	100.3%
131.7%	130.5%
108.2%	80.2%

4998      4011      4109      98

102.4%      82.2%

# Zone Coordinators & Committees

## 2021/2022

### Zone Coordinators

Mark Searles - Mid North Coast  
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  
Ron White - Northern Met  
Ken Carter - North East Met  
Dennis Coker - 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  
Karen Cundasawmy - Inner City  
Lynne Whatman - Southern Met

### Governance & Risk Committee

Glen Taylor (Chair until July 2021)  
Simon Nicola (Chair from August 2021)  
James Kermond (Until January 2022)  
Costa Zakis (From July 2021)  
Naomi Tancred (Until December 2021)

### Finance & Audit Committee

Melissa Chandler  
Michael O'Mara (Chair until December 2021)  
Joe Burgess

### Championship Advisory Committee

Heather Mitchell  
Peter Barnes  
Neil Hinton  
Tim Batho  
Daniel Bliss  
Bruce Cox  
Murray Gaudin  
Ron Richter  
Cheryl Webb

### Joint Officials Committee

Barry Pecar (Chair)  
Peter Barnes  
Neil Hinton  
Heather Mitchell  
Mary Macaluso  
John Morris  
Daniel Warren  
Darren Wensor  
Tamara Savage - NSW (Until March 2022)





# Little Athletics NSW Staff

## 2021/2022

**Rebecca Shaw**  
**Chief Executive Officer**

**Kathy Moran**  
**Operations & Administration Manager**

**Rebecca Newton**  
**Centre Support Manager**

**Trish Bright**  
**Registration & Online Data Coordinator**

**Cheryl Webb**  
**Competitions Manager**

**Darren Wensor**  
**Head of Coach & Volunteer Development**

**Alvin Umadhay**  
**Coach & Development Officer (Metro)**

**Youcef Abdi**  
**Coach & Development Officer (Metro)**

**Laura Crowhurst**  
**Marketing & Communications Coordinator**  
Until October 2021

**Daniel Warren**  
**Regional Development Officer (Wagga Wagga)**  
Maternity Leave cover until March 2022  
&  
**Volunteer Manager & Business Analyst**  
Commenced April 2022

**Pat McGregor**  
**Marketing & Communications Coordinator**  
Commenced November 2021

**Emily Brunton**  
**Participation & Partnership Manager**  
Until March 2022

**Bronwen Adams**  
**Partnership & Participations Manager**  
Commenced March 2022

**Stephanie Grujoski**  
**Participation Coordinator**

**Adam Jolliffe**  
**Regional Development Officer (Tamworth)**

**Kelly Ryan**  
**Regional Development Officer (Dubbo)**  
Until January 2022

**Timothy Trainor**  
**Regional Development Officer (Dubbo)**  
Commenced February 2022

**Jessica Earsman**  
**Regional Development Officer (Wagga Wagga)**  
Until December 2021

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