



ANNUAL REPORT

2022/23

Our Purpose

Facilitate family, fun, fitness and friendships.

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

Our Values

Integrity, Innovation, Inclusion, Excellence

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Acknowledgement to Country

Little Athletics NSW would like to acknowledge and pay respect to the Wangal people of the Dhurag Nation in which the State Office is situated on. Little Athletics NSW would like to also extend this acknowledgment to the Traditional Owners of the lands in which our Athletes and Centres get to run, jump, throw and roll, across the state.

We recognise and respect the ongoing contributions that First Nations people make to the sport of Little Athletics and the wider community. Included in this respect is reverence of the culture and history of Elders past, present and emerging.



MESSAGE FROM THE CHAIR

WOW, what a season we have just had. It was so great to have a season not impacted by pandemics and natural disasters (except for a few centres). We had a bumper year regarding registration numbers, over 38,000 which is not something we've seen for a long time, especially a non-Olympic year, and it surpassed our budget of 32,000.

Many people contributed to this success, but I'd like to firstly thank our Officials, Volunteers and Staff. I got the feeling that they were all as eager to get back on the track as our athletes were, so I have to say there was a real buzz at all the Championships and events I attended. I would also like to really acknowledge all the centre Committees that embraced this increase in numbers despite it might seem a little daunting. I saw a lot of the centres working more collaboratively together, sharing information and ideas, I think this was simply because we all just wanted to do the best job possible for the athletes.

It was great to attend both State Relays and State Combined Championships this season. State Relays was back after a 2-year hiatus at SOPAC, and State Combined was hosted by Dubbo. Both events were very well attended, records were broken, and there was once again a lot of happy athletes and parents.

There were some changes to the LANSW Board, Joe Burgess served 2 years and chose not to re-elect for another term, I want to thank him for his contributions, particularly through the National Merger process, and as a member of the Finance & Audit committee. We also had new board members join at last years' AGM, Nicki Drinkwater and David Murphy, they both come with a lot of Little A's experience plus commercial skills that fit well within the Board skills matrix. We also welcomed Muhilan Sriravindrarakah as an Appointed Director during the year to fill a Commercial Finance skills gap.

Finally, I would just like to thank and congratulate all the athletes. We as a community obviously make all this happen because of them, and to see the joy and comradery that the athletes display is a real testament to everyone that acts as a representative of Little A's, displaying and fostering a positive behaviour and culture. I wish all the athletes all the best in 2023, keep on enjoying our great sport!

Mel Chandler

Chair of Little Athletics NSW



**"I WOULD LIKE TO THANK
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MESSAGE FROM THE CEO

It gives me great pleasure to present my first annual report as the Chief Executive Officer of Little Athletics NSW. To start I'd like to commend and thank the outgoing CEO, Rebecca Shaw for the work that she has done leading the organisation over the last two years, and to the board for placing their confidence in me to lead the organisation through its next chapter. Little Athletics as a movement represents all the things in junior sport that makes me proud to be a sports administrator. A true focus on grassroots participation. A true focus on supporting kids to perform at their best, and a real sense of celebration when kids achieve new PB's. These are the things that drew me to this role, and I look forward to working with all of you to fulfil the opportunities that the organisation has in front of it.

Season 2022/23 saw the biggest single year increase in membership in the organisation's history with membership exceeding 38,000 young people across New South Wales. Little Athletics has not seen those sort of participation numbers since the early 2000s following the excitement that a home Olympic Games brings to the community. Throughout this outstanding season, I have had the opportunity to attend and participate in a number of events and championships, including the Kumon State Combined Carnival and the HART Sport State Track and Field Championships where I had the chance to walk the track and the stands, connect with many of our Little Athletics Community and see the joy on all of the kids' faces as they focussed on performing at their best. I also had the opportunity to see the local little athletics culture unfold being a new parent at one of our local little athletics centres.

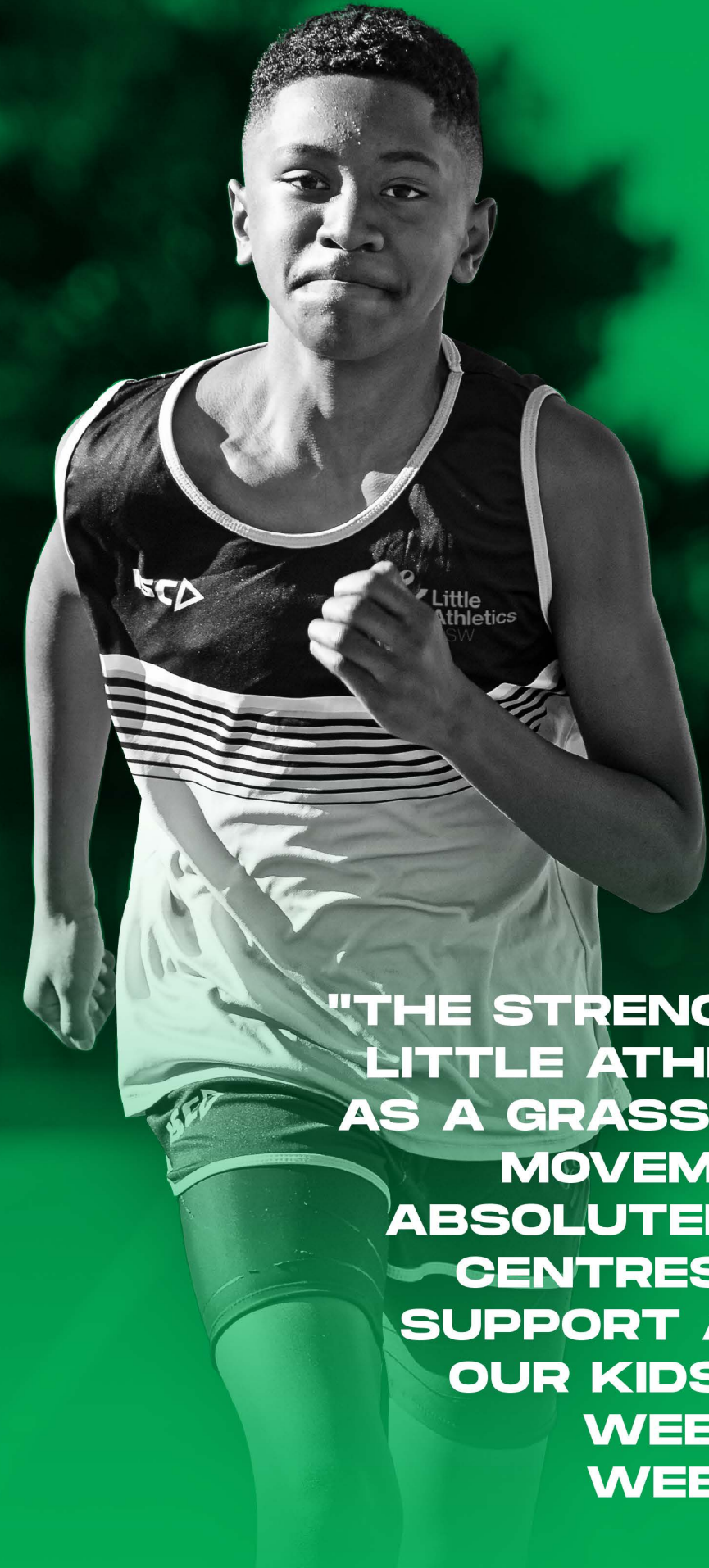
This was further enhanced by the fact that for the first time in a number of years, we were able to host all of our major championships and carnivals, and complete the full program across our State Relays, State Combined, Zone, Region, and State Championships events. Further to this, for the first time we hosted our State Primary Schools Carnival, which saw over 700 young people from across the state participating. This event is something that we will certainly continue to support into the future.

The strength of Little Athletics as a grassroots movement is absolutely the centres that support all of our kids each week and weekend. It is this vibrancy that makes Little Athletics what it is today and what it has been for the last 52 years. While this has always been the focus of Little Athletics NSW, my commitment as Chief Executive is that each and every day and each and every focus that my staff and I put into this organisation will always be about strengthening our centres and supporting them in the work that they do for our kids. The work we do however would not be possible without the support of our volunteers who will continue to be the backbone of the organisation and I'd like to commend and thank all of the volunteers who contribute to the Little Athletics Experience from our board, our Zone Coordinators, our competition officials, our centre committees, and our parent helpers.

I also extend my thanks to our commercial partners for their ongoing support of the organisation, and the assistance that this support provides at a community level.

After the success of this season, we focus our attention on the emerging 2023/24 season. There are a number of headwinds in front of us, however, like we have always done, we will face them head on and work to ensure a successful season and focus our attention on ensuring the best outcomes for the young people that participate in our sport and the centres that support them.

Chris Giles
Chief Executive Officer



**"THE STRENGTH OF
LITTLE ATHLETICS
AS A GRASSROOTS
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WEEKEND"**



BOARD OF DIRECTORS



MELISSA CHANDLER
CHAIR



COSTA ZAKIS



SIMON NICOLA



JOHN MCFADDEN



SALLY RICHARDSON



NICOLA DRINKWATER
SINCE JULY 2022



DAVID MURPHY
SINCE JULY 2022



MUHILAN SRIRAVINDRARAJAH
APPOINTED DIRECTOR
SINCE NOVEMBER 2022

FINANCE AND AUDIT

- COSTA ZAKIS (CHAIR)
- MELISSA CHANDLER
- DAVID MURPHY

GOVERNANCE AND RISK

- SIMON NICOLA (CHAIR)
- JOHN MCFADDEN
- NICKI DRINKWATER

SPOTLIGHT

Total Centres

175

NEW

01

RETURNING

03

Total Registrations

39,058

Growth in Tiny Tots

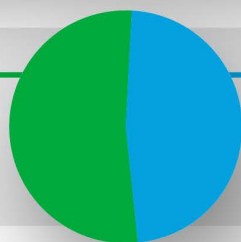
41%

TOP 10



HIGHEST GROWTH

Male Members
52.3%



Female Members
47.7%

Largest growth by age group

BOYS U10 ▲71%

CHAMPIONSHIPS ATTENDANCE

STATE RELAY CHAMPIONSHIPS **1,415** TEAMS

ZONE CHAMPIONSHIP **10,675** ATHLETES

COLES REGION CHAMPIONSHIP **7,708** ATHLETES

KUMON STATE COMBINED CARNIVAL **537** ENTRIES

HART SPORT STATE TRACK AND FIELD CHAMPIONSHIPS **2,701** FROM **150** CENTRES

HART Sport State Championships

15,750 livestream views

Viewers from 18 Countries



Australian Little Athletics Championships

92 MEDALS
42 GOLD



coles

9,526 bananas

provided at Championship events

Raw C

1,295 litres

of Raw C Coconut water distributed

Increased Social Community

FACEBOOK
21,000 ▲7.7%

INSTAGRAM
6,010 ▲14%

TIKTOK
6,010 ▲307%



CENTRES AND MEMBERSHIP



Registration numbers during 2022/23 saw an increase of 46.2% from 26,709 registered members last season to 39,058 members this season. There was a total of 175 active affiliated centres, including one new centre and three reopened centres.

Centre Support

The Centre Support Series returned for the 2022/23 season, with the online workshops providing an additional opportunity for Centres to access operational information and training, technical education and support. Workshops ranged in topic from the role of centre committee members through to officials seminars and Age Manager Training.

New and Returning Centres

For 2022/23 season we welcomed a new centre in the New England Zone, Warialda. Additionally, Cootamundra, Hay and South West Rocks reformed and affiliated as returning centres. We extend our congratulations and thanks to the committees and volunteers of the new and returning centres.

Active Kids Voucher Program

The NSW Government Active Kids Voucher Program continued throughout the 2022/23 season, providing parents with a \$100 voucher to contribute to registration fees for sport and recreation. There were 21,412 vouchers used during the 2022/23 registration period, which was an increase of 31% from the previous season.



Development

The Little Athletics Metropolitan Coaching and Development staff, in combination with the Regional Development team, contributed to the support of the centres and wider athletics community across the state, including a variety of initiatives to assist in the growth of membership.

A selection of these initiatives for the 2022/23 season included:

- + Flood Relief Development Tour which took place in conjunction with Little Athletics Queensland, Little Athletics Australia, and with the support of national partner Coles, saw Elite Athletes Taneille Crase & Emelia Surch together with Adam Jolliffe (LANSW), Alvin Umadhay (LANSW) and Shaun Lethem (LAQ) conduct coaching clinics and support activities with centres that were directly affected by major flooding
- + Ongoing support of the School Sports Unit in delivery of their disability and inclusion programs, including Multi-Sport days and Come and Try events, across metro and regional areas
- + Level 1 coaching courses conducted in Hunter, Grafton, and Wagga
- + Age Manager courses facilitated in Armidale, Gunnedah, Taree, Port Macquarie, Coonamble and Dubbo
- + Regional school holiday clinics and LAPS Come and Try days took place in Narromine, Orange, Forbes, Cootamundra, Wagga, Maitland and Mingara
- + Attendance at the Prime Minister's official opening of the Griffith Athletic Track, with promotional activation taking place
- + School support for LAPS programs as well as officiating training for teachers ahead of school athletics carnivals
- + Access to funding via the Her Sport Her Way Grant to supplement coaching courses for female coaches in the Central West Region
- + Multiple Speed for Sport clinics conducted across the State

LANSW Emerging Athlete Program

The LANSW Emerging Athlete Program (LEAP) was introduced in the 2022/23 season, with 113 invited members participating during the inaugural year. With access to elite coaching and mentorship, the members attended camps across three separate weekends, featuring event specific coaching and tailored education sessions, including workshops run by LANSW partner Tensegrity Sports Clinics. LEAP invitees and camps are confirmed for the 2023/24 season, and we look forward to delivering more quality coaching and education opportunities for our emerging athletes.

Centre Grants

The Centre Grant Scheme is a Little Athletics NSW initiative targeted at supporting Centres through the acquisition of new track and field equipment, as well as providing assistance with facility maintenance. There were 11 successful application submissions during the 2022/23 season, with the following centres accessing support via the Scheme: Oberon, Hay, Tamworth, Kurrajong Bilpin, Finley, Taree, Griffith, Cowra, Port Hacking, Prospect and South West Rocks.

Facilities

We saw the opening of three new synthetic tracks and associated facilities during the 2022/23 season. The new Camden track opened for use and hosted the Region 6 Championship event, along with the new facilities opening in Griffith and Werrington.

Little Athletics NSW provides ongoing support to centres discussing new facility development with local councils and we encourage all centres to make contact should they require any assistance in these discussions.



PARTICIPATION & COMMUNITY PROGRAMS

Little Athletics Program for Schools (LAPS)

LAPS is the school-based coaching program, teaching fundamental skills for a selection of events. Schools across NSW access the program by submitting a booking enquiry direct with Little Athletics NSW, for a 'Come and Try' opportunity, or a full program of athletics skills.

The 2022-23 season saw LAPS return to relative normality, post the COVID impacted school years. This required a reengaged casual coach workforce in conjunction with the LANSW Development Officers, to ensure as many schools as possible were able to access the LAPS program.

Across the year there were a total of 8,059 participants from 103 schools.

School Sports Unit

LANSW teamed up with the School Sports Unit to participate in Multi-Sport and Come and Try days, offering children with a disability to attend and experience different sports within short, non-competitive sessions. Areas visited by LANSW in support of the program included Parramatta, Penrith, Castle Hill, Northern Beaches and Blacktown, as well as regionally in Tamworth, Armidale, Hunter, Bathurst, Orange, Dubbo, and Wagga Wagga.

Community Programs – R U OK?

Little Athletics NSW remains a 'Hey Sport, R U OK? Champion' in partnership with R U OK. In addition to the support and education resources made available to the community via the website Resource Hub, there has been a specific landing page created on the LANSW website to direct any members to resources to support an R U OK? conversation.

Resources have been targeted at all individuals involved with Little Athletics across NSW, rather than just focusing on participants or athletes. Little Athletics NSW is committed to providing educational opportunities and resources for the wider community, to be equipped with effective strategies to start and navigate a mental health conversation.

LANSW supported R U OK?'s Young People's campaign, spreading the word of looking after ourselves and those around us that are aged 18-26, especially in response to current pressures faced by young Australians.

Ronald McDonald House Charities Greater Western Sydney

LANSW are proud to continue the long-standing charity partnership with RMHC GWS.

Throughout the 2022/23 season, LANSW staff conducted school holiday clinics and activations at the Westmead House for sick children and their families.

In December 2022, LANSW centres and members were able to directly support these families and the house further by fundraising for the Santa for Sick Kids campaign, with Centres encouraged to host a Christmas themed round to support the charity. The Little Athletics NSW community raised in excess of \$15,000 in support of the 2022 cause.

Coles Little Athletics Australia Inclusion Education Series

Little Athletics NSW took part in Little Athletics Australia certified Inclusion training relating to modifying events for athletes with a disability and methods to ensure centres could be more inclusive for athletes and adults. As part of engaging with these programs LANSW looks toward breaking down barriers of accessibility while contributing to the strategic pillar of inclusion.

LANSW will seek to increase involvement with these programs for the 2024 season with support from Little Athletics Australia.

Grants

Her Sport Her Way

The Her Sport, Her Way grant provided an opportunity to improve leadership skills and qualifications for females in officiating and coaching, with grant funding supporting the education of selected individuals in metro and regional areas.

Multicultural NSW Grant

Following a successful grant application, Little Athletics NSW developed educational resources and promotional material, which has been translated into five languages. Instructional cards and 'What is Little Athletics' promotional flyers have been created in Punjabi, Simplified Chinese, Arabic, Hindi and Tamil, for distribution to centres in the 2023/24 season registration packs, as well as soft copy resources being made available via the website.

The grant also supported Little Athletics NSW attendance at multi-sport events supporting Culturally and Linguistically Diverse communities, in regional NSW.



COACH AND VOLUNTEER DEVELOPMENT

The 2022–23 season demonstrated a strong commitment to education and training within Little Athletics NSW, with a focus on empowering age managers, officials, and coaches at the grassroots level.

Virtual education continued to play a prominent role, but the easing of restrictions post COVID enabled a welcome return to in-person education sessions and activities.

There were several key education programs and events facilitated during the 2022-23, including the new Age Manager Training Course.



Age Manager Training

Approximately 400 people participated in face-to-face Age Manager Training Courses which were conducted across metropolitan and regional areas, as well as via two live webinars. To ensure as many participants as possible were able to access the material and training, an on-demand video course was also made available, further enhanced by a comprehensive course participant manual.

ITLAS Courses

ITLAS (Introduction to Teaching Little Athletics Skills) Courses were conducted in three regional areas, providing valuable knowledge and skills to participants in Wauchope, Gunnedah and Grafton.



Officials Webinars

The Joint Officials Committee (JOC) delivered a series of webinars attracting more than 350 registrations from across the country. Webinars for the 2022-23 season included:

- + 'Officials Rules Update' with Barry Pecar and John Morris
- + 'Both Sides of Throws' with Kerry Smith and Neil Hinton
'Empowering Young and Aspiring Officials: An Officiating Journey with Josephine Ng'
- + 'High Jump from Both Sides' featuring Neil Hinton and Matt Horsnell
- + 'Effective Communication in Athletics' with Barry Pecar and John Morris
- + 'Horizontal Jumps from Both Sides' featuring Neil Hinton & Matt Horsnell
- + 'Out of Stadia' delivered by John Morris



Athletics 3D App

Little Athletics Centres were invited to nominate individuals to have access to a one-year license of the Athletics 3D App, which aims to educate parents, teachers, and athletes about athletic event techniques, via the use of interactive 3D animations.

Little Athletics NSW Education App

The LANSW Education App underwent a refresh and an Age Manager access group was added, providing easy access to educational information and resources.

Additional education workshops and webinars were delivered, including a 'Tips and Tricks for Managing Large Numbers of Little Athletes' session with David Murphy (Balmain Little Athletics), as well as a 'Coaching Children 5-12: The Next Generation' workshop for Northern Districts Little Athletics.



PARTNERSHIPS

Sponsorship revenue increased across the 2022–23 season, as numerous partners renewed their agreements with Little Athletics NSW, along with a number of new partners being welcomed into the Little Athletics community.



Little Athletics NSW is proud of our portfolio of commercial partners and appreciate the contribution they make to the organisation and wider LANSW community, with their ongoing support filtering down to our members.

Our continuing relationships with our Major Sponsor in McDonald's and National Partner in Coles, demonstrate longevity in our commercial commitments and desire for mutually beneficial outcomes. We were pleased to renew our partnership with Kumon Australia & New Zealand and extend our existing relationship with Valour Sport.

Welcoming new partners in HART Sport, Tensegrity Sports Clinics, Raw C, Sport 360 and Keep on Running demonstrates our continued focus on actively seeking out new opportunities to partner with like-minded organisations.

We thank RHSports for their contribution and support as a partner and supplier over the two-year term of their partnership.

Our long-standing relationship with Ronald McDonald House Charities continued with significant generosity demonstrated through charitable activities run by LANSW Centres, particularly in support of the key campaign 'Santa For Sick Kids'.

Little Athletics NSW remains a 'Hey Sport R U OK?' Champion, with key awareness and educational activities for partner R U OK.

2022-23 Renewals	
MAJOR SPONSOR	McDonald's
NATIONAL PARTNER	Coles
ORGANISATION PARTNER	Kumon Australia & New Zealand
OFFICIAL APPAREL SUPPLIER	Valour Sport
2022-23 New Partners	
OFFICIAL EQUIPMENT PARTNER	HART Sport
ORGANISATION PARTNER	Tensegrity Sports Clinics
ORGANISATION PARTNER	Raw C
OFFICIAL MEDAL AND TROPHY SUPPLIER	Sport 360
OFFICIAL FOOTWEAR SUPPLIER	Keep on Running

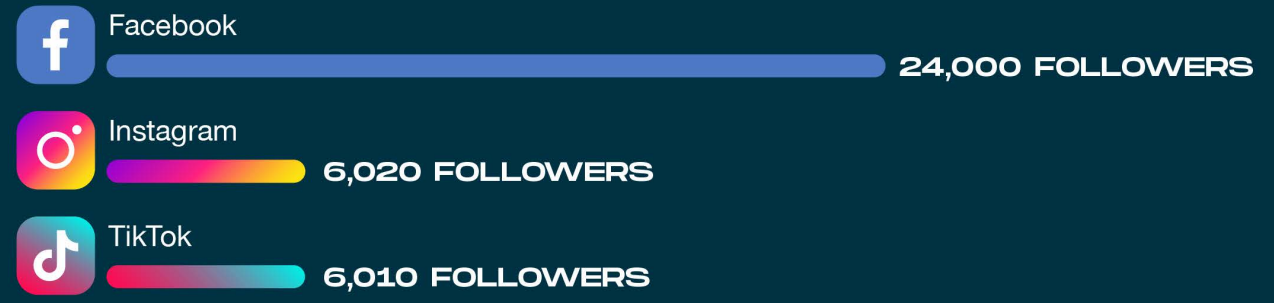


A key focus in the 2022/23 marketing strategy was exceeding the pre-COVID registration figures across the state, in both metro and regional areas. With that top of mind, we developed a targeted plan across TV, radio, digital, social, and print advertising, for the “We Are Little Athletics” campaign. This was enhanced by additional marketing initiatives in conjunction with several media outlets, including the ‘Can you break Fitzy’s Long Jump Record’ promotion in collaboration with NOVA 969 in Sydney, with support from Balmain Little Athletics Centre.

Ahead of the 2022/23 season, all affiliated centres had access to marketing kits to be used across web, social and print. This initiative will continue into the 2023/24 season, with a greater suite of tailored assets to be made available to centres, as well as Zone and Region committees.

We saw growth in audience and reach across all social platforms, with Facebook total reach exceeding 4.9 million, Instagram reach of 193,000 and total views on TikTok of 4.56 million.

Social Snapshot



Top Performers

- Facebook:** Zac Harding at Kumon State Combined Carnival. 1.9M REACH, 56,500 LIKES. 950k views, 54.5k likes, 1,042 shares.
- Instagram:** Race Walkers Reel. 49,680 REACH, 1,752 LIKES.
- TikTok:** 1,2,3 Jump!. 1.4M VIEWS, 35,300 LIKES.

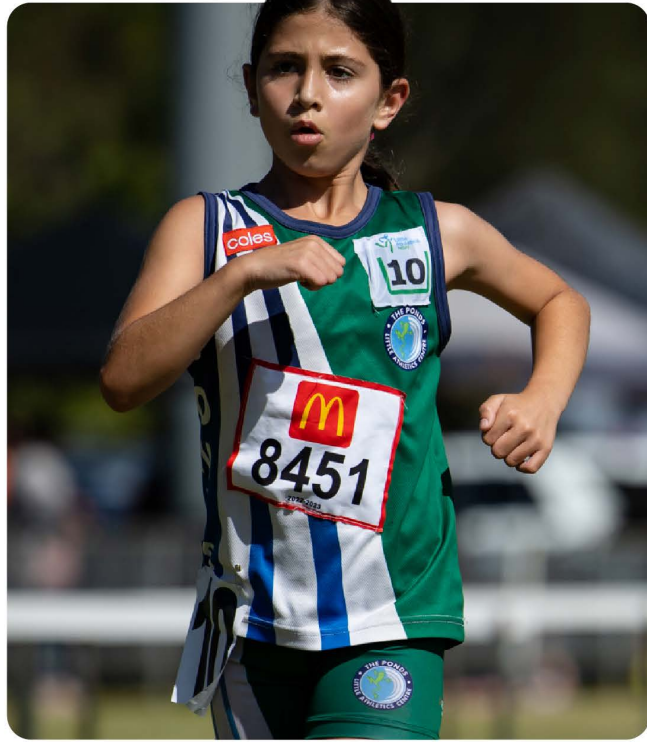


COMPETITIONS, FUN RUNS AND CARNIVALS

Little Athletics is built upon the dedication and generosity of our volunteer community, and without our thousands of volunteers we would not be able to facilitate our competitions and carnivals ensuring a quality experience for our members.

Officials, parent helpers, committee members and youth volunteers provide countless hours to ensure our athletes continue to enjoy the sport that they love. As such, we extend our sincere thanks for their time and expertise in assisting with the success of our events.

We were pleased to have all Little Athletics NSW events in the calendar delivered during the 2022-23 season, with only one major event delayed due to weather and ground conditions.



JUL 2022 [DELAYED]
Metro Cross Country

After an initial delay due to weather and ground conditions, the metro cross country event took place in Scheyville National Park. Despite the conditions in the lead up to the rescheduled event, the event was still able to be delivered successfully. The schedule commenced with the Tiny Tots members enjoying a short lap as their first cross country experience, followed by the registered athletes participating in the full distances across the day.



AUG 2022
Primary School Carnival

The inaugural LANSW Primary School Carnival was a huge success with over 700 members and non-members competing at one of South Western Sydney's premier athletics venues, Campbelltown Athletics Track. With the support of the host centre, Campbelltown Collegians, the event was enjoyed by primary school students across the state, providing a platform for many to have their first ever Little Athletics competition. Following the community response and positive feedback received from the event, the newly created State Carnival will become a permanent fixture in the LANSW calendar.

JUN 2022
Family Fun Run

The Little Athletics NSW Family Fun Run was held on the June long weekend in the Sydney Olympic Park precinct, with a festival atmosphere centred on Cathy Freeman Park. 339 athletes and parents competed across three different distances of 1.5km, 3km and 5km. The event was supported by Primo and Coffee With Kindness who kept our volunteers, spectators, and participants fuelled up.



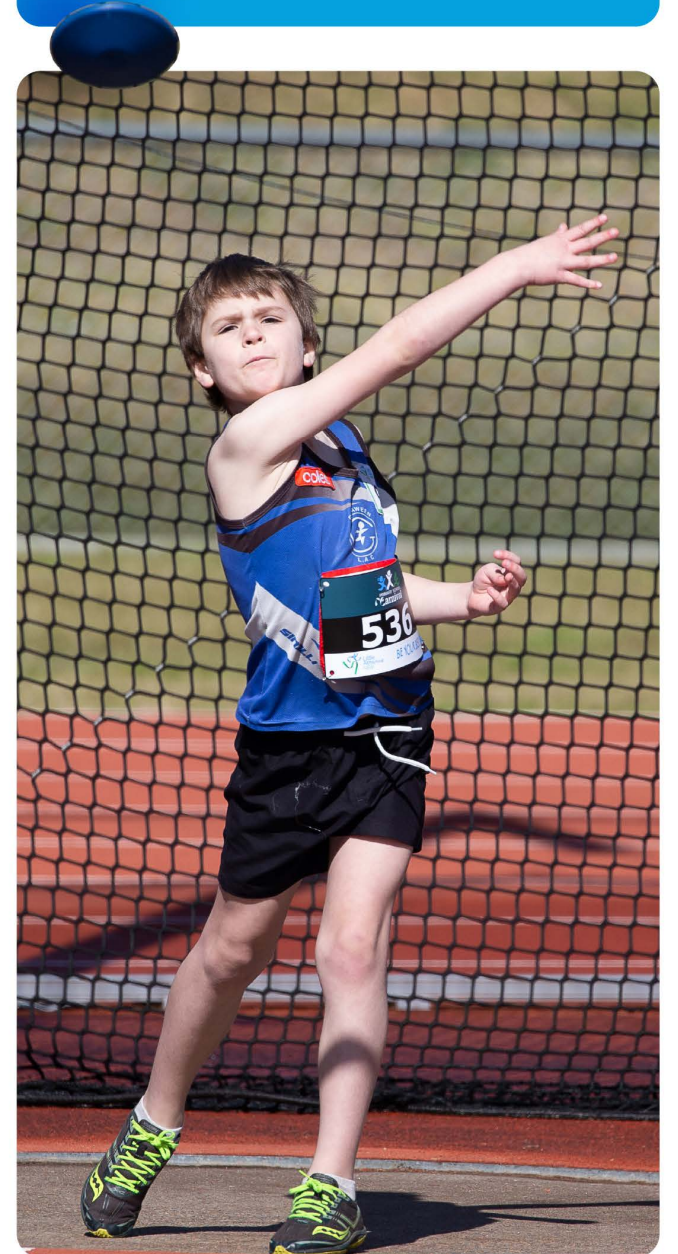
JUL 2022
Regional Cross Country and Road Walks

A change of scenery was enjoyed by our athletes who travelled to the north coast for the cross country event, with the beaches of Woolgoolga playing host. The afternoon enjoyed a change of pace with the walkers lacing up and competing in the regional road walks, with the support of host centre Woolgoolga Athletics.



JUL 2022
LANSW State Cross Country and Road Walks Championships

As the pinnacle event in the Winter Calendar, the LANSW Cross Country and Road Walks Championships was held alongside the riverbanks of Sydney's premier International Regatta Centre. The cross country athletes enjoyed a fusion of road running with trail running to earn their cross-country times, while the walks participants competed in a fairly flat road race to come out on top.



NOV
2022

State Relay Championships

Returning after three years of cancellations, the State Relay Championships had the highest attendance since records began in 2008, with 1,415 teams competing across both track and field relays. Despite a lightning delay on the Sunday, the full schedule was delivered and the athletes were able to compete in representation of their centres, in the largest teams-based event of the summer season.

We were pleased to welcome partners McDonald's, Coles, Kumon, Tensegrity Sports Clinics, and RHSports to the event.



MAR
2023

Kumon State Combined Carnival

The Combined event was held on the first weekend of March in Western NSW, with 537 athletes (including opens athletes) competing across all events on offer in their age group, testing their all-rounder ability. The event was well supported not only by Dubbo Regional Council but also the host centre in Dubbo Athletics Club.

We also extend our thanks to naming and attending partner Kumon Australia and New Zealand, as well as to partners Coles and Raw C for their support of the event.

Following the event, the U15 qualifying athletes were advised of their inclusion in the NSW State Team for the U15 Combined Events Championships.



FEB
2023

Coles Region Championships

Held over three consecutive weekends at the beginning of February, the eight Coles Region Championships were held at seven venues across the state, including Tamworth Athletics Track, Hunter Sports Centre, Dubbo Regional Athletics Track, West End Sports Stadium Griffith, Sydney Olympic Park Athletic Centre, The Crest Bankstown, and Narellan Sports Hub. 7,700 athletes competed for their qualification to State Championships, with 35% making it through to the prestigious event.

We thank the Region Committees and host venues for their support in facilitating the Region Championship events, along with the support of naming partner Coles, and partner Raw C for providing product samples across the events.



NOV/DEC
2022

Zone Championships

Our Zones returned to full strength this season with all championships across Metro and Regional NSW being run for the first time since the 2018/19 season. Led by our committed Zone Coordinators, officials, and centre helpers, these competitions saw over 34% of our eligible athletes participate in their preferred events, with a total participation number of 10,675 across all Zones.

The Zone Championships provide an opportunity for all our athletes, regardless of location, to experience Little Athletics in a carnival style atmosphere. Following each competition, the progressions to each region event were finalised and published.



MAR
2023

HART Sport State Track and Field Championships

The HART Sport State Championships were held at Sydney Olympic Park Athletics Centre across both synthetic tracks. With 2,701 athletes qualifying, the event saw over one hundred State Records broken.

With an increased live streaming offer from Clutch TV, events were captured from both the main and warm up tracks across the weekend.

We thank our partners for their support and attendance at the event, including naming partner HART Sport, McDonald's, Coles, Valour, Kumon Australia and New Zealand, Tensegrity Sports Clinics, Raw C, Sport360 and Keep on Running. Additionally, we extend thanks to the volunteers and ground staff for their assistance in delivering the closing event in the Little Athletics calendar.

COLES AUSTRALIAN LITTLE ATHLETICS CHAMPIONSHIPS (ALAC)

Coles Australian Little Athletics Championships (ALAC) was held in 2023 at Lakeside Stadium in Melbourne, from the 21st to the 23rd of April.

This year saw the championships event expanded to include the Under 14 age group, referred to as AJAC (Australian Junior Athletics Championships).

The NSW team consisted of 38 Under 13 athletes (competing in Australian Teams Championships), 49 Under 14 athletes (competing in AJAC), and 6 Under 15 athletes (competing in Australian Combined Events Championships).

In the lead up to the event, there were State Team training camps/team activities for the athletes in their respective age groups. A one-day camp was held in March at The Crest Bankstown for the AJAC athletes. A weekend camp was held in March/April at Sydney Academy of Sport Narrabeen for the ATC and ACEC athletes.

The NSW team performed exceptionally well over the two-day championship weekend and showed great sportsmanship and maturity during the competition. Overall, the NSW team won 92 medals, including 42 gold.

In addition to their individual performances, the ATC Under 13 age group won back the Trevor Billingham Trophy, which had been lost to Victoria in 2022.

We extend our thanks to the selectors, parents and guardians, support staff and the NSW athletes who represented the State so proudly.

ALAC REPRESENTATIVE TEAM

U13 GIRLS

AMELIA BOND
TAYLA BRYANT
MADISON CORNISH
RUTH IFEJIKA
BELLA LAHEY
ALLEGRA LITTLE
ISLA MARIS
BELINDA MATTHEWS
SIENNA NOVAK
ADELAIDE PITTIS
SOPHIE POLKINGHORNE
CAITLIN PROBETS
NISHINI RAJAPAKSHA-MUDIYANSELAGE
ANNISHA READER
OLIVA SCOTT-ROGERS
JADE STRAHL

U13 BOYS

ALEXANDER BISSELL
ALEXANDER BRAENDLE
AARON CHEVALIER
OLIVER DEMPSEY
BENJAMIN FIELD
LUKAS HALL
JACK JONES
HARRY KEATS
PATRICK MCMAHON
ADAM NASSER
EVAN ROWBOTHAM
THOMAS STEELE
ASHTON TAEILOA
JACOB WRIGHT
DAVIN YAP

MULTI CLASS BOYS

ASHTON BURGESS
NATE CASTELLI
LEVI DOUGLASS
ALEXANDER EVANS
LACHLAN MARGETSON

MULTI CLASS GIRLS

OLIVIA EARL
JASMINE LETTE

U15 COMBINED EVENTS BOYS

KEVIN BOSCO
TOMI REYNALDO
LACHLAN RICE

U15 COMBINED EVENTS GIRLS

CATHERINE MIKAN
ZARA NICHOLAS
PIPER TODD





CHAMPIONSHIP RESULTS

State Relay Championships

Saturday 12 & Sunday 13 November 2022
Sydney Olympic Park Athletic Centre

		GIRLS	BOYS	MIXED
Under 8	4 x 100m	Manly Warringah	Hills District	Illawong
	4 x 200m			Sutherland
	Jumps Relay	Winston Hills	Manly Warringah	
	Throws Relay	Ryde	Manly Warringah	
Under 9	4 x 100m	Manly Warringah	Hills District	Liverpool City
	4 x 200m	Manly Warringah		
	Jumps Relay	Manly Warringah	Winston Hills	
	Throws Relay	Manly Warringah	Nepean	
Under 10	4 x 100m	Port Hacking	Randwick Botany	Prospect
	4 x 200m			Eastern Suburbs
	Jumps Relay	Port Hacking	Balmain	
	Throws Relay	Girraween	Cranebrook	
Under 11	4 x 100m	Eastern Suburbs	Balmain	St George
	4 x 200m			Eastern Suburbs
	Jumps Relay	Hills District	Northern Suburbs	
	Throws Relay	Ku-Ring-Gai	Quakers Hill	
Under 12	4 x 100m	Port Hacking	Manly Warringah	Macquarie Hunter
	4 x 200m			Sutherland
	Jumps Relay	South Eastern	Northern Suburbs	
	Throws Relay	Ku-Ring-Gai	Balmain	
Under 13	4 x 100m	Port Hacking	Eastern Suburbs	Albion Park
	4 x 200m			Eastern Suburbs
	Jumps Relay	Hills District	North Rocks Carlingford	
	Throws Relay	Port Hacking	Campbelltown	
Under 14	4 x 100m	Ku-Ring-Gai	Hills District	Macquarie Hunter
	4 x 200m			Sutherland
	Jumps Relay	Ku-Ring-Gai	Hills District	
	Throws Relay	Hills District	Macquarie Hunter	
Under 15	4 x 100m	Port Hacking	Ryde	Hornsby
	4 x 200m			Sutherland
	Jumps Relay	Northern Suburbs	Hills District	
	Throws Relay	Hills District	Sutherland	
Under 17	4 x 100m	Manly Warringah	Hills District	Albion Park
	4 x 200m			Balmain
	Jumps Relay	Port Hacking	Port Hacking	
	Throws Relay	Winston Hills	Hills District	
Junior	4 x 100m			Liverpool City
	Long Jump Relay			Albion Park
	Middle Distance	Sutherland	Balmain	
Senior	4 x 100m			Macquarie Hunter
	Long Jump Relay			Liverpool City
	Middle Distance	Manly Warringah	Sutherland	

Kumon State Combined Carnival

Saturday 4 & Sunday 5 March 2023
Dubbo

	MALE		FEMALE	
U7	Arthur Ford	Nepean	Jessica Leke	Holroyd
U8	Joshua West	Hills District	Shreya Iyer	Winston Hills
U9	Hudson McGregor	Manly Warringah	Harlow Pate	Wollongong City
U10	Jett Dennis	Illawong	Emma Shiels	Gosford
U11	Finn Wilson	Ku-Ring-Gai	Emily West	Hills District
U12	James Atkins	Manly Warringah	Sienna Vassella	Ku-Ring-Gai
U13	Tyson Verriere	Springwood	Olivia Scott-Rogers	Hills District
U14	Thomas Cashion	Macquarie Hunter	Sienna Latanis	St George
U15	Lachlan Rice	Canowindra	Piper Todd	Bankstown Sports Athletics
U17	Kurt Rutter	Tamworth	Vanessa Apel	Winston Hills
U20	-	-	Lili Macpherson	St George
OPENS	Matthew Woodhouse	Ryde	Chelsea Woodhouse	North Rocks Carlingford

	GIRLS UNDER 11		BOYS UNDER 11	
100m	Marnie Laurence	Eastern Suburbs	Ethan Warner	Manly Warringah
200m	Marnie Laurence	Eastern Suburbs	Ethan Warner	Manly Warringah
400m	Capri Vincent	Eastern Suburbs	Isaac Robinson	Manly Warringah
800m	Ella Plummer	Sutherland	Isaac Robinson	Manly Warringah
1500m	Charlotte James	Eastlakes	Isaac Robinson	Manly Warringah
80m Hurdles	Marnie Laurence	Eastern Suburbs	Victor Ogbonna	Girraween
1100m Walk	Ashleigh Mansell	Cherrybrook	Oliver Penn	Cherrybrook
Discus	Eleni Rakasi	Bankstown	Callan Atherton	Gosford
High Jump	Ella McDonald	Forster Tuncurry	Duke Lampret	Port Hacking
Javelin	Ocean Kennedy	Riverstone	Jordy Plummer	Manly Warringah
Long Jump	Manvi Arabolu	Ku-Ring-Gai	Tyrese-Lloyd Owusu	Mosman
Shot Put	Savannah Auvaa	Bathurst	Finn Wilson	Ku-Ring-Gai
Triple Jump	Manvi Arabolu	Ku-Ring-Gai	Weiyi Tang	Hills District

HART Sport State Track and Field Championships

Saturday 18 & Sunday 19 March 2023
Sydney Olympic Park Athletic Centre

	GIRLS UNDER 9		BOYS UNDER 9	
70m	Harlow Pate	Wollongong City	Hudson McGregor	Manly Warringah
100m	Harlow Pate	Wollongong City	Noah Gray	Ku-Ring-Gai
200m	Harlow Pate	Wollongong City	Noah Gray	Ku-Ring-Gai
400m	Josephine Han	Manly Warringah	Levi McKenzie	Camden
800m	Josephine Han	Manly Warringah	Levi McKenzie	Camden
60m Hurdles	Sierra Seale	Northern Suburbs	Sam Kelly	Balmain
700m Walk	Stella Wade	Northern Suburbs	Harrison Bouquet	Winston Hills
Discus	Antonia Powter	Emu Plains	Harrison Forth	Nepean
High Jump	Sierra Seale	Northern Suburbs	Dara Curley	Ryde
Long Jump	Harlow Pate	Wollongong City	Lenny Haywood	Camden
Shot Put	Olivia Moala	Ryde	Edward Gillett	Manly Warringah

	GIRLS UNDER 12		BOYS UNDER 12	
100m	Divine Chukwudi	Liverpool City	Michael Melfi	Wollongong City
200m	Mia Wood	Sutherland	Michael Melfi	Wollongong City
400m	Mia Wood	Sutherland	Zwi Ratajczak	Sutherland
800m	Drew Cooney	Bowral	Zwi Ratajczak	Sutherland
1500m	Ronia Warszawska	Sutherland	Zwi Ratajczak	Sutherland
80m Hurdles	Sophie Howson	Port Hacking	James Atkins	Manly Warringah
1500m Walk	Gemma Dixon	Manly Warringah	Tyler Cousins	Cardiff & District
Discus	Sidney Bartle	Albion Park	Patrick Rowston	Cowra
High Jump	Hannah Lambert	North Rocks Carlingford	Kyan Seale	Northern Suburbs
Javelin	Savannah Wiki	Wollongong City	Archer Todd	Gosford
Long Jump	Sophie Howson	Port Hacking	James Atkins	Manly Warringah
Shot Put	Savannah Wiki	Wollongong City	Douglas Pentecost	Katoomba
Triple Jump	Hannah Lambert	North Rocks Carlingford	James Atkins	Manly Warringah

	GIRLS UNDER 10		BOYS UNDER 10	
70m	Lana Bozic	Port Hacking	Lachlan Chappell	Randwick Botany
100m	Mayah Tanko	Port Hacking	Lachlan Chappell	Randwick Botany
200m	Lana Bozic	Port Hacking	Ethan Costa	Randwick Botany
400m	Emma Shiels	Gosford	Alexander Miller	Balmain
800m	Emma Shiels	Gosford	Archie Galvin	Northern Illawarra
60m Hurdles	Billie Rollo	Eastern Suburbs	Chase Mattiazzo	Rouse Hill Rams
1100m Walk	Keira Gill	Riverstone	Nate Appleyard	Winston Hills
Discus	Imogen Connell	Cherrybrook	Lachlan Chappell	Randwick Botany
High Jump	Ellie Benfield	Hills District	Noah Van Dyk	Sutherland
Long Jump	Evie Moore Mulcahy	Northern Districts	Woojin Son	Eschol Park
Shot Put	Sabela Moyo	Camden	Lachlan Chappell	Randwick Botany

	GIRLS UNDER 13		BOYS UNDER 13	
100m	Rhema Adelaja	Port Hacking	Noah Farley	Port Hacking
200m	Rhema Adelaja	Port Hacking	Ashton Foley	Macquarie Hunter
400m	Adelaide Pittis	Orange	Harry Keats	Bowral
800m	Siena Novak	South Eastern	Harry Keats	Bowral
1500m	Eliza Lawton	Manly Warringah	Evan Rowbotham	Eastern Suburbs
3000m	Eliza Lawton	Manly Warringah	Patrick McMahon	Canterbury
80m Hurdles	Rhema Adelaja	Port Hacking	Davin Yap	Northern Suburbs
200m Hurdles	Caitlin Probets	Balmain	Alexander Bissell	Eastern Suburbs
1500m Walk	Sophie Polkinghorne	North Rocks Carlingford	Alexander Braendle	Northern Suburbs
Discus	Annisha Reader	Girraween	Jacob Wright	Tamworth
High Jump	Olivia Scott-Rogers	Hills District	Davin Yap	Northern Suburbs
Javelin	Annisha Reader	Girraween	Aaron Chevalier	Winston Hills
Long Jump	Amalia Bond	Ku-Ring-Gai	Davin Yap	Northern Suburbs
Shot Put	Madi Cornish	Sutherland	Ashton Taeiloa	Campbelltown
Triple Jump	Amalia Bond	Ku-Ring-Gai	Benjamin Field	Kooragal Wagga

	GIRLS UNDER 14		BOYS UNDER 14	
100m	Matilda Harrison	Ku-Ring-Gai	Epeosi Ugbohmeh	Werrington
200m	Hannah Shortland	Campbelltown	Jack Proudford	Hills District
400m	Keira Carlson	Macquarie Hunter	Cameron Badger	Sutherland
800m	Paige Murray	Milton-Ulladulla	Brayden Doran	Quakers Hill
1500m	Philippa Quarrell	Manly Warringah	Trent Alley	Port Macquarie
3000m	Sienna Colosi	Balmain	Trent Alley	Port Macquarie
90m/100m Hurdles	Eden Herring	Hornsby	Cameron Badger	Sutherland
200m Hurdles	Maiya Hewitt	Kiama	Alex Spadaro Cameron Badger	Prospect Sutherland
1500m Walk	Jessica Loring	Parramatta	Jaxson Horton	Liverpool City
Discus	Kaiah Wong	Mt Druitt	Ashley Hogan	Balmain
High Jump	Holly Carr	Revesby Workers	Ratu Viliame Lewanavanua	North Rocks Carlingford
Javelin	Tallara Joseph-Riogi	Canterbury	Caden Andrews	Macquarie Hunter
Long Jump	Maiya Hewitt	Kiama	Kyros Ghadiali	Parramatta
Shot Put	Kaiah Wong	Mt Druitt	Keegan Free	Hills District
Triple Jump	Maiya Hewitt	Kiama	Kyros Ghadiali	Parramatta

	GIRLS UNDER 15		BOYS UNDER 15	
100m	Tammin Lampret	Port Hacking	Wol Albino Oliver Facer	Hornsby Inner West
200m	Tammin Lampret	Port Hacking	Wol Albino	Hornsby
400m	Cheyenne Murray	Milton-Ulladulla	Wol Albino	Hornsby
800m	Cheyenne Murray	Milton-Ulladulla	Nathaniel Clarke	Individual Athletes
1500m	Mabel Dukes	Emu Plains	Nate Ward	Kotara South
3000m	Matilda Richards	Revesby Workers	Nate Ward	Kotara South
100m Hurdles	Tammin Lampret	Port Hacking	Oliver Facer	Inner West
300m Hurdles	Grace Townsend	Manly Warringah	Andres Hampel	Northern Suburbs
1500m Walk	Grace Beck	Ku-Ring-Gai	Dylan Allabush	Ku-Ring-Gai
Discus	Salote Wolfgramm	Mt Druitt	Jozef Cluff	Smithfield
High Jump	Tanisha Kumar	Hills District	John Lawson	North Rocks Carlingford
Javelin	Piper Todd	Bankstown Sports Athletics	Justin Billingsley	Cherrybrook
Long Jump	Zara Nicholas	Springwood	Luca de Burnay Thompson	Hawkesbury City
Shot Put	Ava Masic	Quakers Hill	Jozef Cluff	Smithfield
Triple Jump	Adriana Borg	Colyton St Clair	Luca de Burnay Thompson	Hawkesbury City

	GIRLS UNDER 17		BOYS UNDER 17	
100m	Jasynta Lampret	Port Hacking	Cody Hasler	Camden
200m	Jasynta Lampret	Port Hacking	Lars Ackland	Ku-Ring-Gai
400m	Ella Penman	Dubbo	Lachlan Herbert	Ku-Ring-Gai
800m	Ella Penman	Dubbo	William Zakis	Katoomba
1500m	Claudia Meaker	Balmain	Isaac Brooks	Mosman
3000m	Annabelle Miller	Kotara South	Luca Gillard	Balmain
100m Hurdles	Jasynta Lampret	Port Hacking	Billy Blair	Balmain
300m Hurdles	Talahn Paki	Hills District	Matthew Hunt	Northern Suburbs
1500m Walk	Zoe Woods	Ku-Ring-Gai	Isaac Beacroft	Quakers Hill
Discus	Chelsy Wayne	Wollongong City	George Wells	Mingara Regional Athletics
High Jump	Izobelle Louison-Roe	Port Hacking	Mitchell Hatfield	Manly Warringah
Javelin	Tali Baltineshter	Kurri Kurri	Toby Camilleri	Cranebrook
Long Jump	Talahn Paki	Hills District	Tristan Tubbs	Port Hacking
Shot Put	Chelsy Wayne	Wollongong City	George Wells	Mingara Regional Athletics
Triple Jump	Izobelle Louison-Roe	Port Hacking	Mitchell Hatfield	Manly Warringah

	GIRLS				
Junior Relay	Eastern Suburbs	Callie Simpson	Marnie Laurence	Billie Rollo	Aria Jensen
Senior Relay	Port Hacking	Sophie Howson	Jasynta Lampret	Tammin Lampret	Rhema Adelaja

	BOYS				
Junior Relay	Manly Warringah	Toby Creelman	Jake O'Sullivan	Harry Dryden	Hudson McGregor
Senior Relay	Hills District	Jet Heah	Jack Proudford	Liam Hayes	Dylan Illangantilake

	GIRLS MULTI CLASS UNDER 9-10		BOYS MULTI CLASS UNDER 9-10	
100m	Emily Hayes	Illawong	Ethan Bortolussi	Inner West
200m	Mia James	Edgeworth	Ethan Bortolussi	Inner West
800m	Mia James	Edgeworth	Ethan Bortolussi	Inner West
Discus	Mia James	Edgeworth		
Long Jump	Mia James	Edgeworth	Ethan Bortolussi	Inner West

	GIRLS MULTI CLASS UNDER 11-12		BOYS MULTI CLASS UNDER 9-10	
100m	Khloe Hunter	Revesby Workers	Kye Sultana	Narromine
200m	Khloe Hunter	Revesby Workers		
800m	Khloe Hunter	Revesby Workers		
Discus	Heidi Lewtschenko	Warradale	Blake Heath	Leeton
Shot Put	Khloe Hunter	Revesby Workers	Blake Heath	Leeton
Long Jump	Heidi Lewtschenko	Warradale	Xavier Wilson	Albion Park

	GIRLS MULTI CLASS UNDER 13-14		BOYS MULTI CLASS UNDER 13-14	
100m	Jasmine Lette	Forster Tuncurry	Kody Wrench	Gosford
200m	Gemma Sellick	Manly Warringah	Kody Wrench	Gosford
800m	Lucy Gilmour	Leeton	Carson Blacksmith	Sutherland
Discus	Olivia Earl	Tamworth	Levi Douglass	Hawkesbury City
Shot Put	Olivia Earl	Tamworth	Kody Wrench	Gosford
Long Jump	Olivia Earl	Tamworth	Carson Blacksmith	Sutherland

	GIRLS MULTI CLASS UNDER 15-17		BOYS MULTI CLASS UNDER 15-17	
100m	Telaya Blacksmith	Sutherland	Cooper Robb-Jackson	Parramatta
200m	Telaya Blacksmith	Sutherland		
800m	Layla Sharp	Werrington	Cooper Robb-Jackson	Parramatta
Discus	Michayla Espie	Penrith	Malachi Canning	Lismore
Shot Put	Rhiannon Bellette	Revesby Workers	Malachi Canning	Lismore
Long Jump	Telaya Blacksmith	Sutherland	Malachi Canning	Lismore



RECORDS

State Records

U9 Girls	100m	Harlow Pate	Wollongong City	14.07	Kumon State Combined Carnival
U9 Girls	200m	Harlow Pate	Wollongong City	28.58	HART Sport State Track & Field Championships
U9 Girls	700m Walk	Stella Wade	Northern Suburbs	3:12.50	HART Sport State Track & Field Championships
U11 Girls	Javelin	Ocean Kennedy	Riverstone	29.56m	HART Sport State Track & Field Championships
U11 Boys	80m Hurdles	Victor Ogbonna	Girraween	12.62	HART Sport State Track & Field Championships
U11 Girls	80m Hurdles	Marnie Laurence	Eastern Suburbs	12.61	HART Sport State Track & Field Championships
U12 Boys	800m	Zwi Ratajczak	Sutherland	2:12.46	HART Sport State Track & Field Championships
U12 Boys	80m Hurdles	James Atkins	Manly Warringah	12.28	HART Sport State Track & Field Championships
U12 Girls	80m Hurdles	Sophie Howson	Port Hacking	12.28	HART Sport State Track & Field Championships
U13 Boys	800m	Harry Keats	Bowral	2:05.23	HART Sport State Track & Field Championships
U13 Girls	1500m	Eliza Lawton	Manly Warringah	4:31.08	HART Sport State Track & Field Championships
U14 Boys	100m	Epeosi Ugbonmhe	Werrington	11.08	HART Sport State Track & Field Championships
U15 Boys	100m Hurdles	Oliver Facer	Inner West	12.41	HART Sport State Track & Field Championships
U17 Boys	110m Hurdles	Billy Blair	Balmain	13.29	HART Sport State Track & Field Championships
U17 Girls	100m Hurdles	Jasynta Lampret	Port Hacking	13.51	HART Sport State Track & Field Championships
U17 Boys	100m	Cody Hasler	Camden	10.77	HART Sport State Track & Field Championships
U17 Boys	1500m Walk	Isaac Beacroft	Quakers Hill	5:43.22	HART Sport State Track & Field Championships
U17 Boys	300m Hurdles	Matthew Hunt	Northern Suburbs	36.86	HART Sport State Track & Field Championships
U17 Boys	Discus	George Wells	Tuggerah Lakes Mingarra	59.65m	HART Sport State Track & Field Championships
U17 Girls	1500m Walk	Zoe Woods	Ku-Ring-Gai	6:22.80	HART Sport State Track & Field Championships
U17 Girls	Discus	Chelsey Wayne	Wollongong City	49.42m	HART Sport State Track & Field Championships
U17 Girls	Triple Jump	Izobelle Louison-Roe	Port Hacking	12.84m	HART Sport State Track & Field Championships
Relay	Senior Girls	4 x 100m	Port Hacking	48.02	HART Sport State Track & Field Championships

Girls Multi Class U9-10

100m	Rr3	Emily Hayes	Illawong	43.21	HART Sport State Track & Field Championships
200m	T/F20	Mia James	Edgeworth	46.91	HART Sport State Track & Field Championships
800m	T/F20	Mia James	Edgeworth	4:03.64	HART Sport State Track & Field Championships
Long Jump	T/F20	Mia James	Edgeworth	2.07m	HART Sport State Track & Field Championships

Girls Multi Class U11-12

100m	T/F01	Khloe Hunter	Revesby Workers	16.23	HART Sport State Track & Field Championships
200m	T/F01	Khloe Hunter	Revesby Workers	33.06	HART Sport State Track & Field Championships
800m	T/F01	Khloe Hunter	Revesby Workers	2:56.99	HART Sport State Track & Field Championships
Discus	T/F37	Heidi Lewtschenko	Warradale	13.01m	HART Sport State Track & Field Championships
Discus	T/F01	Khloe Hunter	Revesby Workers	18.00m	HART Sport State Track & Field Championships
Long Jump	T/F37	Heidi Lewtschenko	Warradale	2.36m	HART Sport State Track & Field Championships
Shot Put	T/F01	Khloe Hunter	Revesby Workers	7.72m	HART Sport State Track & Field Championships

Girls Multi Class U13-14

200m	T46	Gemma Sellick	Manly Warringah	30.63	HART Sport State Track & Field Championships
Discus	T/F20	Olivia Earl	Tamworth	24.03m	HART Sport State Track & Field Championships
Shot Put	T/F20	Olivia Earl	Tamworth	7.94m	HART Sport State Track & Field Championships

Girls Multi Class U15-17

100m	T20	Telaya Blacksmith	Sutherland	13.15	HART Sport State Track & Field Championships
100m	T36	Abbie Peet	Tamworth	16.15	HART Sport State Track & Field Championships
100m	T38	Layla Sharp	Werrington	14.66	HART Sport State Track & Field Championships
100m	T44	Rhiannon Bellette	Revesby Workers	18.20	HART Sport State Track & Field Championships
200m	T20	Telaya Blacksmith	Sutherland	26.70	HART Sport State Track & Field Championships
200m	T38	Layla Sharp	Werrington	30.22	HART Sport State Track & Field Championships
800m	T38	Layla Sharp	Werrington	2:39.08	HART Sport State Track & Field Championships
Discus	T44/F45	Rhiannon Bellette	Revesby Workers	10.47m	HART Sport State Track & Field Championships
Long Jump	T20	Telaya Blacksmith	Sutherland	4.92m	HART Sport State Track & Field Championships
Long Jump	T44/F45	Rhiannon Bellette	Revesby Workers	3.05m	HART Sport State Track & Field Championships
Shot Put	T44/F45	Rhiannon Bellette	Revesby Workers	6.15m	HART Sport State Track & Field Championships

Boys Multi Class U11-12

100m	T/F01	Kye Sultana	Narromine	16.57	HART Sport State Track & Field Championships
100m	T/F21	Finn Woods	Helensburgh	26.22	HART Sport State Track & Field Championships
200m	T/F12	Xavier Wilson	Albion Park	31.69	HART Sport State Track & Field Championships
200m	T/F01	Kye Sultana	Narromine	34.52	HART Sport State Track & Field Championships
200m	T/F43	Toby Morgan	Parkes	48.26	HART Sport State Track & Field Championships
200m	T46/F45	Blake Heath	Leeton	45.37	HART Sport State Track & Field Championships
800m	T/F43	Toby Morgan	Parkes	4:23.30	HART Sport State Track & Field Championships
800m	T/F12	Xavier Wilson	Albion Park	2:44.57	HART Sport State Track & Field Championships
800m	T46/F45	Blake Heath	Leeton	4:00.68	HART Sport State Track & Field Championships
Discus	T46/F45	Blake Heath	Leeton	12.16m	HART Sport State Track & Field Championships
Discus	T/F12	Xavier Wilson	Albion Park	22.35m	HART Sport State Track & Field Championships
Discus	T/F21	Finn Woods	Helensburgh	9.58m	HART Sport State Track & Field Championships
Discus	T/F37	Aiden Knevet	Gosford	13.94m	HART Sport State Track & Field Championships
Discus	T/F01	Kye Sultana	Narromine	10.28m	HART Sport State Track & Field Championships
Long Jump	T/F12	Xavier Wilson	Albion Park	3.90m	HART Sport State Track & Field Championships
Long Jump	T/F21	Finn Woods	Helensburgh	1.70m	HART Sport State Track & Field Championships
Long Jump	T/F01	Kye Sultana	Narromine	2.49m	HART Sport State Track & Field Championships
Long Jump	T46/F45	Blake Heath	Leeton	2.35m	HART Sport State Track & Field Championships
Shot Put	T46/F45	Blake Heath	Leeton	4.52m	HART Sport State Track & Field Championships
Shot Put	T/F37	Aiden Knevet	Gosford	5.77m	HART Sport State Track & Field Championships
Shot Put	T/F01	Kye Sultana	Narromine	5.65m	HART Sport State Track & Field Championships

Boys Multi Class U13-14

100m	T/F20	Kody Wrench	Gosford	14.31	HART Sport State Track & Field Championships
100m	T/F21	Lachlan Margetson	Sutherland	28.94	HART Sport State Track & Field Championships
100m	T/F13	Alexander Evans	North Rocks Carlingford	16.09	HART Sport State Track & Field Championships
200m	T/F20	Kody Wrench	Gosford	29.64	HART Sport State Track & Field Championships
200m	T/F13	Alexander Evans	North Rocks Carlingford	36.80	HART Sport State Track & Field Championships
800m	T20	Carson Blacksmith	Sutherland	2:56.66	HART Sport State Track & Field Championships
800m	T/F12	Levi Douglass	Hawkesbury City	4:18.33	HART Sport State Track & Field Championships
Discus	T/F12	Levi Douglass	Hawkesbury City	13.60m	HART Sport State Track & Field Championships
Discus	T/F13	Alexander Evans	North Rocks Carlingford	13.77m	HART Sport State Track & Field Championships
Discus	T/F21	Lachlan Margetson	Sutherland	7.14m	HART Sport State Track & Field Championships
Long Jump	T20	Carson Blacksmith	Sutherland	4.21m	HART Sport State Track & Field Championships
Long Jump	T/F12	Levi Douglass	Hawkesbury City	2.41m	HART Sport State Track & Field Championships
Shot Put	T/F20	Kody Wrench	Gosford	8.36m	HART Sport State Track & Field Championships
Shot Put	T/F37	Ashton Burgess	Wyong	5.78m	HART Sport State Track & Field Championships
Shot Put	T/F13	Alexander Evans	North Rocks Carlingford	5.20m	HART Sport State Track & Field Championships
Shot Put	T/F12	Levi Douglass	Hawkesbury City	3.95m	HART Sport State Track & Field Championships

Boys Multi Class U15-17

100m	T/F12	Coleby Dunston	Singleton	58.57	HART Sport State Track & Field Championships
100m	T/F38	Cooper Robb-Jackson	Parramatta	13.08	HART Sport State Track & Field Championships
100m	T/F36	Zac Harding	Narromine	15.57	HART Sport State Track & Field Championships
200m	T/F38	Cooper Robb-Jackson	Parramatta	27.20	HART Sport State Track & Field Championships
200m	T/F20	Malachi Canning	Lismore	27.23	HART Sport State Track & Field Championships
200m	T/F36	Zac Harding	Narromine	32.79	HART Sport State Track & Field Championships
800m	T/F38	Cooper Robb-Jackson	Parramatta	2:18.07	HART Sport State Track & Field Championships
800m	T/F37	Dominic Baker	Eschol Park	4:49.20	HART Sport State Track & Field Championships
Discus	T/F21	Blake Morgan	Port Macquarie	5.18m	HART Sport State Track & Field Championships
Discus	T/F12	Coleby Dunston	Singleton	6.13	HART Sport State Track & Field Championships
Discus	T/F20	Malachi Canning	Lismore	31.69m	HART Sport State Track & Field Championships
Discus	T/F61	Nathan Barbara	Ryde	17.39m	HART Sport State Track & Field Championships
Long Jump	T/F20	Malachi Canning	Lismore	5.16m	HART Sport State Track & Field Championships
Long Jump	T/F36	Zac Harding	Narromine	3.32m	HART Sport State Track & Field Championships
Long Jump	T/F21	Blake Morgan	Port Macquarie	0.98m	HART Sport State Track & Field Championships
Long Jump	T/F12	Coleby Dunston	Singleton	0.59m	HART Sport State Track & Field Championships
Shot Put	T/F20	Malachi Canning	Lismore	9.57m	HART Sport State Track & Field Championships
Shot Put	T/F36	Dylan Molloy	Newcastle City	6.60m	HART Sport State Track & Field Championships
Shot Put	T/F2	Blake Morgan	Port Macquarie	4.11m	HART Sport State Track & Field Championships
Shot Put	T/F12	Coleby Dunston	Singleton	2.72m	HART Sport State Track & Field Championships
100m	T/F21	Blake Morgan	Port Macquarie	22.38	HART Sport State Track & Field Championships



HONOUR ROLL

LIFE MEMBERS

Dick Cornish*	1973
Cec Hensley*	1973
Grahame Down	1974
Jack Freeman*	1975
Charles Hansen*	1975
Graeme Allen*	1976
Bob Quail	1976
Adele Whalen	1976
Jack McCarthy	1978
Stan Hamley*	1980
Peter Shinnick*	1980
Jim Arkens*	1985
Susan Shinnick	1986
Ken Gardiner	1987
Dick Healy*	1987
Barry Garment*	1988
Lorna Magee	1990
Betty Collyer	1991
Ron Richter OAM	1992
Arnold Hunt*	1993
Garth Robinson*	1994
Peter Wickes*	1994
Doug Wood*	1994
Ann Pamplin	1995
Maria McConville	1996
Grahame Searles	1997
Darryl Channells	1998
Heather Mitchell	1998
Ian Adams	2004
Allan Shaw	2004
Gordon Costello	2006
John Burne OAM*	2007
Eric Arnold OAM*	2012
Dereck Fineberg OAM	2013
Trevor Hinwood	2014
Craig Scott	2016
Neil Sandall	2017
Peter Barnes	2018
Lynne Whatman	2022

MERIT AWARDS

Bill Bradshaw*	1991	Peter Barnes	1998	Lizbeth Ivin	2007
Ron Budd	1991	Phill Blunt*	1998	Chris Watt	2007
Carol Clima	1991	Bob Crawford*	1998	Allan Johnson	2009
Kevin Collyer*	1991	Steve Critchley	1998	Rosie Barnes	2012
Doreen Dickinson	1991	Robyn Eyears	1998	Irené Dasey	2012
Anne Garment	1991	Bob Leach*	1998	Mavis Godber	2012
Gary Green	1991	Lyn McMahon*	1998	Lynne Moore	2012
Elaine Green	1991	Russell Peters	1998	Gordon Prevett	2012
Jacky Hayes	1991	Lesley Rodgers	1998	Charles Sanders	2012
Gerald Hayes*	1991	Warren Ross	1998	Lynne Whatman	2012
James Hepburn*	1991	Neil Sandall	1998	Aino Matwisyk	2013
Ron Keys OAM	1991	Ron Saville	1998	Karl Rugg	2013
Les Magee*	1991	Reg Thompson	1998	Jim Walker	2013
Howard McGarry	1991	Alan Venzlauskas	1998	Ivan Drury	2015
Mike O'Hehir	1991	Gordon Willson	1998	Jenny Drury	2015
Mick O'Neill*	1991	Alan Bartlett	2001	Miriam Ebejer	2015
Geoff Quirk	1991	Marian Bennett	2001	Kevin Fisher	2015
Greta Vallance	1991	Robert Care AM	2001	Stephen Green	2015
Judy Vecellio	1991	Christine Fletcher	2001	Les Kirkland	2015
Tony Vecellio OAM*	1991	Tony Kish	2001	Joe McGarry	2015
Margaret Vonarx	1991	Tony Okulicz	2001	Colin Muir	2015
Bill Boyle	1992	Julie Reynolds	2001	Wayne Sayers	2015
Wally Pamplin*	1992	Sue Wells	2001	Lorraine Searles	2015
Rita Channells	1993	John Wells*	2001	Sue Sinclair	2015
Christine Crawford	1993	Greg Dickson	2002	Vinlei Della Casa	2016
Phil Cross	1993	Trevor Hinwood	2002	Glen Taylor	2016
Barbara Lea	1993	Paul Hughes	2002	Pauline Watt	2016
Mick Mulligan	1993	Michael Irwin	2002	Matt Andrews	2019
Linda Smith	1993	Carmen Jones	2002	Russell Briggs	2019
Max Harris	1994	Ross Macleod-Jones	2002	Ronald Pollett	2019
Glen Richardson	1994	Viv Manwaring	2002	Sally Richardson	2019
Steve Clima	1995	Terry O'Neill	2002	Tim Batho	2022
Bob Wardle	1995	Marcus Vowels (Prof) AM	2002	Christine Butters	2022
Carol McGarry	1996	Kim Burton	2003	Steve Carey	2022
Lorraine Wiseman	1996	Anne Lupton	2003	Dennis Coker	2022
Margaret Honey	1997	Rosemary Smith	2003	Michael O'Conner	2022
Diane Levy	1997	Tony Ward	2006	Judith Peel	2022
Sue Stafa	1997	Kevin Ivin	2007	Russel Scott	2022

2021/22

Annual Award Winners

Innovative Centre OF THE YEAR ————— **Ku-ring-gai**

Regional Centre OF THE YEAR ————— **Ballina**

Administrator OF THE YEAR ————— **Catherine Ong**

Young Volunteer OF THE YEAR ————— **Joshua Henry**

Volunteer OF THE YEAR ————— **Annette Tillman**

Metro Centre OF THE YEAR ————— **Quakers Hill**

Coach OF THE YEAR ————— **Jenny Lingley**

Official OF THE YEAR ————— **Emma Bowley**

CENTRE NUMBERS

REGION 1	
MID NTH COAST	
Camden Haven	48
Forster/Tuncurry	125
Gloucester	61
Harrington	29
Kempsey	59
Old Bar	17
Port Macquarie	282
South West Rocks	43
Stuarts Point	42
Taree	162
Wauchope	114
NEW ENGLAND	
Armidale	71
Gunnedah	187
Inverell	85
Moree	95
Narrabri	38
Tamworth	297
Warialda	33
NTH RIVERS	
Ballina	165
Casino	58
Coffs Coast	128
Grafton	111
Lismore	132
Nambucca	87
Woolgoolga	158
TOTAL REGISTRATIONS	2627

REGION 2	
CENTRAL COAST	
Gosford	331
Mingara Regional	263
Terrigal/Wamberal	358
Toukley	83
Woy Woy	198
Wyong	226
HUNTER	
Aberdeen	74
Branxton Greta	147
Cessnock	161
Denman	59
East Maitland	217
Kurri Kurri	173
Maitland	414
Merriwa	40
Muswellbrook	175
Rutherford	97
Scone	102
Singleton	138
LAKE MACQUARIE	
Cardiff	191
Eastlakes	246
Edgeworth	183
Kotara South	389
Macquarie Hunter	371
Southlakes	0
Westlakes	137
PORT HUNTER	
Adamstown/N Lamb.	254
Medowie	136
Newcastle City	328
Port Stephens	176
Raymond Terrace	73
Stockton	97
Thornton	133
Tilligerry	104
Wallsend	150
Woodberry	0
TOTAL REGISTRATIONS	6224

REGION 3	
WESTERN RANGES	
Bathurst	199
Blayney	67
Canowindra	12
Cowra	177
Glenbrook	381
Katoomba	150
Kurrajong/Bilpin	321
Lithgow	86
Oberon	40
Springwood	230
WESTERN PLAINS	
Cobar	104
Condobolin	0
Coonabarabran	55
Coonamble	152
Cumnock	63
Dubbo	311
Forbes	125
Gilgandra	58
Gulgong	66
Gwabegar	5
Mudgee	154
Narromine	34
Orange	288
Parkes	118
Three Rivers	52
Walgett	83
Warren	49
Wellington	118
TOTAL REGISTRATIONS	3498

REGION 4	
EASTERN RIVERINA ZONE	
Billabong	24
Coolamon	45
Cootamundra	128
Koorringal-Wagga	219
Lockhart	34
Temora	110
Tumbarumba	63
Tumut	58
Wagga Wagga	157
West Wyalong	88
Young	77
MID SOUTH COAST ZONE	
Albion Park	194
Kiama	136
Lake Illawarra	171
Milton/Ulladulla	72
Shoalhaven	333
St Georges Basin	87
STH COAST H'LANDS ZONE	
Bowral	310
Dapto	173
Northern Illawarra	110
Wollondilly	0
Wollongong	362
WESTERN RIVERINA ZONE	
Corowa	97
Deniliquin	104
Finley	79
Griffith	152
Independent Athletes (Hay)	3
Hay	22
Leeton	172
Narrandera	46
TOTAL REGISTRATIONS	3626

REGION 5	
NTH MET ZONE	
Cherrybrook	497
North Rocks Carlingford	476
Northern Suburbs	598
Parramatta	467
Ryde	719
NTH EAST MET ZONE	
Hornsby	375
Ku-Ring-Gai	717
Manly/Warringah	951
Mosman	594
Northern Districts	317
TOTAL REGISTRATIONS	5711

REGION 6	
NTH WEST MET ZONE	
Hawkesbury	340
Hills District	922
Kings Langley	307
Riverstone	343
Rouse Hill Rams	568
Winston Hills	504
OUTER WEST MET ZONE	
Colyton/St Clair	237
Cranebrook	175
Emu Plains	431
Nepean	272
Penrith Valley	401
Werrington	246
WEST MET ZONE	
Blacktown	325
Doonside	218
Lethbridge Park	129
Minchinbury	238
Mt Druitt	106
Prospect	163
Quakers Hill	383
Tallawong Park	196
The Ponds	517
TOTAL REGISTRATIONS	7021

REGION 7	
CENTRAL WEST MET ZONE	
Liverpool	261
Prestons Robins	338
Smithfield	266
Warradale	116
Western Blues	267
MID WEST MET ZONE	
Bankstown Sports	398
Cabra-Vale Fairfield	189
Everley Park	7
Girraween	522
Greystanes	221
Holroyd	225
STH WEST MET ZONE	
Ambarvale	114
Camden	756
Campbelltown	567
Douglas Park	177
Eschol Park	181
Ingleburn	0
TOTAL REGISTRATIONS	4605

REGION 8	
INNER CITY ZONE	
Balmain	960
Canterbury	427
Eastern Suburbs	779
Inner West	476
Randwick/Botany	428
South Eastern	269
Tiger Wests	65
STH MET ZONE	
Helensburgh	227
Illawong	216
Port Hacking	585
Revesby/Workers	362
St George	428
Sutherland	524
TOTAL REGISTRATIONS	5746

ZONE COORDINATORS AND COMMITTEES

Reg	Zone	Zone Coordinator
1	Mid North Coast	Mark Searles
1	New England	Melissa O'Connell
1	Northern Rivers	Lesley White
2	Central Coast	Kelly Hunter
2	Hunter	Curtis Morris
2	Lake Macquarie	Linda McPherson
2	Port Hunter	Yvonne Webster
3	Western Ranges	Bob Maxwell
3	Western Plains	Bruce Cox
4	Eastern Riverina	Judith Peel
4	Mid South Coast	Doonan McLaren
4	South Coast Highlands	Allan Johnson
4	Western Riverina	Pat Kelly
5	Northern Met	Ron White
5	North East Met	Ken Carter
6	North West Met	Dennis Coker
6	Outer West Met	Nicholas Pryke
6	West Met	Ronald Pollett
7	Central West Met	Robbie Sain
7	Mid West Met	Graham O'Brien
7	South West Met	Gordon Costello
8	Inner City	Karen Cundasawny
8	Southern Met	Lynne Whatman

COMPS COMMITTEE

Cheryl Webb
Daniel Warren
Peter Barnes
Heather Mitchell
Daniel Bliss
Ron Richter
Craig Scott
Lynne Whatman

JOINT OFFICIALS COMMITTEE

Darren Wensor
Daniel Warren
Mary Macaluso
Barry Pecar
Heather Mitchell
John Morris
Peter Barnes
Neil Hinton

LITTLE ATHLETICS NSW STAFF 2022/2023

Chris Giles	Chief Executive Officer Commenced January 2023
Rebecca Shaw	Chief Executive Officer Until May 2022
Kathy Moran	Operations and Administration Manager
Patrick McGregor	Marketing and Communications Coordinator Until September 2022
Mikayla King	Marketing and Communications Coordinator Commenced September 2022
Rebecca Newton	Centre Support Manager
Trish Bright	Registration and Online Data Coordinator
Cheryl Webb	Competitions Manager
Darren Wensor	Head of Coach & Volunteer Development
Alvin Umadhay	Coaching & Development (Metro)
Yucef Abdi	Coaching & Development (Metro); State Team Manager
Bronwen Adams	Partnership & Participation Manager
Adam Jolliffe	Regional Development Officer (Tamworth)
Daniel Warren	Volunteer Manager & Business Analyst Commenced new role August 2022
Harry Hannaford	Regional Development Officer (Wagga Wagga) Commenced April 2022
Natasha Bailey	Regional Development Officer (Dubbo) Commenced May 2022
Will Spencer	Community Programs Administrator Commenced December 2022

LITTLE ATHLETICS NSW
PARTNERS



MAJOR SPONSOR

coles

HART
SPORT

VALOUR

KUMON

 *KEEP ON RUNNING*

SPORT
360



TENSEGRITY SPORTS CLINICS
Experts in Movement & Function

