



Northern Districts

Little Athletics Centre Inc

2022-23 Season

Annual Report

~ In our 41st Season ~

For presentation at the Annual General Meeting

Friday 12 May 2023

www.ndlac.org.au

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Sponsors and Supporters

Please support all our sponsors with your patronage because they support us, and without them NDLC would not be as successful as we are, our fees would be higher, and we would not be able to offer such a great awards scheme or other benefits.

Please let our sponsors know that you appreciate their support of your children's sport.



Ashburn Tax Accountants

Donated a number of athlete Trophies
2/16 Hunter St, Hornsby NSW 2077
(02) 9477 1997 www.ashburntax.com.au



Bakers Delight – Berowra

Donates all the bread for our BBQ each week
1C Turners Road Berowra - Ph: 9131 9609
<https://www.bakersdelight.com.au/bakery-locator/berowra/>



Coffee Squad

Using locally roasted Witham's Coffee.
50c from every cup sold goes directly to the club
Luke Bennett - 0423 863 282
<http://www.coffeesquad.com.au>



National naming rights partner

Mt Kuring-gai Village Butchery

Continued support donating a meat tray for our weekly raffle
757 Pacific Highway, Mt Kuring-gai
(02) 9457 9879



Berlian Timbers – Mt Kuring-gai

Donation to the Club
52 Beaumont Road Mt Kuring-gai - Ph: 9457 0066



Rebel Sport

5% from linked Rebel Sport member purchases
go towards vouchers for NDLC equipment
www.rebelsport.com.au

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2 Agenda – AGM

Annual General Meeting 8PM Friday 12 May 2023 VIA ZOOM

1. Declaration of meeting open
2. Apologies and welcome of guests
3. Confirmation of Minutes of last AGM (7 May 2022)
4. Year in Review Summary
5. Accept and approve Annual Report for 2022-2023 season
6. Change to constitution (vote required)
7. Declaration that all positions on the committee are vacant
8. Election of Committee for 2023 – 2024 season
9. Updates on Presentation Day – 21 May, 2023
10. Any other business
11. Close of meeting

3 Minutes of Previous AGM (2021-2022)

Meeting held Saturday 7 May, 2022 at Asquith Girls High School at 4pm

Attendees: Committee Members, parents and athletes

Guests: Nathan Tilbury, Jasmin Guthrie, Isabella Guthrie, Wayne Bingham (life member), Cheryl Burnett (life member), Gail Silver (life member), Amanda Hirst

Apologies: Matt Kean, Sid Gamble, Shane Garde, Michael Halmy, Jones family

- Meeting opened at 4.10pm. Chaired by Matt Gleeson, President NDLC
- Matt welcomed everyone and thanked for attending. Welcomed special guests; former NDLC champion athletes Jasmin Guthrie and Isabella Guthrie
- Matt Gleeson acknowledged Amanda Hirst, Wayne Bingham, Cheryl Burnett and Gail Silver
- Matt Gleeson called for the minutes of the previous AGM held 22 May 2021 to be considered. Proposed by Gail Silver and seconded by Adam Harding
- Special thanks to committee members for their efforts last season. We had a late start due to covid etc. but the committee put in a lot of work to get us underway
- Matt handed over to life member Wayne Bingham. All committee positions were declared vacant. Wayne Bingham confirmed only 1 nomination per position was received. Nominees read out and all positions voted in favour of. Also mentioned the vacant positions available.
- Matt asked if there was any comment on the annual report. Annual report proposed by Cheryl Burnett and seconded by Troy McMullen

Previous Year Election of Committee Members 2022/2023		
Position	Nominations	Elected
President	Matthew Gleeson	Matthew Gleeson
Secretary	Catherine Ashley	Catherine Ashley
Treasurer	Janelle Oliver	Janelle Oliver
Registrar	Gail Silver	Gail Silver
Track & Field	Simon McMahon	Simon McMahon
Equipment	Adam Harding	Adam Harding
Officials and Assistants	Cheryl Burnett	Cheryl Burnett
Field Events Officer	Kristin Braendle	Kristin Braendle
Championships Officer	Nicole Owers	Nicole Owers
Officer for Assistants - Championships	Darren Cosier	Darren Cosier
Awards	Prudence Silver	Prudence Silver
Marketing & Public Relations	Gina Crompton	Gina Crompton
Annual Presentation Coordinator	Leanne Johnson	Leanne Johnson
Coaching Coordinator	Sally Freeman	Sally Freeman
Masters / Seniors	Troy McMullen	Troy McMullen
Sponsorship & Grants	Susan Catania	Susan Catania
General Committee	Jennifer Brookes	Jennifer Brookes
General Committee	Heather Shepherd	Heather Shepherd
Canteen & Canteen Buyer	Vacant	Vacant
Uniforms / Social	Vacant	Vacant

- No other business – AGM closed at 4.20pm

4 Life Members

Syd Gamble

Mel Parker

Shane Garde

Wayne Bingham

Cheryl Burnett

Michelle Garde

Michael Halmy

Gail Silver

5 NDLAC Centre Captains

Year	Girl	Boy
2011 - 2012	Bethany Halmy	Oliver Parry
2012 - 2013	Jacqueline Bird	Adam Halmy
2013 - 2014	Brenna Roberts	Oliver Parry
2014 - 2015	Tara Kissick	Rohan Bright
2015 - 2016	Elly Gallagher	Joshua Silver
2016 - 2017	Gabriella Chan	Jonah Marsden
2017 - 2018	Jemma Gallagher	Ben McNamara
2018 - 2019	Mikaela Quinlan	Liam Oliver
2019 - 2020	Prudence Silver	Marco de Paulis
2020 - 2021	Casey Griffiths	Ethan Oliver
2021 - 2022	Sarah Hughes-Narborough	Conor Collins
2022 - 2023	Isabelle Cruickshank	Kalan Harding

6 Previous Award Recipients

6.1 NDLAC Champion Girl and Champion Boy

Year	Champion Girl	Champion Boy
1989-1990	Belinda Scott	Russell Parker
1990-1991	Belinda Scott	Russell Parker
1991-1992	Belinda Scott	Andrew Hewitt
1992-1993	Katie Sumpton	Sam Pears
1993-1994	Samantha Garde	Anthony Moyes
1994-1995	Samantha Garde	Russell Parker
1995-1996	Samantha Garde	Adam Wood
1996-1997	Stephanie Parker	Chris Clarke
1997-1998	Stephanie Parker	Ashley Wright
1998-1999	Stephanie Parker	Cameron Wyper
1999-2000	Samantha Garde	Cameron Wyper
2000-2001	Katie Moyes	Cameron Wyper
2001-2002	Jordan Lumley - Jacqueline Broun	Matthew Mooney
2002-2003	Jordan Lumley	Evan Clothier
2003-2004	Katy Oswald	Mitchel van Noort
2004-2005	Katy Oswald	Eric-Ken Watanabe
2005-2006	Emma Frost	Adam Halmy
2006-2007	Alysha Burnett Emma Frost	Eric-Ken Watanabe Adam Halmy
2007-2008	Alysha Burnett	Adam Halmy
2008-2009	Alysha Burnett	Adam Halmy
2009-2010	Alysha Burnett	Nicholas Frost
2010-2011	Alysha Burnett	Nicholas Frost
2011-2012	Alysha Burnett	Nicholas Frost
2012-2013	Bridget Martin	Adam Halmy
2013-2014	Bridget Martin	Adam Halmy
2014-2015	Elly Gallagher	Adam Halmy
2015-2016	Elly Gallagher	Samuel Park
2016-2017	Jemma Gallagher	Ethan Oliver
2017-2018	Isabelle Cruickshank	Ethan Oliver
2018-2019	Shayla Gleeson	Ethan Oliver
2019-2020	Shayla Gleeson	Alex McIlwraith
2020-2021	Alyssa Holmes	Ethan Oliver
2021-2022	Hannah Dawson	Jensen Barrett

6.2 Age Champions and Runners Up 2021-2022

Age Group	Age Champion	Runner Up
Under 6 Boys	Cooper Young	Samuel Apin
Under 6 Girls	Molly Moore-Mulcahy	Billie Deimezis
Under 7 Boys	Lachlan Ross	Clayton Williams
Under 7 Girls	Claire Angwin	Lillian Brookes
Under 8 Boys	Ethan Dawson	Riley Daley
Under 8 Girls	Stephanie Ross	Matilda Brookes
Under 9 Boys	Jensen Barrett	Tristan Petkovic
Under 9 Girls	Evie Moore-Mulcahy	Dulcie Thompson
Under 10 Boys	Christopher Braendle	Tyler Cosier
Under 10 Girls	Hannah Dawson	Scarlett Owers
Under 11 Boys	Ewan Heathers	Niall Collins
Under 11 Girls	Maddison Barratt	Sophia Cottrell
Under 12 Boys	Alexander Braendle	Jake Sefton
Under 12 Girls	Alyssa Holmes	Allanah Pryor
Under 13 Boys	Ryan Mooney	Cooper Jurotte
Under 13 Girls	Aniela Knight	Imogen Cochrane
Under 14 Boys	Nathan Holmes	Eric Hamilton
Under 14 Girls	Bronte Tonkin	Freya Tonkin
Under 15 Boys	Kalan Harding	Conor Collins
Under 15 Girls	Elise Oliver	Annabelle Hatch
Under 17 Boys	Isaac Tonkin	-
Under 17 Girls	Isabelle Cruickshank	Charlotte Blair

6.3 Megan Jones Memorial Award

Year	Awarded To
1999-2000	Ryan Kershaw
2000-2001	Lauren Hibbert
2001-2002	Issac Owen
2002-2003	Janelle Kemsley
2003-2004	Jonathan Le Mesurier
2004-2005	Amy Smith
2005-2006	Jessica O'Brien
2006-2007	James Johnson
2007-2008	Amelia Foss
2008-2009	Tim Graham Robinson
2009-2010	Alison Fury
2010-2011	Ashley Frost
2011-2012	Jacqueline Bird
2012-2013	Ruben Samer
2013-2014	Brenna Roberts
2014-2015	Prudence Silver
2015-2016	Oskar Enasio
2016-2017	Jemma Gallagher
2017-2018	Joshua Silver
2018-2019	Annabelle Gill
2019-2020	Ella Gibbons
2020-2021	Conor Collins
2021-2022	Sarah Hughes-Narborough

6.4 Julie Halsey Outstanding Service Award

Year	Recipient
2001-2002	Robert Fisher
2003-2004	Joanne & Mark Alchin
2004-2005	Rod Downie
2005-2006	Wayne Bingham
2006-2007	Rod Lamberton
2007-2008	Peter Cummins
2008-2009	Paul Boccalatte
2009-2010	Jenny Oswald
2010-2011	Angelo Toliopoulos
2011-2012	Nikki Roberts
2012-2013	Frank Lemckert
2013-2014	Shannon Roberts
2014-2015	Gary Tejcek
2015-2016	Paul Waite
2016-2017	Jacki Simpkins
2017-2018	Gail Silver
2018-2019	Robyn McNamara
2019-2020	Sean Collins
2020-2021	Troy McMullen
2021-2022	Merilyn Hughes-Narborough

6.5 Kevin Hirst Memorial Award – Age Manager of the Year

Year	Recipient
2010-2011	Michael 'Ned' Bird - Barry Thompson
2011-2012	Melinda Lim
2012-2013	Troy McMullen
2013-2014	Liz and David Chan
2014-2015	Colin Sharp
2015-2016	Adelle Toynbee
2016-2017	Felice Carlino
2017-2018	Leo dePaulis
2018-2019	Tammie Mitchell
2019-2020	Alex Heathers
2020-2021	Mark Freeman
2021-2022	Jennifer and Justin Brookes

6.6 Dave Curnow Girl and Boy PB Champion Award

Year	Girl	Boy
1997-1998	Jessica West	Stuart Curnow
1998-1999	Katherine Mews	Tim Cummins
1999-2000	Siobhan Hayes - Sarah Claasz	Benjamin Downie
2000-2001	Sally Mangovski	Dylan van Noort
2001-2002	Katie Johnson	Alan Carswell
2002-2003	Bethany Halmy	Thomas Ryan
2003-2004	Katie Hunter	Jeffrey Williams
2004-2005	Chantrea White	Jacob Mirabile
2005-2006	Madison Williams- Natalia Mageropoulos	Benjamin Playford
2006-2007	Sasha Savenko -Georgia Koos	Michael Jones - Ben Heath
2007-2008	Alexia van Noort Rachael Bird Hannah Winstanley	Ben Heath
2008-2009	Natalia Mageropoulos Olivia Mitchell Sarah Flavell	Ryan Thom
2009-2010	Summer Enasio	Christopher Bendall
2010-2011	Taylah Waite	Joshua Staggs
2011-2012	Yolande Webster	Mason Lavery
2012-2013	Angelika van der Heiden	Oliver Goris
2013-2014	Taylah Waite	Michael Frost
2014-2015	Charlotte Toynbee	Michael Frost
2015-2016	Ivy Williams	Ethan Waite
2016-2017	Prudence Silver	Jeremy Huybrechts-Chung
2017-2018	Alice Citer	Daniel Hatch
2018-2019	Chloe Steptoe	Liam Oliver
2019-2020	Estelle Creek	Beau Foster
2020-2021	Tahlia Louie	Joshua Lim
2021-2022	Jennifer Toynbee	Lewis Tonkes

6.7 Middle Distance Handicap Cup Winners

Year	Boy	Girl
2000-2001	Sean Cropper	Cassandra Garde
2001-2002	Angus Hirst	Lisa Harvey
2002-2003	Alex Cronin	Elizabeth Carr
2003-2004	Tom Mitchell	Cassandra Garde
2004-2005	Jeremy Bingham	Cassandra Garde
2005-2006	Joshua Mawhinney	Lisa Harvey
2006-2007	Angus Hirst	Bethany Halmy
2007-2008	Dylan van Noort	Tara Kissick
2008-2009	Adam Halmy	Elly Gallagher
2009-2010	Nicholas Frost	Tara Kissick
2010-2011	Joshua Staggs	Jemma Gallagher
2011-2012	Joshua Patteson	Courtney Bicknell
2012-2013	Jack Clipperton	Ashley Hall
2013-2014	Rohan Bright	Madeline Finlay
2014-2015	Harrison Ross	April Shepherd
2015-2016	Marcus Panetta	April Shepherd
2016-2017	Ethan Oliver	Isabelle Cruickshank
2017-2018	Aidan Seifert	Brooke Fury
2018-2019	Jensen Wiesenhaan	Aniela Knight
2019-2020	Isaac Tonkin	Isabelle Cruickshank
2020-2021	Nathan Holmes	Freya Tonkin
2021-2022	Alexander Braendle	Bronte Tonkin
2022-2023	Evan Beasley	Aniela Knight

6.8 Garde Family Throwing Champion Award

Year	Girl	Boy
2006-2007	Alysha Burnett	Mitchell Ansems
2007-2008	Natalia Mageropoulos	Ben Heath
2008-2009	Katie Johnson	Nicholas Frost
2009-2010	Tiana Hazelwood	Nicholas Frost

2010-2011	Alysha Burnett	Frank Morris
2011-2012	Georgina Lemckert	Jack Gibbons
2012-2013	Hannah Melchiorson	Jasper Melchiorson
2013-2014	Ella Gibbons	Nosa Obaseki
2014-2015	Ella Gibbons	Zachary Jamieson
2015-2016	Summer Enasio	Nosa Obaseki
2016-2017	Matilda Lemckert	Kalan Harding
2017-2018	Annabelle Rodgers	Elijah Khailouf
2018-2019	Elise Oliver	Kalan Harding
2019-2020	Isabelle Cruickshank	Malakye Enasio
2020-2021	Alyssa Holmes	Kalan Harding
2021-2022	Scarlett Owers	Cooper Young

6.9 Wayne Bingham Jumping Award

Year	Athlete
2011-2012	Bridget Martin
2012-2013	Samuel Park
2013-2014	Ethan Oliver
2014-2015	Liam Quinlan
2015-2016	Mikaela Quinlan
2016-2017	Eli Sagala
2017-2018	Shayla Gleeson
2018-2019	Maya McMullen
2019-2020	April Shepherd
2020-2021	Aniela Knight
2021-2022	Kyrah McMahon

6.10 'Cool Runnings' Invitational Sprint Challenge

Proudly sponsored by **Oliver Air Conditioning** and **Simpkins Fencing**.

Year	Athletes
2013-2014	Harry Frederick - Thomas Bostleman / Tara Kissick
2014-2015	Harry Frederick / Tara Kissick
2015-2016	Oskar Enasio / Elly Gallagher
2016-2017	Tomas Seery / Jasmin Guthrie
2017-2018	Joshua Silver / Jasmin Guthrie
2018-2019	Cameron Ross-Egarr / Casey Griffiths
2019-2020	Ethan Oliver / Maya McMullen
2020-2021	Ethan Oliver/Sarah Hughes-Narborough
2021-2022	Kalan Harding/Kyrah McMahon
2022-2023	Kalan Harding/Kyrah McMahon

6.11 Halmy Family Distance Athlete Award

Year	Athletes
2013-2014	Hayden Millican
2014-2015	Elly Gallagher
2015-2016	Elly Gallagher
2016-2017	Jemma Gallagher
2017-2018	Marco dePaulis
2018-2019	Marco dePaulis
2019-2020	Alexander Braendle
2020-2021	Alexander Braendle
2021-2022	Alexander Braendle

6.12 Athlete Service Award Medals 2021-2022

The following athletes have completed ten or more years of consecutive membership (TT-U17) at our Centre:

Athlete		
Sarah Hallam	85/86 – 94/95	10 years
Russell Parker	86/87 – 95/96	10 years
Seranie Gamble	87/88 – 96/97	10 years
Stephanie Parker	89/90 – 98/99	10 years
Danielle Panetta	90/91 – 99/00	10 years
Samantha Garde	90/91 – 00/01	11 years
Katie Moyes	91/92 – 00/01	10 years
Sean Cropper	91/92 – 00/01	10 years
Amber Kershaw	91/92 – 00/01	10 years
Adrian Kemsley	92/93 – 01/02	10 years

Natalie Hawes	93/94 – 02/03	10 years
Leitisha Bingham	92/93 – 02/03	11 years
Elise Alchin	94/95 – 03/04	10 years
Timothy Baker	94/95 – 03/04	10 years
Lewis Marr	94/95 – 03/04	10 years
Cassandra Garde	94/95 – 04/05	11 years
Matthew Garde	94/95 – 04/05	11 years
Jeremy Bingham	94/95 – 05/06	12 years
Elisabeth Freer	95/96 – 05/06	11 years
Ben Kirley	95/96 – 05/06	10 years
Andrew Nock	96/97 – 05/06	10 years
Janelle Kemsley	95/96 – 05/06	11 years
Cole Taylor	96/97 – 06/07	11 years
Natalie Turrin	96/97 – 07/08	12 Years
Heather Morton	96/97 – 07/08	12 years
Tim Cummins	98/99 – 07/08	10 years
Renee Hall	99/00 – 08/09	10 years
Adelaide Hirst	98/99 – 09/10	12 years
Paul Turrin	00/01 – 09/10	10 Years
Mitchel van Noort	00/01 – 09/10	10 Years
Glenn Clothier	01/02 – 10/11	10 Years
Evan Clothier	01/02 – 10/11	10 Years
Katie Johnson	01/02 – 10/11	10 Years
Samuel Fox	01/02 – 10/11	10 Years
James Bellamy	01/02 – 11/12	11 Years
Ashley Frost	01/02 – 11/12	11 Years
Bethany Halmy	01/02 – 11/12	11 Years
Nicholi Ludi	02/03 – 11/12	10 Years
Alison Fury	02/03 – 11/12	10 Years
Rachael Bird	02/03 – 11/12	10 Years
Alysha Burnett	02/03 – 12/13	11 Years
Brenna Roberts	03/04 – 13/14	11 Years
Emma Frost	03/04 – 13/14	11 Years
Jacqueline Bird	04/05 – 13/14	10 Years
Tara Kissick	03/04 – 14/15	10 Years
Adam Halmy	03/04 – 14/15	12 Years
Annabelle Mawhinney	04/05 – 14/15	11 Years
Madison Williams	05/06 – 14/15	10 Years
Campbell Lemckert	05/06 – 14/15	10 Years
Hannah Melchiorson	05/06 – 14/15	10 Years
Tiana Hazlewood	04/05 – 15/16	12 Years
Georgina Lemckert	05/06 – 16/17	12 Years
Cara Simms	07/08 – 16/17	10 Years
Mackenzie Williams	06/07 – 17/18	12 Years
Lauren West	07/08 – 17/18	11 Years
Jemma Gallagher	07/08 – 17/18	11 Years
Joshua Silver	08/09 – 17/18	10 Years
Taylah Waite	08/09 – 17/18	10 Years
Benjamin McNamara	09/10 – 18/19	10 Years
Benjamin Gluskie	09/10 – 18/19	10 Years
Prudence Silver	08/09 – 19/20	12 Years
Annika Nicklin	09/10 – 19/20	11 Years
Ethan Oliver	08/09 – 20/21	13 Years
Maya McMullen	09/10 – 20/21	12 Years
Malakye Enasio	09/10 – 20/21	12 Years
Bridgette Chan	11/12 – 20/21	10 Years
Brooke Fury	11/12 – 20/21	10 Years
Ella Gibbons	09/10 – 21/22	13 Years
Claudia Chan	11/12 – 21/22	11 Years
Harper Enasio	12/13 – 21/22	10 Years
Geoffrey Herbert	12/13 – 21/22	10 Years
Elise Oliver	12/13 – 22/23	11 Years
Saia Enasio	13/14 – 22/23	10 Years
Shayla Gleeson	13/14 – 22/23	10 Years

7. Committee Reports

7.1 President

Season 2022-23 was somewhat of a welcome return to normality for Northern Districts Little Athletics Club; without continuous interrupt by major weather events, pandemics, or other hampering effects which have plagued our last 3 years. But when I say 'normality'..... the season was by no means normal or average, as we saw some of the most scintillating athletics at Foxglove and beyond by our athletes.

Highlights included:

- A staggering number of Personal Bests – far higher than I can recall seeing in other seasons: 4515! A truly mind-blowing level of improvement when you consider it doesn't include those PBs from representative carnivals.
- Setting a new standard with 15 Centre Records – As records tumbled, the list of prestigious athletes of the past turned to a list of amazing athletes of the present!
- Age Managers rising to new levels – I think our age managers this year showed aptitude, calmness, resilience, patience and energy week in and week out. This coupled with the verve, knowledge and composure of our Officials this year.... We were truly blessed to have such an awesome cast helping out each week. With so many athletes in attendance I know the days were manic, but Age Managers and Officials..... you were all phenomenal.
- The emergence of our great Junior Coaches – Special mention to all those Junior Coaches who elevated as mentors, buddies, tutors and drill instructors throughout the season. In particular, Charlie, Eric and Ryan who excelled, and gave amazing support to our Senior Coaches; Prudence and Troy.
- The way our athletes represented themselves, our club and the spirit of Little Athletics – In every way, our athletes gave their best at state, regional and zone carnivals. They can be admired not only for their outstanding performances, but for the manner in which they supported fellow athletes, conducted themselves as athletes by giving it their all, and for being respectable young men and women (and some oldies too). There were moments of heartbreak in events across the year both at Foxglove and further afar, but in every trial faced by our athletes, they emerged consistently as beautiful human beings.

To all 317 NDALC athletes this year, we hope you had a wonderful experience with athletics. To every athlete who came up proudly to tell me they came first in race (or similar), and in turn I asked you whether it was a PB – I hope you weren't disappointed with my response. For every generous parent who went above and beyond in their assistance this year, we thank you wholeheartedly.

With such a great season behind us, it's going to be exciting to work in the off season to make season 2023-24 even bigger again. New items for next season include:

- Addition of U20's to our club – With plans to have them join U15/17's on Saturdays, and the option to link with our Monthly Masters Events on Thursday – we want to provide a pathway to keep our retiring Little Athletes in the sport, and involved with the club.
- Live Track Results Updates – With new laptops planned for all track sites – we will be able to load results online as events complete – allowing PBs to be visible right away.
- More Holiday Camps and Academies – The success of our middle distance, trail running and high jump holiday camps points to doing more of this in 23-24, with requests for throws camps, specialist sprint training, hurdles clinics and walks academies already being flagged by athletes.
- Athletics Carnivale! – A specific day in the program planned by our Captains and Senior Athletes.
- Expansion of our Masters Program – A fantastic new inclusion in 22/23 was the emergence of our monthly Masters program, which produced many laughs, much frivolity, lots of sore muscles, and some surprisingly competitive results. Talk to anyone who was involved and you'll hear that fun was the major factor though!

I cannot sign off the year without paying specific gratitude to our dedicated and tireless committee & Life Members who give so much to the club. You are an amazing group of people who allow the athletes of this club to enjoy a well organised, safe and supportive environment for the sport of little athletics throughout the season. Thank you.

I am so excited by the many great things we have in store for season 2023/24 at Northern Districts Little Athletics and hope to see you all then.

Yours in athletics,

Matt Gleeson – President | NDLAC

7.2 Secretary

The NDLAC Committee met on the third Monday of the month throughout the year. A review of meeting minutes was included in the audit of accounts.

It was a great season at Foxglove with a great number of new and returning athletes. Northern Districts Little Athletics could not operate without the assistance of parents each week in fulfilling the many and varied duties required. As always, special thanks to all our families, volunteers, athletes and sponsors who continue to make our club a success.

I would like to thank all the committee members, who put in a lot of time and effort to make sure our Saturdays run smoothly and that our club provides a positive and enjoyable experience for all our athletes. NDLAC is very lucky to have such a dedicated group of people who make our club the success it is. If you want to get involved and join our committee we would love to welcome you. Come and speak to one of us on the committee about any vacant roles.

Catherine Ashley - Secretary

7.3 Treasurer

Another great season finished, and our Centre's financial position continues to remain strong, and members should be pleased with the results.

Canteen trading has been excellent with fantastic results from our raffle and a big thank you to Mt Kuring-gai Village Butchery for the donation of the meat tray each week. Once again this year we were very fortunate to

have all our bread donated by Bakers Delight at Berowra. Also thanks, to Luke Bennett from the Coffee Squad for his kind donation.

Our biggest expense this year was on equipment with the purchase of 11 new shade tents = \$10,181.39.

The accounts and financial statements have been independently reviewed and are attached to this report. A big thank you to Cheryl Burnett from Ashburn Tax Accountants for this and her sponsorship. We would also like to thank Berlian Timbers for their inaugural sponsorship and we hope this continues.

I look forward to seeing you all again next season.

Janelle Oliver – Treasurer

7.3.1 Accumulated Funds Statement

1 April 2021 to 31 March 2022

	2022/2023	2021/2022
Cheque Account – CBA	\$38,358.80	\$30,723.80
Equipment (Replacement Cost)	\$110,840.90	\$104,377.40
Uniform Stock	\$ 2,665.00	\$ 2,385.00
Canteen Float	\$200.00	\$200.00
Total Assets	\$152,064.70	\$137,686.20
Liabilities	\$0	\$0
Accumulated Funds	\$152,064.70	\$137,686.20

7.3.2 Auditor's Statement

Commonwealth Bank of Australia - Account No. 06 2272 10104138

*Sample of expenses

1/9/2022	Netbank	\$760	Timing Solutions
22/11/2022	Netbank	\$10181.39	Mountain Shade
16/2/2023	Netbank	\$480.13	Kopycut
29/3/2023	Netbank	\$862.00	Sportmagic

Notes: All payments listed in the audit have been noted at the monthly meetings and submitted for approval.

The balance of the account as at close of business 31/3/2023 was \$38,358.00

For the financial year ending March 2023

I have examined the accounts for Northern Districts Little Athletics Centre (NDLAC) and I certify, in my opinion;

1. The attached financial statement of NDLAC is in the required form.
2. The prescribed requirements in respect of keeping of accounting records by the association have been complied with, in all materials aspects.
3. The statements have been drawn up to present a true and fair view, on a basis consistent with that applied in the preceding year of the transactions for the financial year and the financial position as at the close of the year.

Cheryl Barnett

Accountant JP - Registered Tax Agent

ASHBURN TAX ACCOUNTANTS - 15 April 2023

7.3.3 Income and Expenditure Statement

1 April 2021 to 31 March 2022

Income and Expenditure Statement

	Actual	Actual	Actual
	2021/2022	2021/2022	2020/2021
Opening Balance	\$30,723.80	\$33,465.28	\$28,301.39
Receipts			
Canteen/BBQ Sales	12,855.30	6,035.23	7,524.58
Donations	1,426.00	776.95	535.45
Equipment Hire	750.00	0.00	0.00
Grants	8,196.00	1,000.00	2,000.00
Photos	351.80	0.00	0.00
Raffles	3,773.00	1,733.00	1359.00
Registrations	26,188.62	16,335.95	18,280.10
Sponsorships	750.00	0.00	0.00
Uniform Sales	1,579.50	605.50	469.00
Other Income	180.00	0.00	100.33
Total Receipts	56,050.22	26,486.63	30,268.46
Payments			
Advertising	0.00	0.00	212.64
Awards	8,700.74	7,879.77	6,604.36
Bank Fees	258.68	0.00	0.00
Canteen/BBQ Expenses	6,497.23	3,644.40	3,809.41
Coaching	3,861.00	1,750.00	1,994.00
Donations	1,500.00	500.00	300.00
Equipment	14,064.62	6,606.23	5,514.83
Ground/Hall Hire	4,970.00	5,180.25	4,960.00
LANSW Fees	340.00	65.00	245.00
Postage	168.05	139.00	154.50

Printing & Stationery	787.79	374.37	256.34
Repairs and Maintenance	1,067.26	1,047.15	191.40
Uniforms	1,846.00	56.70	0.00
Website Hosting Charge	760.00	760.00	710.00
General Expenses	350.05	635.24	152.09
Zone / Region Fees	2,743.80	590.00	0.00
Athlete Sponsorship	500.00	0.00	0.00

Total Payments	48,415.22	29,228.11	25,104.57
Surplus / (Deficit)	7,635.00	(2,741.48)	5,163.89
Closing Balance	38,358.80	30,723.80	33,465.28

7.4 Registrar's Report

What a fabulous bounce back to 'normal competition'. 317 athletes were registered in 2022-23, 90 athletes greater than 2021-2022 season, representing an increase of 39% over last season's registrations. 317 is also the largest registrations we have had since 2014-15 season (352). Of our 317 athletes, 196 were returning from last season and 121 were new to our Centre. Thank you to everyone who spread the word and encouraged their friends and family to join us at Foxglove and 'Welcome' to all our new athletes, I hope you had a great season and look forward to you coming back to Foxglove next season.

Our largest Age Group was U9B with 30 athletes, and U8G being the largest Girls group with 23. 32 athletes attended as Trial Athletes, resulting in 21 registrations.

Thank you, as always to Prudence for helping prepare the Registration packs and fellow committee members for your support and assistance during the busy registration period. Look out for the communication in July/August when registrations will open for 2023-24 season.

NDLAC Registrations 2022-2023			
Age Group	Girls	Boys	Total
TINY TOTS	11	9	20
UNDER 6	13	18	31
UNDER 7	9	19	28
UNDER 8	23	18	41
UNDER 9	21	30	51
UNDER 10	15	13	28
UNDER 11	14	14	28
UNDER 12	11	9	20
UNDER 13	9	14	23
UNDER 14	13	7	20
UNDER 15	6	4	10
UNDER 17	9	8	17
Total	154	163	317

Gail Silver – Registrar/Life Member

7.5 Track and Field

All track and field events for each Saturday completed on time with no major issues this season. A total of only 2 Saturday program days lost due to wet weather.

All track timing systems are now in place and performing as expected on the sprint inside and outside track. The committee have decided 2 new laptops will be purchased for the sprint and outside track timing systems for next season.

The field events completed smoothly each Saturday and the position of high jump, tiny tots and training areas will remain in the same location on Foxglove for next season. The circular track and sprint track positioning on Foxglove will also remain unchanged for next season.

The Foxglove oval environment works will continue through to next season. Hornsby Council will update NDLAC when the environmental works is completed.

The number of club records broken for a single season was at an all-time for high for 2022/23. All our athletes once again performed exceptionally well striving for personal best, season best, club records, zone, regional and state/national levels which is great achievement by all.

Training and athlete development will remain a major focus again at the club for next season to improve and develop all athletes and to equip them with skills required to compete in and excel in their favoured event.

Simon McMahon – Track and Field Officer

7.6 Championships

Congratulations to all Northern Districts athletes who took part in the various championships that were held throughout the 2022/23 season. Championships events are a great way to meet support and cheer for athletes outside of our own age groups, and there is always a great team atmosphere in the NDLAC tent. This year we had a significant number of athletes that participated in a championship event for the first time. We enjoyed seeing the newcomers achieve such amazing PB's, and we look forward to this continuing.

These competitions are a great environment for athletes to be challenged to go faster, further, higher, and it often results in PB's and records. Congratulations to all athletes. A special mention to Alex Braendle who was selected to compete for NSW at ALAC in Melbourne this year. Alex placed 2nd in his event, the 1500m walk and shaved a minute off his personal best!

7.6.1 NSW Cross Country and Road Walks Championships

On 31st July Northern Districts was represented at Little Athletics NSW Cross Country and Race-walking Carnival at Sydney Regatta Centre, Penrith by the following athletes. Well done to all athletes on their strong performances.

Cross Country-

Ethan Dawson- 6th

Evie Moore-Mulcahy- 8th

Hannah Dawson-13th

Alexander Braendle- 8th

Road Walks-

Annika Owers- 10th

Alexander Braendle- 1st

7.6.2 State Relays

The 2022/23 season saw the return of State Relay Championships on 17-18th November 2022 at Sydney Olympic Park Athletic Centre. Our teams competed in a variety of track, jumps and throws relays across the weekend. Congratulations to all athletes, especially our U10G Throws and U17G Throws teams who both came away with podium finishes (2nd and 3rd respectively).

U8B	4x100m	Lachlan Ross	Lucas Cunningham	Edward Catania	Loki Gleeson
U9G	4x100m	Stephanie Ross	Emily Davies	Matilda Haggarty	Emma Hales
U9G	Throws	Matilda Brookes	Lillian Brookes	Beth Cochrane	
U10G	Throws	Annika Owers	Evie Moore-Mulcahy	Dulcie Thompson	
U10G	Jumps	Annika Owers	Evie Moore-Mulcahy	Ella Davies	
U11G	Throws	Scarlett Owers	Clara Knight	Jade Hawes	
U12G	Throws	Maddison Barratt	Jenny Toynbee	Madison Haggarty	
U12G	4x100m	Maddison Barratt	Jenny Toynbee	Madison Haggarty	Ashya Mathews

U15G	Throws	Elizabeth Toynbee	Charlotte Toynbee	Imogen Cochrane	
U17G	Jumps	Shayla Gleeson	Charlotte Blair	Claudia Endicott	
U17G	Throws	Shayla Gleeson	Elise Oliver	Izzy Cruickshank	

7.6.3 Zone Championships

The North East Metropolitan Zone carnival was held on the weekend of 12-13th December 2022 at the Sydney Academy of Sport, Narrabeen. The Zone carnival has athletes from Ku-ring-gai, Hornsby, Mosman, Manly and Northern Districts Little Athletics centres. Athletes from U7 to U17 are eligible to compete and athletes from U8 to U17 are eligible to proceed to the region carnival.

Northern Districts had the following athletes representing our club:

Age	Representatives
U7 Boys	Nico Brichta, Josh Hales, Cooper Young, Luca Mitchell, Kian Mohsen
U7 Girls	Molly Moore-Mulcahy
U8 Boys	Jarrah Bailey, Oscar Beach-Gubbay, Edward Catania. Lucas Cunningham, Loki Gleeson, Lachlan Ross, Isaac Samakeh
U8 Girls	Claire Angwin, Lillian Brookes, Natasha Edgecumbe, Emma Hales, Paityn Hawes, Sofia Sharp
U9 Boys	Liam Cosier, Reve Creek, Riley Daley, Ethan Dawson, Evan Dengate, Luke Douglas, William Hart, Max Pullin, Harrison Shu
U9 Girls	Olivia Barrett, Matilda Brookes, Beth Cochrane, Emily Davies, Matilda Haggerty, Stephanie Ross, Isla Zgolak
U10 Boys	Reef Bailey, Jensen Barrett, Charlie Cunningham, Liam Finlay
U10 Girls	Ella Davies, Beatrice Mathers, Georgie Mathers, Evie Moore- Mulcahy, Annika Owers, Dulcie Thompson
U11 Boys	Joah Beasley, Christopher Braendle, Charlie Candy, Tyler Cosier, Samuel Hart, Harry Mooney, Benjamin Schyvens, Sam Smallwood, Bradlee Taylor, Archie Tod
U11 Girls	Estelle Creek, Taya Creek, Hannah Dawson, Maya Devaskar, Jade Hawes, Clara Knight, Tahlia Louie, Scarlett Owers, Zoe Swain
U12 Boys	Ethan Finlay, Judah Louie, Riley Zgolak
U12 Girls	Maddison Barratt, Sophia Cottrell, Madison Haggarty, Ashya Mathews, Christabelle Shu, Florence Thompson, Jennifer Toynbee
U13 Boys	Evan Beasley, Alexander Braendle, Riley Waddingham
U13 Girls	Annalise Cottrell, Alyssa Holmes, Alannah Pryor
U14 Boys	Ryan Mooney, Luke Pascoe, Braeden Searles, Matthew Searles, Sam Wu, Ethan Zgolak
U14 Girls	Sophie Chen, Summer Choi, Imogen Cochrane, Isla Honor, Aniela Knight, Jessica Kulk, Kyrah McMahon, Eliza Olthof-Hardwick, Chloe Steptoe, Maude Thompson
U15 Boys	Eric Hamilton, Nathan Holmes
U15 Girls	Sinead Hawes, Ava Mitchell, Bronte Tonkin, Freya Tonkin, Elizabeth Toynbee, Charlotte Toynbee
17 Boys	Conor Collins, Kalan Harding, Joshua Harding
17 Girls	Isabelle Cruickshank, Claudia Endicott, Shayla Gleeson, Siobhan McMahon, Elise Oliver, Lana Waddingham

Every parent should be proud of the performances of their little athletes on the Zone Carnival weekend. They did Northern Districts Little Athletics Club proud and were great sports during all the competition. All athletes supported each other, and it was a wonderful experience for them no matter where they placed in their events.

Medals are only presented at zone for the U7's. Congratulations to the following U7 athletes for receiving the following medals at zone:

Gold:

Molly Moore-Mulcahy	Girls U 7 Discus
Cooper Young	Boys U 7 Shot Put

Bronze:

Nico Brichta	Boys U 7 Long Jump
Nico Brichta	Boys U 7 100 Metre Sprint
Nico Brichta	Boys U 7 70 Metre Sprint
Cooper Young	Boys U 7 Discus
Molly Moore- Mulcahy	Girls U 7 Long Jump

U8's and up received ribbons for the first time at this level. Congratulations to the following athletes for their top 3 placement at zone level.

First:

Beth Cochrane	Girls U 9 700m
Jensen Barrett	Boys U 10 Long Jump
Jensen Barrett	Boys U 10 200m
Evie Moore-Mulcahy	Girls U 10 High Jump
Evie Moore-Mulcahy	Girls U 10 400m
Dulcie Thompson	Girls U 10 Discus
Dulcie Thompson	U 10 Shot Put
Maddison Barratt	Girls U 12 Javelin
Alexander Braendle	Boys U 13 1500mW
Imogen Cochrane	Girls U 14 1500mW
Eric Hamilton	Boys U 15 Shot Put
Nathan Holmes	Boys U 15 Discus
Isabelle Cruickshank	Girls U 17 Javelin

Second:

Lillian Brookes	Girls U 8 Discus
Lucas Cunningham	Boys U 8 Shot Put
Lachlan Ross	Boys U 8 700m
Matilda Brookes	Girls U 9 Discus
Jensen Barrett	Boys U 10 100m
Evie Moore-Mulcahy	Girls U 10 200m
Evie Moore-Mulcahy	Girls U 10 Long Jump
Hannah Dawson	Girls U 11 100m
Hannah Dawson	Girls U 11 200m
Summer Choi	Girls U 14 High Jump
Aniela Knight	Girls U 14 400m
Aniela Knight	Girls U 14 800m
Sam Wu	Boys U 14 Triple Jump
Sam Wu	Boys U 14 200m
Eric Hamilton	Boys U 15 Discus
Nathan Holmes	Boys U 15 800m
Conor Collins	Boys U 17 3000m
Isabelle Cruickshank	Girls U 17 Discus
Claudia Endicott	Girls U 17 100mH

Shayla Gleeson	Girls U 17 High Jump
Stephanie Ross	Jr Girls 4x 100m Relay
Evie Moore-Mulcahy	Jr Girls 4x 100m Relay
Hannah Dawson	Jr Girls 4x 100m Relay
Sophia Cottrell	Jr Girls 4x 100m Relay

Third:

Nico Brichta	Boys U 7 Long Jump
Nico Brichta	Boys U 7 100m
Nico Brichta	Boys U 7 70m
Cooper Young	Boys U 7 Discus
Molly Moore-Mulcahy	Girls U 7 Long Jump
Matilda Brookes	Girls U 9 Shot Put
Emily Davies	Girls U 9 70m
Stephanie Ross	Girls U 9 400m
Christopher Braendle	Boys U 11 Javelin
Hannah Dawson	Girls U 11 400m
Hannah Dawson	Girls U 11 800m
Clara Knight	Girls U 11 Shot Put
Scarlett Owers	Girls U 11 Javelin
Harry Mooney	Boys U 11 Shot Put
Maddison Barratt	Girls U 12 Triple Jump
Judah Louie	Boys U 12 1500m
Evan Beasley	Boys U 13 High Jump
Alyssa Holmes	Girls U 13 Javelin
Isla Honor	Girls U 14 80mH
Aniela Knight	Girls U 14 1500m
Aniela Knight	Girls U 14 200mH
Aniela Knight	Girls U 14 Triple Jump
Kyrah McMahon	Girls U 14 Long Jump
Ryan Mooney	Boys U 14 1500m
Eliza Olthof-Hardwick	Girls U 14 Discus
Nathan Holmes	Boys U 15 Triple Jump
Ava Mitchell	Girls U 15 300mH
Ava Mitchell	Girls U 15 90mH
Shayla Gleeson	Girls U 17 Shot Put
Kalan Harding	Boys U 17 Shot Put
Kalan Harding	Boys U 17 110mH

Our zone is only able to run with the help of volunteers. All parents are required to help with a duty and at Northern Districts we have a wonderful reputation for fulfilling our obligations.

Beyond the standard parent duties, there is also a great need for qualified officials. A special thank you to the following for taking on the extra responsibility of representing our club in officiating at the zone carnival this year.

Peter Holmes	Rob Cottrell	Cheryl Burnett
Peta Tonkin	Adelle Toynbee	Heather Shepherd
Wayne Bingham	Tara Hamilton	Michael Halmy
Brendan Creek	Lisa Barrett	
Andrew Cochrane	Matthew Gleeson	

7.6.4 Region Championships

Athletes from U8 to U17 are eligible to compete and athletes from U9 to U17 are eligible to proceed to the State carnival. Selection for the Region 5 Championships is based on the zone results, and our region comprises of two zones, Northern Metropolitan, and North East Metropolitan.

This year the Region Carnival was took place on 4th-5th February 2023 at the Sydney Olympic Park Athletic Centre.

The following 79 athletes were chosen to represent Northern Districts in a total of 169 events.

Age	Representatives
U8 Boys	Loki Gleeson, Lachlan Ross
U8 Girls	Claire Angwin, Lillian Brookes, Emma Hales, Paityn Hawes, Sofia Sharp
U9 Boys	Liam Cosier, Riley Daley, Ethan Dawson, Evan Dengate, Max Pullin, Harrison Shu
U9 Girls	Matilda Brookes, Beth Cochrane, Emily Davies, Stephanie Ross, Isla Zgolak
U10 Boys	Reef Bailey, Jensen Barrett, Charlie Cunningham
U10 Girls	Evie Moore- Mulcahy, Annika Owers, Dulcie Thompson
U11 Boys	Joah Beasley, Christopher Braendle, Tyler Cosier, Harry Mooney, Benjamin Schyvens, Sam Smallwood, Bradlee Taylor
U11 Girls	Taya Creek, Hannah Dawson, Jade Hawes, Clara Knight, Scarlett Owers
U12 Boys	Ethan Finlay, Judah Louie
U12 Girls	Maddison Barratt, Sophia Cottrell, Ashya Mathews, Christabelle Shu, Jennifer Toynbee
U13 Boys	Evan Beasley, Alexander Braendle,
U13 Girls	Annalise Cottrell, Alyssa Holmes, Alannah Pryor
U14 Boys	Ryan Mooney, Luke Pascoe, Braeden Searles, Matthew Searles, Sam Wu
U14 Girls	Sophie Chen, Summer Choi, Imogen Cochrane, Isla Honor, Aniela Knight, Jessica Kulk, Kyrah McMahon, Eliza Olthof-Hardwick, Maude Thompson
U15 Boys	Eric Hamilton, Nathan Holmes
U15 Girls	Ava Mitchell, Bronte Tonkin, Freya Tonkin, Elizabeth Toynbee, Charlotte Toynbee
17 Boys	Conor Collins, Kalan Harding, Joshua Harding
17 Girls	Isabelle Cruickshank, Claudia Endicott, Shayla Gleeson, Siobhan McMahon, Elise Oliver, Lana Waddingham

Congratulations to the following athletes for achieving Region Medals:

Gold Medals:

Jensen Barrett	Boys U 10 Long Jump
Jensen Barrett	Boys U 10 100 Metre
Jensen Barrett	Boys U 10 200 Metre
Evie Moore-Mulcahy	Girls U 10 High Jump
Evie Moore-Mulcahy	Girls U 10 400 Metre
Dulcie Thompson	U 10 Shot Put
Scarlett Owers	Girls U 11 Javelin
Maddison Barratt	Girls U 12 Javelin
Alexander Braendle	Boys U 13 1500 Metre Walk
Isabelle Cruickshank	Girls U 17 Javelin

Silver Medals:

Claire Angwin	Girls U 8 Discus
Lachlan Ross	Boys U 8 400 Metre Run
Beth Cochrane	Girls U 9 700 Metre Walk

Stephanie Ross	Girls 9-12 Junior Relay
Evie MooreMulcahy	Girls U 10 Long Jump
Evie MooreMulcahy	Girls U 10 200 Metre
Evie MooreMulcahy	Girls 9-12 Junior Relay
Hannah Dawson	Girls U 11 800 Metre Run
Hannah Dawson	Girls 9-12 Junior Relay
Sophia Cottrell	Girls 9-12 Junior Relay
Imogen Cochrane	Girls U 14 1500 Metre Walk
Aniela Knight	Girls U 14 1500 Metre Run
Aniela Knight	Girls U 14 400 Metre
Aniela Knight	Girls U 14 800 Metre Run

Bronze Medals:

Lachlan Ross	Boys U 8 700 Metre Run
Matilda Brookes	Girls U 9 Discus
Stephanie Ross	Girls U 9 70 Metre Sprint
Scarlett Owers	Girls U 11 Discus
Eliza Olthof-Hardwick	Girls U 14 Discus
Sam Wu	Boys U 14 Triple Jump
Sam Wu	Boys U 14 200 Metre Hurdles
Freya Tonkin	Girls U 15 400 Metre
Isabelle Cruickshank	Girls U 17 Discus

Thank you also to Heather Shepherd for her work as a Track Official and to Matt Gleeson being our Jumps Referee for the full weekend. Cheryl Burnett continues to represent our club as a Throws Referee, for which we are very grateful.

7.6.5 State Championships & Australian Little Athletics Championships

The LANSW State Track and Field Championships were held at the Sydney Olympic Park Athletic Centre on 18th – 19th March 2023.

Congratulations, to the following 22 athletes that qualified to represent Northern Districts at the State Championships.

Athlete	Event	Athlete	Event
Matilda Brookes	U9G Discus- 14 th	Alexander Braendle	U13B 1500m Walk- 1 st
Beth Cochrane	U9G 700 Walk- 6 th	Imogen Cochrane	U14G 1500m Walk- 8 th
Beth Cochrane	U9G Discus- 20 th	Aniela Knight	U14G 800m- 3 rd
Stephanie Ross	U9G 70m- 20 th	Aniela Knight	U14G 400m- 9 th
Stephanie Ross	U9G 200m-23 rd	Aniela Knight	U14G 1500m- 5 th
Riley Daley	U9B 400m- 20 th	Kyrah McMahon	U14G Long Jump- 10 th
Riley Daley	U9B 800m- 10 th	Ryan Mooney	U14B 1500m- DNF
Evie Moore-Mulcahy	U10G Long Jump- 1 st	Sam Wu	U14B Long Jump- 14 th
Evie Moore-Mulcahy	U10G 200m- 5 th	Sam Wu	U14B 200m Hurdles- 4 th
Evie Moore-Mulcahy	U10G 400m-2 nd	Sam Wu	U14B Triple Jump- 6 th
Evie Moore-Mulcahy	U10G High Jump- 12 th	Ava Mitchell	U15G 300m Hurdles- 14 th
Dulcie Thompson	U10G Shot Put- 2 nd	Bronte Tonkin	U15G 400m- 16 th
Jensen Barrett	U10B Long Jump- 2 nd	Jensen Barrett	U10B 200m- 2 nd
Jensen Barrett	U10B 100m- 4 th	Elizabeth Toynbee	U15G 300m Hurdles- 13 th
Hannah Dawson	U11G 800m- 20 th	Isabelle Cruickshank	U17G Javelin- 3 rd
Scarlett Owers	U11G Javelin- 3 rd	Isabelle Cruickshank	U17G Discus- 10 th
Scarlett Owers	U11G Discus- 11 th	Shayla Gleeson	U17G Shot Put- 18 th
Maddison Barratt	U12G Javelin- 6 th		

7.6.6 State Combined (formerly State Multi Event)

The State Combined Event is open to all athletes, where they compete in the designated 6 or 7 events across several disciplines. This season, the State Combined Events Carnival was held at Barden Park, Dubbo, on 4th- 5th March 2023.

For some athletes, this event provides another competition in lead up to the State Championships, for others it's a fun event to wind down at the end of the season. For everyone, it's an occasion to spend time with athletes from our club, to get to know athletes from other clubs and an opportunity to have a weekend getaway.



We had 23 athletes represent NDLAC over the weekend, including 3 Masters athletes competing in the Open division for the first time.

Congratulations to the following athletes on your fantastic results:

Age	Representatives
Under 7 Girls	Molly Moore- Mulcahy
Under 8 Boys	Loki Gleeson, Lachlan Ross
Under 8 Girls	Lillian Brookes
Under 9 Boys	Liam Cosier, Reve Creek
Under 9 Girls	Stephanie Ross, Matilda Brookes
Under 10 Girls	Evie Moore-Mulcahy, Annika Owers
Under 11 Boys	Christopher Braendle, Tyler Cosier
Under 11 Girls	Estelle Creek, Taya Creek, Scarlett Owers
Under 13 Boys	Alexander Braendle
Under 13 Girls	Alyssa Holmes
Under 15 Boys	Nathan Holmes
Under 17 Girls	Isabelle Cruickshank, Shayla Gleeson
Open Women	Jennifer Brookes, Nicole Owers
Open Men	Troy McMullen

Finally, a **big thank you** to all of the parents and carers who spent many weekends supporting and chauffeuring their children to all of the Championships.

Nicole Owers and Darren Cosier - your Championships Team

7.7 Saturday Assistants

Thank you to all the family members that assisted in any capacity at our Saturday meets.

Over the duration of the season, there were 1,576 duties required, with 1,424 of them filled. Although we were short helpers in some areas, each week we had enough to put on all of the events as scheduled.

A special thank you to those that were doing a duty at events that were short staffed. Your efforts to keep the event going were greatly appreciated.

We used a new platform this year, signup.com, and a new process of monthly reminders, which proved a success with an increase in assistance participation.

Thank you to the Age Managers and Key Officials for the dedication you give each and every week.

Age Managers

Tiny Tot's - Nia Llewelyn
U6 Boys - Carrie Gleeson
U6 Girls - Di Mooney
U7 Boys - Dan Apin
U7 Girls - Cathy Tindall
U8 Boys - Rosa Ross
U8 Girls - Jennifer Brookes
U9 Boys - Nathan Hart & Kate Hart (2 groups)
U9 Girls - Justin Brookes
U10 Boys - Karin Cunningham
U10 Girls - Kate Davies

U11 Boys - Kristin Braendle
U11 Girls - Hanna Knight & Natasha Plunkett
U12 Boys - Susan Finlay
U12 Girls - Mark Freeman
U13 Boys - Natalie Gallagher
U13 Girls - Kylie Foster
U14 Boys - Karen Chapman
U14 Girls - Chris Steptoe
U15 Boys & U17 Boys - Adam Harding
U15 Girls - Adele Toynbee
U17 Girls - Simon Blair

Key Officials

Inside Track - Peta Tonkin
Outside Track - Bec Hawes
Straight Track - Lisa Barrett
Long Jump - Josh Tonkin

Discus - Peter Holmes
Javelin - Brendan Creek
Javelin - Darren Cosier
High Jump - Dee Gubbay

Shot Put - Tara Hamilton and
Victoria Thrum

Heather Shepherd - Saturday Assistants Officer

7.8 Results Report

It is hard to believe we are already at the end of another little athletics season. Over the 2022-2023 season, our athletes were able to enjoy a full 18-weeks of NDLAC athletics meets. During this time, an amazing total of 16 193 individual results were recorded across all track and field events from the U6s through to the U17s athletes in NDLACs Results HQ portal. From these individual results, a phenomenal 4 515 PBs were achieved by our athletes.

Centre Records

From all of the results recorded this season, an amazing 15 new Centre Records were achieved! Congratulations to the following incredible athletes on their new Centre Records below. An extra special mention goes out to **Christopher Braendle**, **Sophia Cottrell**, and **Evie Moore Mulcahy** who each broke multiple records this season.

Age	Event	Athlete	Result	Date
U10 Girls	High Jump	Evie MOORE MULCAHY	1.18m	28 JAN 23
U10 Girls	Multi Event	Evie MOORE MULCAHY	4453 pts	11 FEB 23
U10 Girls	High Jump	Evie MOORE MULCAHY	1.20m	25 FEB 23
U10 Girls	400m	Evie MOORE MULCAHY	1:10.70	11 MAR 23
U11 Boys	Discus 500g	Joah BEASLEY	26.78m	16 DEC 22
U11 Boys	Discus 500g	Christopher BRAENDLE	24.72m	12 NOV 22
U11 Boys	80m Hurdles	Christopher BRAENDLE	15.80	18 FEB 23
U12 Girls	80m Hurdles	Sophia COTTRELL	16.80	28 OCT 22
U12 Girls	80m Hurdles	Sophia COTTRELL	16.50	10 DEC 22
U12 Girls	80m Hurdles	Sophia COTTRELL	15.90	28 JAN 23
U13 Boys	1500m Walk	Alexander BRAENDLE	7:53.00	28 OCT 22
U14 Girls	800m	Aniela Knight	2:29.40	03 DEC 22
U14 Boys	Triple Jump	Sam WU	11.81m	21 JAN 23
U17 Girls	Javelin 500g	Isabelle CRUICKSHANK	38.55m	03 DEC 22
U17 Girls	1500m Walk	Shayla GLEESON	9:10.00	28 OCT 22

Middle Distance Handicap

Well done to all our athletes that took part in the 1500m Middle Distance Handicap event on February 18th that was open to all athletes U11 and older. Congratulations to the below athletes on their top 3 placings.

Place	Girls	Place	Boys
1 st	Aniela Knight	1 st	Evan BEASLEY
2 nd	Madison HAGGARTY	2 nd	Matthew SEARLES
3 rd	Maddison BARRATT	3 rd	Joah BEASLEY

Invitational Sprint

We finished the season with some fun family events and the always exciting Invitational Sprint. The top 10 fastest 100m male and female sprinters that were present at our last meet on March 11th competed for the title of fastest male and female sprinters in the club. Well done to **Kalan Harding** and **Kyrarah McMahon** on taking the honours.

Place	Girls	Result	Place	Boys	Result
1 st	Kyrarah MCMAHON	13.64	1 st	Kalan HARDING	12.47
2 nd	Claudia ENDICOTT	14.06	2 nd	Nathan HOLMES	12.82
3 rd	Charlotte BLAIR	14.17	3 rd	Eric HAMILTON	12.90
4 th	Annalise COTTRELL	14.23	4 th	Sam WU	13.51
5 th	Bronte TONKIN	14.50	5 th	Bradley GALLAGHER	13.65
6 th	Elise OLIVER	14.52	6 th	Ryan MOONEY	14.15
7 th	Siobhan MCMAHON	14.73	7 th	Judah LOUIE	14.84
8 th	Ava MITCHELL	14.83	8 th	Jensen BARRETT	14.90
9 th	Alannah PRYOR	14.84	9 th	Luke PASCOE	14.95
10 th	Isla HONOR	15.12	10 th	Daniel GALLAGHER	15.15

I would like to extend a huge thankyou to all of the amazing Age Managers and Field Officials and their assistants that carefully measured and entered all the athletes field event results into the Results HQ app on the recording tablets or on paper each week ready to be uploaded.

Also, another massive thank you to all of our Track Officials: **Rebecca Hawes** (Outside track), **Lisa Barrett** (Straight track), and **Peta Tonkin** (Inside track) that oversaw the mammoth task of recording all of the track results data in our track computers. Thank you also to all the parent helpers that assisted.

Finally, a big thankyou to all our NDLC athletes for coming along each week ready to try your best and have fun!

Kristin Braendle – Results Co-ordinator

7.9 Awards

The awards system is both generous and fair with the main focus being on **personal achievement**. We emphasise that champions don't have to be winners and personal improvement is just as important.

Coloured performance ribbons were awarded for Total PB's achieved. Ribbons were presented to athletes throughout the season when they achieved 4, 5 or 6 PB's in a day. McDonald's *Most Improved Awards* were also presented each week by Age Manager's to athletes in their Age Group. Ribbons were also presented to our Tiny Tots acknowledging their regular attendance and "Trying to be their Best" in Running, Jumping or Throwing.

During the 2022-2023 season, our 317 athletes have achieved a massive 4515 Personal Bests at Foxglove; at an average of over 14 PB's per athlete. Three athletes achieved 30 or more PB's and 82 athletes achieved 20

or more PB's – well done! In addition, 183 athletes achieved 4 PBs in a day, 44 athletes achieved 5 PBs in a day and 4 athletes achieved 6 PBs in a day.

We also had some bumper PB achieving days; our annual Pentathlon Day, 5 Nov (612), 19 Nov (479), 10 Dec (475) and 3 Dec (464). Wonderful to see, so many of our athletes Being their Best. This was all processed through the online results. Below is a summary of the ribbons awarded in the 2022-2023 season.

7	Blue Ribbons
62	Red Ribbons
270	Green Ribbons
181	Yellow Ribbons
241	Purple Ribbons
761	TOTAL

On presentation day each athlete, who has met attendance criteria, will receive a pennant/certificate in the colour of the highest achievement level they attained. This season 50 athletes achieved yellow, 145 achieved green, 64 achieved red and 15 achieved blue.

Congratulations to the following athletes who achieved BLUE level:

U6G Ciara Nelson	U10G Evie Moore-Mulcahy
U6G Clara Samakeh	U11G Hannah Dawson
U6G Scarlett Daley	U14G Aniela Knight
U7G Molly Moore-Mulcahy	U14B Sam Wu
U7B Samuel Apin	U17G Claudia Endicott
U7B Nox Entwisle	U17B Kalan Harding
U7B Nico Brichta	
U9G Stephanie Ross	
U10B Jensen Barrett	

Medals were awarded for 1st, 2nd and 3rd in our Pentathlon and Multi-Event. Below are this season's winners.

PENTATHLON WINNERS 2022-2023			MULTI EVENT WINNERS 2022-2023		
Age	Girls	Boys	Age	Girls	Boys
U6	Clara Samakeh	Ethan Rivers-Mugford	U6	Clara Samakeh	Ethan Rivers-Mugford
U7	Molly Moore-Mulcahy	Kian Mohsen	U7	Molly Moore-Mulcahy	Nico Brichta
U8	Claire Angwin	Lachlan Ross	U8	Claire Angwin	Lachlan Ross
U9	Stephanie Ross	Ethan Dawson	U9	Stephanie Ross	Riley Daley
U10	Evie Moore-Mulcahy	Jensen Barrett	U10	Evie Moore-Mulcahy	Jensen Barrett
U11	Hannah Dawson	Tyler Cosier	U11	Hannah Dawson	Tyler Cosier
U12	Maddison Barratt	Judah Louie	U12	Maddison Barratt	Judah Louie
U13	Annalise Cottrell	Saia Enasio	U13	Alyssa Holmes	Alexander Braendle
U14	Aniela Knight	Sam Wu	U14	Aniela Knight	Sam Wu
U15	Bronte Tonkin	Eric Hamilton	U15	Bronte Tonkin	Nathan Holmes
U17	Isabelle Cruickshank	Kalan Harding	U17	Claudia Endicott	Kalan Harding

Prudence Silver – Awards Officers

7.10 Publicity & Communications

It has been a busy year communications-wise, pushing out all of the regular weekly newsletters which included: important dates; PB and Record news; special events details; championships updates; the new sign-on links for helper roles; details of our weekly training schedule and programs. This year we joined Instagram please don't forget to follow us https://www.instagram.com/northern_districts_lac/. Our Facebook facebook.com/NDLAC and TeamApp pages <https://ndlac.teamapp.com> continue to be our main communication platforms, on top of email, which we thank everyone for keeping an eye out for and paying attention to the details.

A special thanks again to our NDLAC Dad Sean Collins, who helped add some colour to our communications with his photos from our Saturday meets and Age group photos.

Our best publicity remains word of mouth from our current members, so please share news of your positive experiences at NDLAC as widely as possible.

Please also keep a look out for communication on our upcoming cross country season, LANSW winter competitions and 2023/24 registration details around July/August.

Gina Crompton - Publicity & Communications Officer

7.11 Presentation Day Report

Congratulations to all our Little Athletes for their achievements and participation for this past season 2022-23. Another successful year and great results from all.

This year arrangements for Presentation Afternoon is well underway and will take place on Sunday, 21 May. Be ready to be surprised, we are doing things a little differently this year. We look forward to seeing all our athletes who have met the centre's criteria of attendance and parent assistance, so we can celebrate our athletes' fabulous achievements for the past season.

End of Season Awards:

- **ACHIEVEMENT AWARDS** Age Champion, Age Champion Runner Up, PB Champions for each age group are awarded and Age Manager Awards (Certificate) from ages U6 to U12. A rigid point system is used to calculate the Age Champion and Age Champion Runner Up. No personal input is used in calculating these awards. Points are awarded for participation and individual achievements at the Centre, Zone, Region and State Championships. Age Champion is the athlete in the age group with the highest points and runner up with the second highest.
- All athletes who have met the centre's eligibility criteria will receive a trophy, some may be Age Champion, others Age Champion Runner-up, PB Champion, Achievement award.
- **ATHLETE SERVICE AWARDS** -
 - 5 years - Certificates will be awarded to our athletes with 5 years participation
 - 10 years - Medals will be awarded to our athletes with 10 years participation as well as Certificate from LANSW
- **100% ATTENDANCE** medals will be presented to athletes who attended every meet
- **ZONE** – LA NSW Zone Championship Certificate detailing the athlete's results
- **REGION** – LA NSW Region Championships Certificate, plus NDLAC Representative Cap
- **STATE** – LA NSW State Championships Certificate + Centre Award. All athletes who made the State Team are awarded with their State Jackets and the year of service embroidered. In addition each State Athlete is awarded a gift based on years of achievement, ranging from backpacks, sports bags, towels and rebel vouchers.
- **PERPETUAL TROPHIES** – These are our special awards, David Curnow PB Champions, Garde Family Throwing Award, Halmy Family Distance Athlete Award, Wayne Bingham Jumping Award, Megan Jones Memorial Award, Kevin Hirst Memorial Award for Age Manager of the Year, Julie Halsey Outstanding Service Award, Middle Distance Handicap Cup, Cool Runnings Invitational Sprint champion Awards, David Curnow Award for the Centre PB Champions and Centre Champions.
 - **MEGAN JONES MEMORIAL AWARD** - This special award is presented to an athlete who exemplifies the great sportsmanship, spirit, determination and happy nature we all remember Megan for. Nominations are accepted by any NDLAC member, and then voted on by the Committee.
 - **KEVIN HIRST MEMORIAL AWARD** – Age Manager of the Year is by nomination by any NDLAC member, and voted on by the Committee.
 - **JULIE HALSEY OUTSTANDING SERVICE AWARD** is by nomination by any NDLAC member, and voted on by the Committee for outstanding service within the Centre.
 - **DAVID CURNOW PB CHAMPION AWARD** for Centre Girl & Boy PB Champion. Age Champions & Age Champion Runners Up are **NOT** eligible for this award.
 - **GARDE FAMILY THROWING AWARD** - NDLAC Girl & Boy - Perpetual & smaller individual trophy.

- **HALMY FAMILY DISTANCE ATHLETE OF THE YEAR AWARD** – An individual trophy and perpetual awarded to the middle distance runner or walker of the year.
- **WAYNE BINGHAM JUMPING AWARD** - Perpetual & smaller individual trophy.

Congratulations to the Following Nominees for our Special Awards:

(Winners to be announced at Presentation Day)

**please note previous winners are not eligible – so those nominations have been removed*

Megan Jones Award 2022/2023 Nominees	Kevin Hirst Award 2022/2023 Nominees	Julie Halsey Award 2022/2023 Nominees
Charlotte Blair (U17G)	Daniel Apin (U7B)	Catherine Ashley
Taya Creek (U11G)	Simon Blair (U15-17G)	Adam Harding
Isabelle Cruickshank (U17G)	Kylie Foster (U13G)	Simon McMahon
Eric Hamilton (U15B)	Adam Harding (U15-17B)	Di Mooney
Kalan Harding (U17B)	Hanna Knight (U11G)	Nicole Owers
Annabel Hatch (U17G)	Nia Llewelyn (TTs)	Heather Shepherd
Ryan Mooney (U14B)	Chris Steptoe (U14G)	Josh Tonkin
Annika Owers (U10G)	Cathy Tindall (U7G)	
Ava Tinacci (U11G)		
Sam Wu (U14B)		

Leanne Johnson – Annual Presentation Co-ordinator

7.12 Uniforms

Our constitution requires athletes wear the correct uniform with registration number and age group patch attached (in correct locations) for any club records achieved to be recorded so please keep this in mind for the 2023/2024 season. Online ordering of uniforms is available all year round through our uniform suppliers at www.sportsmagic.com.au. It is a good idea to order early to have your shirt in time for the start of the season. NDLAC holds a 'club kit' of the uniforms available for athletes to try on prior to purchase during the season if you are unsure of sizing. At the beginning of next season we are also hoping to hold a uniform purchase day with our supplier Sports Magic attending Foxy with shirts available to purchase on the day.

Catherine Ashley - Uniform Officer

7.13 Coaching

The NDLAC coaching program continued with year with great success. Each week saw athletes working together with coaches to develop and improve skills and work towards more PB's. This dedication of our coaches and athletes hard work was seen in the large number of PB achieved and our club representation at many events.

There was also an addition to our coaching program with the introduction of a junior coaching program. The junior coaches are athletes from the club that have worked with our senior coaching team to learn how to engage a group, break down and teach skills and support developing athletes. the program has been successful and is looking to grow in coming seasons.

Sally Freeman Coaching Co-ordinator

7.14 Key Officials

What a fabulous season!

Our key officials play an important role at the Centre, ensuring that events are conducted under the LA Rules of Competition, in a safe and positive environment. We had a number key officials returning from previous seasons, the experience and guidance they provided to new and returning members was greatly appreciated.

Thank to our returning officials - Peter Holmes, Peta Tonkin, Josh Tonkin and Andrew Cochrane - for another great season.

Our new officials, Bec Hawes, Brendan Creek, Darren Cosier, Victoria Thrum, Tara Hamilton, Dee Gubbay and Lisa Barrett thank you for taking on the roles you did. You all did a fantastic job, and I hope to see all next season.

Our key officials, do not work alone and I thank all those who stepped in and assisted where necessary, the support given does not go unnoticed.

Congratulations to the following parents on starting there officiating journey.

Bec Hawes - Level 1 Track

Tara Hamilton - Level 1 Discus and Shotput

Level 1 is a free online course provided by Athletics Australia and is available to everyone. Unfortunately, we are not always aware of qualifications that some of our members are receiving. Congratulations to anyone that has made progress in an officiating course. Please let me know.

A special thanks to the following members and former members who officiated a Zone, Region and State. The Zone and Region Committee were most grateful for assistance you provided.

Matt Gleeson - Zone, Region, State
Cheryl Burnett (Life Member)- Zone, Region, State
Heather Shepherd - Zone, Region
Andrew Cochrane - Zone, Region
Tara Hamilton - Zone, Region
Wayne Bingham (Life Member) - Zone, Region
Peter Holmes - Region

Michael Halmy (Life Member) -Region
Adelle Toynbee -Zone
Rob Cottrell - Zone
Lisa Barrett - Zone
Leanne Johnson - Zone
Bec Hawes - Zone
Peta Tonkin - Zone

If you would like to be a Key Official or Assistant Key Official next season be sure to let us know.

Cheryl Burnett Key Officials Officer/Life Member

7.15 Seniors/Masters Report

The 2022-23 season was our first to have Senior (18yrs +) and Masters (30yrs+) athletes registered under the NDLAC banner, through the inaugural LANSW Social Athletics category. For just \$40, our Seniors and Masters registration included the ability to join in NDLAC training and our own Senior / Masters meets, and also to participate in select LANSW events including State Relays at Homebush and the State Combined Event Carnival in Dubbo, with insurance included. We had 15 athletes in total for our first season, ranging in age from 18 years to let's just say a multiple of that (!) and with a wide range of ability levels.

Our stand-alone Seniors / Masters meets were the highlight of the season, with our "Age Managers" (usually several of our NDLAC athlete cohort and in particular the Brookes family children) guiding us around Foxglove Oval for a mix of running, jumping and throws events. Undertaken in a fun and encouraging environment, the mix of sprint, middle distance, long jump, triple jump, discus and shot put results were measured so we could each keep track of our own PBs. All participants had a lot of fun and came away with a heightened appreciation for the energy and skill level of our athletes competing each Saturday morning. At the State Combined Event Carnival in Dubbo, we had 3 members - Jennifer Brookes, Nicole Owers & Troy McMullen - participate in what again was a very social and friendly environment with athletes of all skill levels. We received tremendous support from the wonderful NDLAC cheer squad, and Jennifer came away with a silver medal in the 20yrs+ women's category!

In 2023-24 we plan to be back bigger and better with:

- a new U20 Age Group in which our "graduating" Little A Athletes can stay connected to the sport and our Centre, also participating each Saturday morning.
- more Senior / Masters meets both at Foxglove and including inter-Club meets with Hornsby Districts Athletics Club at Pennant Hills.
- the ability for our Senior / Masters athletes to also join in our Cross Country meets, starting from this season.
- clear pathways for those wanting to participate in Athletics NSW Seniors / Masters events, also in conjunction with Hornsby Districts Athletics Club.

A big thanks to our trail blazing first season members for making this such an enjoyable and rewarding start. We look forward to spreading the fun of athletics to more in our Senior / Masters community from next season!

Troy McMullen – Senior / Master Athletics Coordinator

7.16 Winter Cross Country Report

For six weeks during May and June 2022 we conducted our 10th Winter Cross Country season. Over 55 athletes competed over the six weeks, with 47 athletes attending on 15 May 2022. Over 70 PBs were achieved across our distances of 500m, 800m, 1500m, 2000m and 3000m, with most athletes competing in more than one event each week.

Two records were broken during the six weeks. On 5 June Bronte Tonkin broke the U14G 3000m record with a time of 13min:42sec (old record 14:00 from 28/05/2017) and then on 19 June twin sister Freya Tonkin broke the record again with a time of 13:14. Well done Freya and Bronte.

Also on 19 June, Evie Moore-Mulcahy broke the U9G 1500m record in a time of 6:24 (old record 6:27 from 13/5/2018). Congratulations Evie.

On our final week we conducted the traditional "Reverse Handicap", where athletes compete in their Standard Little Athletics distance. While the athletes start off at different time and in different directions, the plan is they all finish at the same time with a mass of athletes coming down the home straight through the middle of Foxglove Oval. Trophies are awarded to the first three girl and boy athletes.

Congratulations to the following athletes:

Girls	Boys
1st – Jennifer Toynbee	1st – Michael Gallagher
2nd – Scarlett Owers	2nd – Daniel Gallagher
3rd – Imogen Cochrane	3rd – Edward Catania

Finally, thank you to all the parents who assisted with setting out markers, picking up markers, course marshals and time keepers, special thanks to our chief timekeeper Andrew Cochrane.

Gail Silver – Cross Country Fan

7.17 Equipment and Asset Register

The 2022-2023 season was made significantly easier with the assistance of parents from all age groups during set up and pack up every Saturday. It was great to see many new parents willing to help and learn the requirements of the setting up and packing away procedures especially the younger age groups. It was also pleasing to have the assistance from some of the U15-U17 boys and those regular helpers from past season.

The equipment remains in good order for next season, with some minor repairs & purchases required throughout the season.

Equipment & Asset Register 2023									
Item No.	Item	2023	2022	2021	2020	2019	2018	Replacement Cost Per Item	Total Replacement Value
1	BBQ	1	1	1	1	1	1	\$600.00	\$600.00
2	Bean bags	45	45	45	45	45	45	\$1.00	\$45.00
3	Broom	3	3	3	1	2	2	\$14.00	\$42.00
4	Canteen stool	1	1	1	1	1	1	\$25.00	\$25.00
5	Centre Banner (New style)	1	1	1	1	1	1	\$180.00	\$180.00
6	Centre Flag	1	1	1	1	1	1	\$200.00	\$200.00
7	Chairs	8	10	10	10	10	10	\$15.00	\$120.00
8	Computers (Good quality)	3	3	4	4	4	4	\$700.00	\$2,100.00
9	Computers (Old)	2	2	4	4	4	4	\$0.00	\$0.00
10	Cow bell	1	1	1	1	1	1	\$60.00	\$60.00
11	Discus 1.5kg (metal)	3	6	6	6	5	5	\$35.00	\$105.00
12	Discus 1kg (metal)	4	4	7	4	4	4	\$30.00	\$120.00
13	Discus 750g (metal)	6	7	7	6	7	4	\$25.00	\$150.00
14	Discus 1kg (rubber)	6	7	9	8	9	9	\$15.00	\$90.00
15	Discus 350g	9	9	9	4	9	9	\$8.00	\$72.00
16	Discus 500g	18	20	20	18	23	23	\$10.00	\$180.00
17	Discus 750g (rubber)	6	7	11	11	22	24	\$12.00	\$72.00
18	Drink containers	3	3	3	3	2	2	\$25.00	\$75.00
19	Ear muffs (pair)	3	3	3	3	3	3	\$12.50	\$37.50
20	Electronic starting pistol & speakers	4	4	3	3	3	1	\$300.00	\$1,200.00
21	Electronic Timing Gates (poles/weights)	0	0	12	12	12	12	\$1,000.00	\$0.00
22	Large Electronic Timing Gates	2	2	1	1	1	1	\$3,000.00	\$6,000.00
23	Environ shades (1 x Jet Star, 17 x Blue)	18	7	10	15	14	10	\$799.00	\$14,382.00
24	Equipment trolleys	10	11	11	11	11	11	\$800.00	\$8,000.00
25	Finishing posts	3	3	4	4	7	7	\$25.00	\$75.00
26	First aid kits	1	1	1	1	1	1	\$150.00	\$150.00
27	Hammers	4	4	4	4	4	5	\$5.00	\$20.00
28	High Jump Bars	3	4	4	5	5	5	\$100.00	\$300.00
29	High Jump Mats + Foam + Covers	14	14	11	11	10	12	\$1,200.00	\$16,800.00
30	High Jump Measures	3	3	5	7	7	7	\$115.00	\$345.00
31	High Jump Practice bar	1	1	1	1	1	1	\$35.00	\$35.00
32	High Jump Scissors Mat set	1	1	1	1	1	1	\$2,250.00	\$2,250.00
33	High Jump Uprights	6	6	6	6	6	6	\$100.00	\$600.00
34	Hula-hoops	15	15	20	20	20	20	\$2.00	\$30.00
35	Hurdles	70	72	76	80	80	82	\$95.00	\$6,650.00
36	Hurdles (Training, adjustable)	4	13	13	13	13	13	\$50.00	\$200.00
37	Hurdles 50cm	40	40	40	40	40	40	\$18.00	\$720.00
38	Hurdles mini 30 cm	15	15	10	10	10	10	\$15.00	\$225.00
39	Hurdles mini 15 cm	11	11	6	6	6	6	\$12.00	\$132.00
40	Javelin 400g	5	5	5	4	4	4	\$250.00	\$1,250.00
41	Javelin 500g	4	4	5	4	4	4	\$250.00	\$1,000.00
42	Javelin 600g	3	3	3	2	2	2	\$250.00	\$750.00
43	Javelin 700g	2	2	2	2	2	2	\$250.00	\$500.00
44	Long Jump Mats	5	5	5	3	5	5	\$10.00	\$50.00
45	Long Jump measuring spikes	12	14	13	10	12	12	\$22.00	\$264.00
46	Long Jump rakes (2 reg, 1 extra large)	3	3	2	2	3	4	\$12.00	\$36.00
47	Long Jump shovels	4	4	4	4	4	4	\$12.00	\$48.00
48	Long Jump Wooden Floats	2	2	2	2	4	4	\$18.00	\$36.00
49	Marker flags	6	6	6	8	8	8	\$1.50	\$9.00
50	Measuring tape 100m	1	1	2	3	4	2	\$55.00	\$55.00
51	Measuring tape 15m	2	2	1	4	0	0	\$19.55	\$39.10
52	Measuring tape 30m	8	11	12	5	4	4	\$30.00	\$240.00
53	Measuring tape 50m	2	4	3	6	4	3	\$50.00	\$100.00
54	Measuring wheel	1	1	1	1	1	1	\$350.00	\$350.00
55	Medicine ball 1kg	8	10	10	10	10	10	\$12.00	\$96.00
56	Medicine balls 3kg	4	5	5	5	5	5	\$18.00	\$72.00
57	Medicine balls 2kg	8	10	10	10	10	10	\$15.00	\$120.00
58	Multi timers (paper)	4	4	4	4	4	4	\$500.00	\$2,000.00
59	PA System	1	1	1	1	1	1	\$2,500.00	\$2,500.00
60	Petrol Blower	1	1	1	1	1	0	\$150.00	\$150.00

61	Petrol Can 20lt	1	1	1	1	1	1	\$20.00	\$20.00
62	Petrol Funnel	1	1	1	1	1	1	\$5.00	\$5.00
63	Pig tail spikes	29	29	29	29	26	26	\$9.50	\$275.50
64	Place numbers sets	3	3	3	3	3	3	\$0.00	\$0.00
65	Plastic trolleys	19	19	19	19	19	19	\$20.00	\$380.00
66	Powertech 5in1 power station with air compressor	3	3	3	1	1	1	\$200.00	\$600.00
67	Presentation dais	1	1	1	1	1	1	\$240.00	\$240.00
68	Relay batons	12	12	12	18	18	18	\$2.50	\$30.00
69	Ride on mower/tractor	2	2	2	2	2	2	\$3,200.00	\$6,400.00
70	Rope- Sprint Track	1	1	1	1	1	1	\$30.00	\$30.00
71	Rope- Throws Area	1	1	1	1	1	1	\$30.00	\$30.00
72	Shot Put 0.5kg (pink)	6	9	3	6	6	6	\$10.50	\$63.00
73	Shot Put 1.5kg (Yellow)	15	15	15	15	15	15	\$11.00	\$165.00
74	Shot Put 1kg (blue)	13	13	10	10	9	9	\$10.50	\$136.50
75	Shot Put 2kg (orange)	12	11	14	10	6	6	\$12.00	\$144.00
76	Shot Put 3kg (white)	9	9	9	7	7	7	\$15.00	\$135.00
77	Shot Put 4kg (red)	5	5	5	4	5	5	\$18.00	\$90.00
78	Shot Put 5kg (green)	3	5	5	5	3	1	\$21.00	\$63.00
79	Shot Put stop boards (3 metal)	3	7	7	7	7	7	\$450.00	\$1,350.00
80	Discus marker sets	2	2	2	2	2	3	\$145.00	\$290.00
81	Shot Put marker sets	3	3	3	2	2	3	\$145.00	\$435.00
82	Skipping rope	12	12	12	12	12	12	\$1.00	\$12.00
83	Speakers on pole	2	2	2	2	2	2	\$290.00	\$580.00
84	Starting blocks	11	5	5	5	10	10	\$150.00	\$1,650.00
85	Starting guns (Hammer action)	6	6	6	6	6	6	\$28.00	\$168.00
86	Stop watches - lap timer	3	3	3	3	3	3	\$65.00	\$195.00
87	Stop watches - single time	5	10	10	10	10	10	\$28.00	\$140.00
88	Storage Container	1	1	1	1	1	1	\$2,800.00	\$2,800.00
89	Tables	7	7	5	5	5	5	\$80.00	\$560.00
90	Training bocce balls	10	15	15	15	15	15	\$3.00	\$30.00
91	Umbrella spikes	40	60	60	45	20	20	\$2.00	\$80.00
92	Upright Freezer Lemair	1	1	1	1	1	1	\$240.00	\$240.00
93	Vortex	6	6	6	6	7	7	\$12.50	\$75.00
94	Walkie-talkies	4	6	9	9	9	9	\$45.00	\$180.00
95	Water spray bottles	2	2	2	2	2	2	\$18.00	\$36.00
96	Watering cans	3	3	3	3	3	3	\$1.00	\$3.00
97	White Board	1	1	1	1	1	1	\$80.00	\$80.00
98	Bollards	4	4	4	0	0	0	\$19.95	\$79.80
99	Flag Reels	3	4	4	0	0	0	\$40.00	\$120.00
100	Witches hats	96	135	60	80	100	120	\$1.00	\$96.00
101	Long Jump Marker Set (18 markers)	1	1	1	0	0	0	\$49.00	\$49.00
102	Net- Throws area	1	1	1	0	0	0	\$42.50	\$42.50
103	Spare Trolley wheels	1	0	1	0	0	0	\$10.00	\$10.00
104	Tablets Lenovo	21	21	19	19	0	0	\$300.00	\$6,300.00
105	Agility Poles (Set of 4)	2	2	0	0	0	0	\$60.00	\$120.00
106	UHF Starting Device	3	3	0	0	0	0	\$750.00	\$2,250.00
107	Timing Box	3	3	0	0	0	0	\$4,000.00	\$12,000.00
108	Floppy Yellow Markers (Large)	5	5	0	0	0	0	\$2.00	\$10.00
109	B88 Garden Hose	2	2	0	0	0	0	\$25.00	\$50.00
110	12V Back-up Battery	3	3	0	0	0	0	\$125.00	\$375.00
111	Witches Hats (Large Orange)	3	3	0	0	0	0	\$25.00	\$75.00
112	Witches Hats (Medium Orange)	1	1	0	0	0	0	\$13.50	\$13.50
113	Lane Markers (Small - numbered)	12	12	0	0	0	0	\$1.00	\$12.00
114	Parachute	1	1	0	0	0	0	\$69.00	\$69.00
115	Mower Battery	1	0	0	0	0	0	\$69.00	\$69.00
116	Mower Tyre Tube	1	0	0	0	0	0	\$30.00	\$30.00
117	Tent Leg weights	8	3	3	3	3	3	\$15.00	\$120.00
118	Dome Markers	218	250	0	0	0	0	\$0.75	\$163.50
									\$110,840.90

Adam Harding - Equipment Officer

8 Centre Records and Season Bests 2022-2023

Electronic times (ET) may be recognised as 'equal records' if they are within 0.3 seconds of superior hand-timed (HT) records, as long as no faster electronic records have been set.

Age and Event	First Name	Surname	Season Best	Record Holder	Record	Record Date
Under 6 Girls						
100m	Clara	Samakeh	21.5	E Frost	19.20(HT)	13-03-04
200m	Clara	Samakeh	46.1	Jessica Walton	40.70	19-11-11
300m	Clara	Samakeh	1:15.40	Stephanie Ross	1:09.10	29-02-20
50m	Amelia	Davies	10.7	J O'Regan	9.60 (HT)	01-01-85
70m	Clara	Samakeh	14.9	Amanda Campbell	13.60(HT)	01-01-83
Discus 350g	Imogen	Sharp	6.51	Ella Gibbons	12.36	10-03-12
Long Jump	Clara	Samakeh	2.33	Emma Smith	3.32	01-01-85
Multi	Clara	Samakeh	1835	J Walton	1905.00	28-01-12
Pentathlon	Clara	Samakeh	589	Jessica Walton	917.00	05-11-11
Shot 500g	Clara	Samakeh	4.74	Evie Moore-Mulcahy	5.35	02-03-19
Vortex	Imogen	Sharp	11.03	Sophia Cottrell	13.90	27-01-18
Under 6 Boys						
100m	Ethan	Rivers-Mugford	21.6	Gordon Broome	18.50 (HT)	05-12-98
200m	Ethan	Rivers-Mugford	44.5	Mitchel Van Noort	40.20	01-12-01
300m	Ethan	Rivers-Mugford	1:12.60	Lucas Rogers	1:05.50	27-02-16
50m	Wyn	Simunic	10.8	D Huber	9.10 (HT)	01-01-83
70m	Ethan	Rivers-Mugford	15	David Huber	12.60 (HT)	01-01-83
Discus 350g	Frederick	Dixon	8.64	Nicholas Frost	15.74	25-02-06
Long Jump	Wyn	Simunic	2.18	David Huber	3.07	01-01-83
Multi	Ethan	Rivers-Mugford	1864	M Van Noort	2195.00	26-01-02
Pentathlon	Ethan	Rivers-Mugford	775	G Broome	1335.00	12-05-98
Shot 500g	Nathaniel	Fulton	4.91	Cooper Young	5.11	22-01-22
Vortex	Frederick	Dixon	15.1	Nicholas Frost	22.36	10-12-05
Under 7 Girls						
100m	Molly	MooreMulcahy	19.5	S Parker	17.40	01-01-91
200m	Molly	MooreMulcahy	43.6	Hollie Fallowfield	36.80	01-01-83
500m	Molly	MooreMulcahy	2:12.30	Kristy Campbell	1:52.60	01-01-90
50m	Molly	MooreMulcahy	10	Hollie Fallowfield	8.70	01-01-83
70m	Molly	MooreMulcahy	14.1	Hollie Fallowfield	12.00	01-01-83
Discus 350g	Molly	MooreMulcahy	10.93	Emma Frost	16.59	12-03-05
Long Jump	Molly	MooreMulcahy	2.74	Mikhaila Gray	3.20	24-02-01
Multi	Molly	MooreMulcahy	2130	M Williams	2858.00	20-02-10
Pentathlon	Molly	MooreMulcahy	576	Ella Gibbons	1333.00	11-03-12
Shot 1kg	Molly	MooreMulcahy	4.48	Samantha Garde	6.97	01-01-93
Vortex	Molly	MooreMulcahy	11.16	Tiana Hazelwood	17.63	03-12-05
Under 7 Boys						
100m	Nico	Brichta	18.5	Joshua Lydon	16.50	01-01-86
200m	Nico	Brichta	40.5	Russell Parker	34.90	01-01-88
500m	Nico	Brichta	1:52.40	Sam Pears	1:45.10	01-01-93
50m	Nico	Brichta	9.7	C Taylor	8.70	13-02-99
70m	Nico	Brichta	12.8	Russell Parker	11.80	01-01-88
Discus 350g	Nox	Entwisle	11.39	Nicholas Frost	22.96	12-01-07
Long Jump	Nox	Entwisle	2.82	David Huber	3.25	01-01-84
Multi	Nico	Brichta	2724	Adam Halmy	3310.00	29-01-05
Pentathlon	Kian	Mohsen	1195	C Taylor	1507.00	12-05-98
Shot 1kg	Cooper	Young	4.87	Nicholas Frost	7.67	19-01-07
Vortex	Nox	Entwisle	15.56	Nicholas Frost	32.11	05-01-07
Under 8 Girls						
100m	Cara	Flanagan	17.81	Amanda Campbell	16.20	01-01-85
200m	Emma	Hales	39.1	Jessie Shepherd	33.80	01-01-86
400m	Emma	Hales	1:31.00	Jessie Shepherd	1:19.00	01-01-86
60m Hurdles	Lune	Coetzer	13.6	J Hawes	12.10	02-03-96

700m	Lillian	Brookes	2:55.70	A Savenko	2:39.00	08-03-08
70m	Emma	Hales	12.8	Jessie Shepherd	11.30	01-01-86
Discus 500g	Claire	Angwin	11.58	Samantha Garde	18.16	01-01-94
Long Jump	Claire	Angwin	2.91	Amanda Campbell	3.66	01-01-85
Multi	Claire	Angwin	2933	J Walton	3565.00	01-02-14
Pentathlon	Claire	Angwin	958	S Garde	2030.00	01-01-94
Shot 1.5kg	Claire	Angwin	4.55	Samantha Garde	8.05	01-01-94
Under 8 Boys						
100m	Lachlan	Ross	17.6	Russell Parker	15.90	01-01-89
200m	Lachlan	Ross	36.8	Marcus Panetta	32.90	25-02-12
400m	Lachlan	Ross	1:24.80	Adam Halmy	1:16.20	11-03-06
60m Hurdles	Lachlan	Ross	13.2	J Wells	11.40	03-07-98
700m	Lachlan	Ross	2:45.60	Adam Halmy	2:24.20	11-03-06
70m	Lachlan	Ross	12.4	Mitchel Van Noort	11.20	01-01-04
				Russell Parker	11.20	01-01-89
Discus 500g	Loki	Gleeson	11.74	Nathan Durnell	24.00	01-01-83
Long Jump	Lachlan	Ross	3.28	Adam Halmy	3.78	10-12-05
Multi	Lachlan	Ross	3347	Brodie Waldock	4220.00	01-02-14
Pentathlon	Lachlan	Ross	1314	M Van Noort	2069.00	15-11-03
Shot 1.5kg	Lucas	Cunningham	5.31	Brodie Waldock	8.56	08-03-14
Under 9 Girls						
100m	Stephanie	Ross	16.7	Sarah Alchin	15.30	24-02-96
200m	Stephanie	Ross	34.3	Jessie Shepherd	32.00	01-01-87
400m	Stephanie	Ross	1:22.20	Jessie Shepherd	1:13.40	01-01-87
				Janelle Smith	1:13.40	01-01-83
60m Hurdles	Stephanie	Ross	12.2	K Oswald	11.10	28-02-04
700m Walk	Beth	Cochrane	4:08.50	A Downie	3:46.30	06-03-99
70m	Stephanie	Ross	11.8	Sarah Alchin	11.00	02-03-96
800m	Stephanie	Ross	3:12.70	Helen Dalloway	2:51.00	01-01-83
Discus 500g	Matilda	Brookes	16.48	Ella Gibbons	23.52	14-03-15
High Jump Scissor	Ruwinka	De Mel	1.02	Lana Waddingham	1.07	17-09-16
Long Jump	Stephanie	Ross	3.28	Samantha Garde	3.93	03-12-94
Multi	Stephanie	Ross	4074	K Oswald	4520.00	31-01-04
Pentathlon	Stephanie	Ross	1891	S Garde	2480.00	27-01-95
Shot 2kg	Matilda	Brookes	5.86	Ella Gibbons	8.08	09-01-15
Under 9 Boys						
100m	Max	Pullin	16.2	Tama Simpkins	15.10	22-02-14
				Russell Parker	14.90(HT)	01-01-90
200m	Ethan	Dawson	34	T Simpkins	30.80	15-03-14
400m	Riley	Daley	1:21.90	Thomas Fischer	1:10.70	22-02-14
60m Hurdles	Ethan	Dawson	11.7	Nicholas Frost	10.00	03-07-09
700m Walk	-	-	-	Jordan Wells	4:10.40	06-03-99
70m	Max	Pullin	11.7	Tama Simpkins	10.70	07-12-13
800m	Riley	Daley	3:02.20	Adam Halmy	2:46.30	23-09-06
Discus 500g	Liam	Cosier	19.16	David Huber	32.22	01-01-86
High Jump Scissor	Max	Pullin	1.07	William Scodellaro	1.11	09-11-19
Long Jump	Ethan	Dawson	3.59	Jack Dempsey	4.29	07-03-09
Multi	Riley	Daley	4247	T Fischer	5218.00	01-02-14
Pentathlon	Ethan	Dawson	2096	M Mooney	2813.00	04-12-99
Shot 2kg	William	Hart	6.22	Nicholas Frost	9.49	23-01-09
Under 10 Girls						
100m	Evie	MooreMulcahy	16.1	Katy Oswald	14.80	26-02-05
1100m Walk	Annika	Owers	8:04.00	Lisa Harvey	6:07.20	09-03-02
200m	Evie	MooreMulcahy	32.2	Katy Oswald	30.50	05-03-05
400m	Evie	MooreMulcahy	1:10.70	Evie MooreMulcahy	1:10.7	11-03-23
60m Hurdles	Evie	MooreMulcahy	12.1	S Alchin	10.90	08-02-97
70m	Evie	MooreMulcahy	11.3	Katy Oswald	10.40	11-12-04
800m	Evie	MooreMulcahy	3:00.20	Jenny Dallaway	2:42.00	01-01-83
Discus 500g	Dulcie	Thompson	22.98	Tiana Hazlewood	26.73	25-10-08
High Jump Scissor	Evie	MooreMulcahy	1.2	Evie Mooremulcahy	1.2	25-02-23

Long Jump	Evie	MooreMulcahy	3.89	Hollie Fallowfield	4.25	01-01-86
Multi	Evie	MooreMulcahy	4453	Evie MooreMulcahy	4453	11-02-23
Pentathlon	Evie	MooreMulcahy	2710	S Garde	3020.00	02-10-96
Shot 2kg	Dulcie	Thompson	8.25	Samantha Garde	9.20	10-02-96
Under 10 Boys						
100m	Jensen	Barrett	14.9	Russell Parker	14.20	01-01-91
1100m Walk	-	-	-	Alexander Braendle	6:54.10	07-03-20
200m	Jensen	Barrett	30.9	Evan Clothier	29.50	13-03-04
400m	Jensen	Barrett	1:14.10	Adam Wood	1:07.90	01-01-91
60m Hurdles	Reef	Bailey	12.1	J Gibbons	10.70	16-03-13
				N Frost	10.70	17-10-09
70m	Jensen	Barrett	10.7	T Simpkins	10.40	25-10-14
				Adam Halmy	10.40	20-10-07
800m	Reef	Bailey	2:54.00	Matthew Brougham	2:36.70	01-01-91
Discus 500g	Charlie	Cunningham	20.87	David Huber	37.58	01-01-87
High Jump Scissor	Jensen	Barrett	1.11	Harley Boyce	1.19	02-12-17
Long Jump	Jensen	Barrett	4.43	Russell Parker	4.55	01-01-91
Multi	Jensen	Barrett	4697	C Leverton	5041.00	31-01-15
Pentathlon	Jensen	Barrett	2908	M Mooney	3094.00	12-09-00
Shot 2kg	Charlie	Cunningham	7	Nicholas Frost	10.60	13-03-10
Under 11 Girls						
100m	Hannah	Dawson	15.3	Elizabeth Mackinlay	13.90	01-01-92
1100m Walk	Scarlett	Owers	8:32.00	Ashleigh Downie	5:56.30	19-01-01
1500m	Hannah	Dawson	5:50.50	Julia Batterley	5:16.40	01-01-93
200m	Hannah	Dawson	31.6	Jordan Lumley	29.50	14-12-02
400m	Hannah	Dawson	1:14.90	Janelle Smith	1:06.60	01-01-85
800m	Hannah	Dawson	2:52.30	Julia Batterley	2:40.20	01-01-93
80m Hurdles	Hannah	Dawson	16.8	Maddison Barratt	16.50	19-02-22
Discus 500g	Scarlett	Owers	24.45	Alyssa Holmes	25.09	16-01-21
High Jump	Hannah	Dawson	1.18	Katrina Moyes	1.41	25-01-97
Javelin 400g	Scarlett	Owers	16.62	Isabelle Cruickshank	22.90	10-03-18
Long Jump	Hannah	Dawson	3.65	Bridget Martin	4.50	13-03-10
Multi	Hannah	Dawson	4013	Alysha Burnett	4737.00	26-01-08
Pentathlon	Hannah	Dawson	2889	S Garde	3145.00	22-02-97
Shot 2kg	Clara	Knight	7.49	Ella Gibbons	10.08	11-03-17
Triple Jump	Zoe	Swain	7.02	Katrina Moyes	9.19	02-11-96
Under 11 Boys						
100m	Benjamin	Schyvens	15.8	Chris Bostleman	13.50	01-01-85
1100m Walk	-	-	-	Hayden Millican	6:05.40	11-12-10
1500m	Tyler	Cosier	5:53.30	Michael Stevens	5:00.80	01-01-85
200m	Christopher	Braendle	32.8	Cameron Wyper	29.00	26-02-00
400m	Tyler	Cosier	1:19.40	Adam Wood	1:05.70	01-01-92
800m	Tyler	Cosier	2:54.50	Michael Stevens	2:30.60	01-01-85
80m Hurdles	Christopher	Braendle	15.8	Christopher Braendle	15.8	18-02-23
Discus 500g	Joah	Beasley	26.78	Joah Beasley	26.78	16-12-22
High Jump	Joah	Beasley	1.2	Damien Hawes	1.50	08-02-97
Javelin 400g	Christopher	Braendle	20.21	Ethan Oliver	30.33	12-03-16
Long Jump	Christopher	Braendle	3.94	Russell Parker	5.00	01-01-92
Multi	Tyler	Cosier	4204	Nicholas Frost	5567.00	28-01-11
Pentathlon	Tyler	Cosier	2588	A Halmy	3684.00	11-01-08
Shot 2kg	Harry	Mooney	8.11	Nicholas Frost	12.78	05-03-11
Triple Jump	Joah	Beasley	8.3	Alex Lamberton	9.69	13-03-99
Under 12 Girls						
100m	Sophia	Cottrell	15.2	J Lumley	13.40	13-03-04
1500m	Sophia	Cottrell	5:25.10	Julia Batterley	5:19.40	01-01-94
1500m Walk	-	-	-	Nicole Clifford	7:45.50	01-01-86
200m	Sophia	Cottrell	31.6	Jordan Lumley	27.90	25-10-03
400m	Sophia	Cottrell	1:16.70	Jasmin Guthrie	1:06.70	07-02-15
800m	Maddison	Barratt	2:57.00	Danae Hayes	2:34.00	01-01-92
80m Hurdles	Sophia	Cottrell	15.9	Sophia Cottrell	15.9	28-01-23

Discus 750g	Jennifer	Toynbee	18.85	Tiana Hazlewood	33.77	05-03-11
High Jump	Sophia	Cottrell	1.34	Mikaela Quinlan	1.49	09-11-13
Javelin 400g	Maddison	Barratt	21.38	Tiana Hazlewood	21.49	05-03-11
Long Jump	Sophia	Cottrell	4.09	C Winston-Booth	4.93	22-02-14
Multi	Maddison	Barratt	4222	Alysha Burnett	5101.00	31-01-09
Pentathlon	Maddison	Barratt	2702	K Moyes	3483.00	31-01-98
Shot 2kg	Jennifer	Toynbee	8.3	Samantha Garde	11.49	28-02-98
Triple Jump	Maddison	Barratt	8.5	Mikhaila Gray	10.08	19-11-05
Under 12 Boys						
100m	Judah	Louie	14.84	Russell Parker	13.10	01-01-93
1500m	Judah	Louie	5:29.70	A Halmy	4:58.10	31-10-09
1500m Walk	-	-	-	Clinton Rose	7:23.40	01-01-84
200m	Judah	Louie	30.3	Russell Parker	27.30	01-01-93
400m	Judah	Louie	1:11.90	Roger Jenkins	1:04.10	01-01-83
800m	Judah	Louie	2:44.50	Lloyd Hogan	2:20.00	01-01-83
80m Hurdles	Judah	Louie	16.8	Eric Hamilton	14.50	19-10-19
Discus 750g	Ethan	Finlay	17.32	Nosa Obaseki	43.09	12-03-16
High Jump	Lukas	Bowen	1.17	Christopher Beattie	1.58	01-03-97
Javelin 400g	Judah	Louie	12.56	Ethan Oliver	37.01	20-01-17
Long Jump	Judah	Louie	4.03	Christopher Beattie	5.07	22-02-97
Multi	Judah	Louie	4484	Nicholas Frost	5588.00	28-01-12
Pentathlon	Judah	Louie	2961	C Wyper	3834.00	12-09-00
Shot 2kg	Lachlan	Guest	7.34	Kalan Harding	10.94	20-10-18
Triple Jump	Judah	Louie	7.57	An Ichinose	10.19	16-11-96
Under 13 Girls						
100m	Annalise	Cottrell	14.6	Jordan Lumley Stephanie Parker	13.40 13.40	01-01-05 25-01-97
1500m	Gemma	Tait	6:16.60	Jessie O'Brien	5:17.60	28-02-04
1500m Walk	-	-	-	N Clifford	7:33.30	01-01-87
200m	Alannah	Pryor	30.3	Jordan Lumley	27.50	25-01-05
200m Hurdles	Alyssa	Holmes	35.6	Clarissa Hirst	31.10	02-11-02
3000m	Gemma	Tait	15:32.10	Bethany Halmy	11:25.70	15-12-07
400m	Alyssa	Holmes	1:18.40	Jasmin Guthrie	1:02.10	05-12-15
800m	Gemma	Tait	3:01.60	Janelle Smith	2:31.50	01-01-87
80m Hurdles	Alyssa	Holmes	17.3	Shantelle Mcmillan	13.40	14-03-98
Discus 750g	Alyssa	Holmes	24.24	Tiana Hazlewood	38.49	28-01-12
High Jump	Marli	Foster	1.38	Shayla Gleeson	1.56	09-03-19
Javelin 400g	Alyssa	Holmes	17.9	Alysha Burnett	35.30	19-09-09
Long Jump	Annalise	Cottrell	4.38	Jessica Perkins	4.96	14-02-04
Multi	Alyssa	Holmes	4192	Alysha Burnett	5679.00	20-02-10
Pentathlon	Annalise	Cottrell	2833	K Moyes	3467.00	12-05-98
Shot 3kg	Alyssa	Holmes	7.04	Alysha Burnett	10.62	13-03-10
Triple Jump	Alyssa	Holmes	9.01	Sarah Thompson	10.10	14-11-98
Under 13 Boys						
100m	Saia	Enasio	14.3	Marcus Panetta Eric-Ken Watanabe	12.90 12.6	05-11-16 12-02-05
1500m	Alexander	Braendle	5:36.90	Michael Stevens	4:47.70	01-01-87
1500m Walk	Alexander	Braendle	7:53.00	Alexander Braendle	7:53.00	28-10-22
200m	Saia	Enasio	28.4	Samuel Park	26.00	28-11-15
200m Hurdles	Saia	Enasio	33.3	Samuel Park	28.60	12-03-16
3000m	Alexander	Braendle	14:03.80	A Halmy	10:25.80	11-12-10
400m	Saia	Enasio	1:10.10	Eric-Ken Watanabe	57.80	26-02-05
800m	Alexander	Braendle	2:44.60	Eric-Ken Watanabe	2:18.20	12-03-05
80m Hurdles	Saia	Enasio	15.9	Ethan Oliver	13.50	17-03-18
Discus 750g	Saia	Enasio	19.89	Kalan Harding	37.68	07-03-20
High Jump	Evan	Beasley	1.5	Samuel Park	1.65	27-02-16
Javelin 600g	Evan	Beasley	8.77	Elliot Lang	38.59	05-01-07
Long Jump	Levi	Cox	4.33	Eli Sagala	5.39	05-11-16
Multi	Alexander	Braendle	4413	Ethan Oliver	6222.00	10-02-18
Pentathlon	Saia	Enasio	3259	S Park	4096.00	11-07-15

Shot 3kg	Saia	Enasio	8.24	Elliot Lang	13.50	28-10-06
Triple Jump	Saia	Enasio	9.15	Ethan Oliver	11.10	17-03-18
Under 14 Girls						
100m	Kyrah	McMahon	13.64	Stephanie Parker	12.90	07-03-98
1500m	Aniela	Knight	5:22.40	J Cropper	5:11.60	02-03-96
1500m Walk	Imogen	Cochrane	9:36.00	J Clifford	7:49.60	01-01-86
200m	Kyrah	McMahon	28.5	Stephanie Parker	27.20	28-02-98
200m Hurdles	Kyrah	McMahon	34.7	Stephanie Parker	30.10	14-03-98
3000m	Aniela	Knight	12:06.90	Elly Gallagher	11:26.40	19-01-13
400m	Aniela	Knight	1:06.10	Jasmin Guthrie	1:01.80	24-09-16
800m	Aniela	Knight	2:29.40	Aniela Knight	2:29.40	03-12-22
80m Hurdles	Isla	Honor	16	Stephanie Parker	13.20	14-03-98
Discus 1kg	Eliza	Olthof-Hardwick	22.37	Tiana Hazlewood	35.43	16-03-13
High Jump	Summer	Choi	1.32	Alysha Burnett	1.62	22-01-11
Javelin 400g	Isla	Honor	17.92	Isabelle Cruickshank	33.75	10-01-20
Long Jump	Kyrah	McMahon	4.9	Belinda Scott	5.41	01-01-91
Multi	Aniela	Knight	4597	Alysha Burnett	5712.00	28-01-11
Pentathlon	Aniela	Knight	3531	K Gear	3571.00	27-01-95
Shot 3kg	Eliza	Olthof-Hardwick	8.29	Alysha Burnett	11.39	13-11-10
Triple Jump	Aniela	Knight	9.62	Bridget Martin	10.67	09-02-13
Under 14 Boys						
100m	Sam	Wu	13.3	Harry Frederick A Wright	12.40 12.20(HT)	14-12-13 25-10-97
1500m	Ryan	Mooney	5:08.20	Adam Halmy	4:47.00	10-03-12
1500m Walk	-	-	-	Hayden Millican	8:01.40	08-03-14
200m	Sam	Wu	27.4	Ashley Wright	25.30	28-02-98
200m Hurdles	Sam	Wu	30.9	Eli Sagala	27.40	18-11-17
3000m	Ryan	Mooney	12:01.20	Adam Halmy	10:08.40	29-10-11
400m	Sam	Wu	1:06.30	Harry Frederick	57.90	10-01-14
800m	Ryan	Mooney	2:32.10	Marco De Paulis	2:18.40	17-03-18
90m Hurdles	Sam	Wu	16	Russell Parker	13.60	22-10-94
Discus 1kg	Ryan	Mooney	19.68	Lewis Marr	44.37	08-02-03
High Jump	Sam	Wu	1.52	Harry Frederick	1.67	05-10-13
Javelin 600g	Gabriel	Hamilton	16.1	Tom Mooney	45.16	21-10-06
Long Jump	Sam	Wu	5.37	Eric-Ken Watanabe	5.87	28-01-06
Multi	Sam	Wu	5054	T Finn	5555.00	26-01-08
Pentathlon	Sam	Wu	3333	H Frederick	4629.00	11-02-13
Shot 3kg	Ryan	Mooney	8.47	Harry Frederick	14.68	08-02-14
Triple Jump	Sam	Wu	11.81	Sam Wu	11.81	21-01-23
Under 15 Girls						
100m	Bronte	Tonkin	14.5	Stephanie Parker	12.90	28-11-98
1500m	Freya	Tonkin	6:18.50	Elly Gallagher	5:07.50	22-02-14
1500m Walk	-	-	-	Ashleigh Downie	7:56.90	30-10-04
200m	Bronte	Tonkin	29.4	Jasmin Guthrie	26.80	07-10-17
3000m	Bronte	Tonkin	14:40.30	Isabella Guthrie	50.50	23-09-17
300m Hurdles	Ava	Mitchell	52.7	Elly Gallagher	11:15.70	05-10-13
400m	Bronte	Tonkin	1:10.10	Janelle Smith	1:00.70	01-01-89
800m	Freya	Tonkin	2:50.20	E Carr	2:26.80	11-03-06
90m Hurdles	Ava	Mitchell	17.3	Bridget Martin Elizabeth Cassidy	14.30 14.30	07-12-13 04-03-00
Discus 1kg	Ava	Mitchell	18.29	Alysha Burnett	38.23	19-11-11
High Jump	Freya	Tonkin	1.43	Alysha Burnett	1.65	19-11-11
Javelin 500g	Bronte	Tonkin	15.17	Alysha Burnett	40.77	25-02-12
Long Jump	Bronte	Tonkin	4.33	Alysha Burnett	5.49	10-03-12
Multi	Bronte	Tonkin	4419	Alysha Burnett	6181.00	28-01-12
Pentathlon	Bronte	Tonkin	3249	K Moyes	3809.00	12-09-00
Shot 3kg	Bronte	Tonkin	7.24	Alysha Burnett	11.73	28-01-12
Triple Jump	Freya	Tonkin	9.06	Katherine Gear	11.20	09-03-96
Under 15 Boys						
100m	Nathan	Holmes	12.82	A Hewitt	11.60	01-01-92

100m Hurdles	Nathan	Holmes	19.7	Russell Parker	14.20	28-10-95
1500m	Nathan	Holmes	5:30.00	Adam Halmy	4:38.40	16-03-13
1500m Walk	-	-	-	Hayden Millican	7:44.30	18-10-14
200m	Eric	Hamilton	26.4	Joshua Mawhinney	23.90	12-12-09
3000m	-	-	-	Adam Halmy	10:14.80	01-12-12
300m Hurdles	Nathan	Holmes	51.3	Ethan Oliver	45.20	15-12-18
400m	Nathan	Holmes	1:06.10	Adam Wood	54.50	02-12-95
800m	Nathan	Holmes	2:40.60	Adam Wood	2:12.00	09-03-96
Discus 1kg	Eric	Hamilton	32.97	Lewis Marr	51.49	08-11-03
High Jump	Nathan	Holmes	1.47	Bradley Clarke	1.75	18-11-95
Javelin 700g	Eric	Hamilton	25.32	Frank Morris	47.20	16-03-13
Long Jump	Nathan	Holmes	4.74	Eric-Ken Watanabe	6.12	03-03-07
Multi	Nathan	Holmes	5036	A Bhat	6640.00	31-01-09
Pentathlon	Eric	Hamilton	2970	A Wood	4978.00	12-02-95
Shot 4kg	Eric	Hamilton	10.15	Philip Benjamin	13.83	04-11-95
Triple Jump	Nathan	Holmes	10.81	Amaan Bhat	12.42	06-12-08
Under 17 Girls						
100m	Claudia	Endicott	14	Alysha Burnett	13.20	03-11-12
100m Hurdles	Claudia	Endicott	17.8	Natalie Setiadji	15.40	08-12-12
1500m	Isabelle	Cruickshank	6:12.10	Elly Gallagher	5:03.90	24-01-15
1500m Walk	Shayla	Gleeson	9:10.00	Shayla Gleeson	9:10.00	28-10-22
200m	Claudia	Endicott	28.8	Bethany Halmy	27.40	19-11-11
3000m	-	-	-	Elly Gallagher	11:04.80	27-09-14
300m Hurdles	Charlotte	Blair	57.2	Olivia Mitchell	55.60	28-10-17
400m	Isabelle	Cruickshank	1:14.10	Elly Gallagher	1:00.40	12-03-16
800m	Isabelle	Cruickshank	2:53.10	Elly Gallagher	2:22.80	31-01-15
Discus 1kg	Isabelle	Cruickshank	28.21	Tiana Hazlewood	38.60	18-10-14
High Jump	Shayla	Gleeson	1.52	Mikaela Quinlan	1.62	11-11-17
Javelin 500g	Isabelle	Cruickshank	38.55	Isabelle Cruickshank	38.55	03-12-22
Long Jump	Claudia	Endicott	4.83	Bridget Martin	5.27	29-11-14
Multi	Claudia	Endicott	4967	T Kissick	5320.00	01-02-14
Pentathlon	Isabelle	Cruickshank	3184	A Burnett	4012.00	11-03-12
Shot 3kg	Isabelle	Cruickshank	11.09	Alysha Burnett	12.55	03-11-12
Triple Jump	Charlotte	Blair	9.77	Bridget Martin	10.48	01-11-14
Under 17 Boys						
100m	Kalan	Harding	12.4	Joshua Mawhinney	11.40	20-11-10
110m Hurdles	Kalan	Harding	17.8	E Clothier	15.50	14-11-09
1500m	Isaac	Tonkin	5:30.40	Adam Halmy	4:32.20	01-11-14
1500m Walk	-	-	-	Hayden Millican	7:53.60	27-02-16
200m	Isaac	Tonkin	25.1	Thomas Bostelman	23.30	15-11-14
3000m	Conor	Collins	12:18.70	Adam Halmy	9:48.40	25-10-14
300m Hurdles	Kalan	Harding	45.7	Ethan Oliver	41.50	21-11-20
400m	Isaac	Tonkin	59.2	Ethan Oliver	53.20	06-03-21
800m	Isaac	Tonkin	2:36.00	Adam Halmy	2:09.00	27-09-14
Discus 1.5kg	Kalan	Harding	32.89	Oliver Parry	41.51	26-10-13
High Jump	Kalan	Harding	1.62	Liam Quinlan	1.89	07-02-15
Javelin 700g	Isaac	Tonkin	22.35	Frank Morris	55.98	18-10-14
Long Jump	Kalan	Harding	5.46	Evan Clothier	6.27	13-11-10
Multi	Kalan	Harding	5833	Ethan Oliver	6734.00	27-02-21
Pentathlon	Kalan	Harding	3592	Ethan Oliver	5097.00	14-11-20
Shot 5kg	Kalan	Harding	11.95	Tim Graham Robinson	13.82	07-03-09
Triple Jump	Kalan	Harding	10.98	Ethan Oliver	11.91	23-01-21

9 NDLAC Contact Details

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