

Northern Districts Little Athletics Centre Inc

42nd

2023-24 Annual Report



NORTHERN
DISTRICTS

~ In our 42nd Season ~
For presentation at the
Annual General Meeting
Sunday 5 May 2024
www.ndlac.org.au



2023/ 2024 NDLAC Age Group Photos

Tiny Tots



U6 Girls



U6 Boys



U7 Girls



U7 Boys



U8 Girls



U8 Boys



U9 Girls



U9 Boys



U10 Girls



U10 Boys



U11 Girls



U11 Boys



U12 Girls



U12 Boys





2023/ 2024 ND Lac State Representative Team



U13 Girls



U13 Boys



U14 Girls



U14 Boys



U15-17 Girls



U15-17 Boys



Special thanks to Sean Collins for generously providing photography for ND Lac

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 representative hats to our Region team
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



Berlian Timbers – Mt Kuring-gai

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



National naming rights partner

Provided bananas for our athletes.
Special mention to Coles Berowra for donating Chocolates to thank our helpers

Mt Kuring-gai Village Butchery

Mt Kuring-gai Village Butchery

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



Repco Waitara

Support donating Repco supplies for our major raffles
Paul Davis
www.repco.com.au



Nestlé

Support donating Nestlé products for our major raffles
Susan Catania
www.nestle.com.au



Mars Legal

Support donating goodies for our major raffles
Suite 401, 255 Castlereagh Street, Sydney 2000
Ph:1300 016 277

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2 Agenda – AGM

Annual General Meeting 5 May 2024

1. Declaration of meeting open
2. Apologies and welcome of guests
3. Confirmation of Minutes of last AGM (12 May 2023)
4. Year in Review Summary
5. New Life Member proposal
6. Accept and approve Annual Report for 2023-2024 season
7. Declaration that all positions on the committee are vacant
8. Election of Committee for 2024 – 2025
9. Any other business
10. Close of meeting

3 Minutes of Previous AGM (2022-2023)

Meeting held Friday 12 May, 2023 VIA ZOOM at 8pm

Attendees: Committee Members, parents and athletes

Apologies: Matt Kean, Wayne Bingham, Syd Gamble, Shane Garde, Jones family

Meeting opened at 8.04pm. Chaired by Matt Gleeson, President NDLAC

- Matt welcomed everyone and thanked all for attending the AGM via Zoom.
- Matt acknowledged life members Michael Halmy and Gail Silver who were in attendance
- Matt called for the minutes of the previous meeting held 7 May 2022 to be considered.
 - Minutes proposed by Gail Silver and seconded by Janelle Oliver
- Year in review: 18 members confirmed at AGM online – we have a quorum for voting purposes.
- This season we had the first of a somewhat normal season with bushfires and El Nino as well covid the previous season. We had a great increase in registrations including returning families. 317 athletes registered this year. A great number of parent helpers this season and great attendance all season by all athletes.
- Over 4,500 PB's this season which is a great achievement. 15 centre records recorded this season including some that have been held for over 25 years.
- Matt also paid credit to all the age managers this year. Special shout out to Nathan Hart the U9 boys age manager who had a huge group.
- Matt acknowledged Prudence and Troy as leaders/coaches. Also acknowledged the emerging talent of the junior coaches. Special mention to Charlotte, Eric and Ryan. Also noted none of this would be possible if the athletes didn't put in the effort and perform.
- Great performances at all championship levels by our athletes. We had the introduction of a Masters Competition this season. The team competed at Dubbo this year at state combined alongside our NDLAC athletes and our club was recognised by LANSW for the support given to all our athletes from our supporters.
- Matt asked if there was any comment on the annual report.
 - Annual report proposed by Catherine Ashley and seconded by Gail Silver
- Matt proposed a change to the constitution Clause 15.6 – the clause mentions maximum number of years executive committee can hold the same role ie 6 consecutive terms. This clause dates back to 2014. The proposition is to remove the clause so there is no maximum number of years. Proposed by Jenny Brookes and seconded by Sally Freeman. Online vote by all attending AGM – 100% of votes in favour of removing clause 15.6 from the constitution. Constitution to be rewritten and advise LANSW etc of the change
- Presentation day this year will be run in a new format. Presentation to start at 1pm beginning with major awards ceremony. Age group presentation to be done in rotation starting with tots up. The jumping castle will be in age groups and sausage sandwich and iceblock for all athletes
- Matt welcomed Michael Halmy as the returning officer. Michael announced all committee positions open and also noted all positions had only one nomination except 3 x unfilled roles – championship assistant, canteen and uniforms officer. Michael congratulated all for their roles for the coming season.

- Matt thanked Michael and also mentioned Michael compiles a list of all time bests for the club which is a great read and can be found on the NDLAC website.

Election of Committee Members 2023/2024		
Position	Nominations	Elected
President	Matthew Gleeson	Mathew Gleeson
Secretary	Kristin Braendle	Kristin Braendle
Treasurer	Janelle Oliver	Janelle Oliver
Registrar	Gail Silver	Gail Silver
Track & Field	Darren Cosier	Darren Cosier
Equipment	Adam Harding	Adam Harding
Key Officials	Cheryl Burnett	Cheryl Burnett
Field Events Results Officer	Justin Brookes	Justin Brookes
Championships Officer	Nicole Owers	Nicole Owers
Championships Assistant	Vacant	
Awards Officer	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	
Uniforms officer	Vacant	

- No other business – AGM closed at 8.37pm

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
2023 - 2024	Elise Oliver	Bradley Gallagher

6 Previous Award Recipients

6.1 ND Lac 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
2022-2023	Evie Moore Mulcahy	Jensen Barrett

6.2 Age Champions and Runners Up 2022-2023

Age Group	Age Champion	Runner Up
Under 6 Boys	Ethan Rivers-Mugford	Alfie Gleeson, Nathaniel Fulton, Wyn Simunic
Under 6 Girls	Clara Samakeh	Imogen Sharp
Under 7 Boys	Nico Brichta	Cooper Young
Under 7 Girls	Molly Moore-Mulcahy	Hope Wales
Under 8 Boys	Lachlan Ross	Loki Gleeson
Under 8 Girls	Claire Angwin	Lillian Brookes
Under 9 Boys	Riley Daley	Ethan Dawson
Under 9 Girls	Stephanie Ross	Beth Cochrane
Under 10 Boys	Jensen Barrett	Reef Bailey
Under 10 Girls	Evie Moore-Mulcahy	Dulcie Thompson
Under 11 Boys	Joan Beasley	Christopher Braendle
Under 11 Girls	Hannah Dawson	Scarlett Owers
Under 12 Boys	Judah Louie	Ethan Finlay
Under 12 Girls	Maddison Barratt	Sophia Cottrell
Under 13 Boys	Alexander Braendle	Evan Beasley
Under 13 Girls	Alyssa Holmes	Annalise Cottrell
Under 14 Boys	Sam Wu	Ryan Mooney
Under 14 Girls	Aniela Knight	Kyrah McMahon
Under 15 Boys	Nathan Holmes	Eric Hamilton

Under 15 Girls	Bronte Tonkin	Freya Tonkin
Under 17 Boys	Kalan Harding	Conor Collins
Under 17 Girls	Isabelle Cruickshank	Shayla Gleeson

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
2022-2023	Ryan Mooney

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
2022-2023	Heather Shepherd

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
2022-2023	Simon Blair

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 Huybrechs-Chung
2017-2018	Alice Citer	Daniel Hatch
2018-2019	Chloe Septoe	Liam Oliver
2019-2020	Estelle Creek	Beau Foster
2020-2021	Tahlia Louie	Joshua Lim
2021-2022	Jennifer Toynbee	Lewis Tonkes
2022-2023	Elise Oliver	Orson List

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
2023-2024	Evan Beasley	Gemma Tait

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 Khallouf
2018-2019	Elise Oliver	Kalan Harding
2019-2020	Isabelle Cruickshank	Malakye Enasio
2020-2021	Alyssa Holmes	Kalan Harding
2021-2022	Scarlett Owers	Cooper Young
2022-2023	Dulcie Thompson	Eric Hamilton

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
2022-2023	Evie Moore Mulcahy

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
2023-2024	Kalan Harding/Elise Oliver

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
2022-2023	Aniela Knight

6.12 Athlete Service Award Medals 2023-2024

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 – 23/24	12 Years
Saia Enasio	13/14 – 23/24	11 Years
Shayla Gleeson	13/14 – 22/23	10 Years
Charlotte Toynbee	14/15 – 23/24	10 Years
Elizabeth Toynbee	14/15 – 23/24	10 Years
Chole Steptoe	14/15 – 23/24	10 Years

7. Committee Reports

7.1 President

When families first arrive at Foxglove Oval to experience Little Athletics, those of us who have enjoyed athletics for some time beforehand consider it a mission that we should help new families find the same joy and camaraderie as we have previously. There is only ever one signal that our goal is being achieved - and that is through the support shown through returning members and the positive referrals that members will pass on to others they know. I say all of this so as to send a message of mutual thanks to two very important parties in our club. Firstly, thank you to all of you who have given time to our club over the years in the vast array of roles that function through the good will and efforts of the great people we have at NDLAC – to our committee members, key officials, age managers, coaches, parent helpers, set up crews, athletes supporting other athletes, and to all of those of you do so much to make our club a happy place in which athletics can be fun and fulfilling. Secondly, to all of those who came and tried athletics with us for the first time this year – for the way in which you quickly picked up on our ‘Family, fun and fitness’ approach and encouraged your young athletes to enjoy the sport in the best possible way. This season has been a success purely because of the solid bedrock that occurs when these two parties combine in a wonderful way, and it is what makes our athletes enjoy the sport and stay with it as they grow older.

The majority of this annual report will speak of the wonderful achievements of so many athletes in our club that it would be an injustice for me to try and highlight only a few in summary form here. But I do hope that in reading of the great achievements of athletes in this book you will recognise that there are some genuine raw talents in our club who continue to train and improve and create new levels of success. You will also see that there are many who took time to find their special niche, and have worked over a long period of time improving their personal performances and growing their confidence to this year reach beyond a level that they might only have dreamed of achieving in years gone by. To both sets of athletes, we applaud you and thank you for inspiring all of us at NDLAC.

In previous years, when writing a season recap it has always been tainted by a feeling a sadness at the Under 17 athletes who leave us at the end of the Little Athletics journey – and this is what motivated us to find pathways to keep athletes active in our club. I am delighted with our first season of U20’s held this year, and for the way in which our u20’s integrated into our Saturday programs. I’m also thrilled with our first season of All- Ages cross country – and seeing parents run with their kids in our Winter series, in addition to the 2nd season of our Seniors run on Thursdays in Summer. But I’m excited to see that the integration of Little Athletics NSW and Athletics NSW seems to be taking on a new level of collaboration that will make it even more accessible and seamless such that our athletes can continue to find joy and fulfilment in the sport for the whole of their lives. As the next season comes to life, I hope that this exciting development will allow us

to continue to focus centrally on our purpose to create a fun environment for junior athletics, and allow us to continue the close friendships formed over little athletics into athletics ongoing.

I do know however there will be some special people who will be departing our club or stepping down from central roles at the end of this season, and on behalf of NDLAC I do want to thank Janelle Oliver for her many years helping our at NDLAC including 7 years as Treasurer and Exec Committee. Additionally, Adam Harding who has woken with the sparrows for the longest time to ensure all our equipment is functioning and ready for a full Saturday of activities, and Susan Catania has done amazing things to improve our fundraising and grants application success in recent times. To Janelle, Adam and Susan – we thank you wholeheartedly.

Looking forward to Season 2024/25 I feel excited that we will have a committee who are inspired to bring new ideas to life and make the club function successfully, and I will always warmly folks who may be interested to learn more about roles you could help with, and ideas you might have. I am confident it will be a great season of athletics, just as I am confident that the personal bests that our athletes set over the season this year will be a great catalyst to their personal growth in the future both inside and outside of the sport itself.

It has been a great pleasure to lead with this wonderful committee at this tremendous club over this past season, and I look forward to seeing you all again soon.

Matt Gleeson – President

7.2 Secretary

The NDLAC Committee met once per month throughout the year. A review of meeting minutes was included in the audit of accounts.

We were fortunate to have an active committee of 21 members this year at NDLAC who were enthusiastic in doing their best to make sure our athletes had a great time at weekly training and our Foxgloves meets, and also further afield at LANSW competitions.

Lots of behind the scenes activity was carried out by the committee. From club fundraising to ensuring our grounds and equipment were ready, key officials were prepared, results were uploaded, and the canteen was stocked with after competition treats just to name a few!

Special thanks to all of our amazing NDLAC athletes for your participation and sportsmanship this season, it has been a blast! The season of course would not have been possible without the assistance of our parent helpers who filled the many, various roles needed for our weekly meets and competitions. For anyone who may be keen in a committee role, please let us know!

Kristin Braendle - 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, doubling from the year before! A big thank you to Mt Kuring-gai Village Butchery for the donation of the meat tray each week and to Bakers Delight at Berowra for the donation of all our bread each week. Also thanks, to Luke Bennett from the Coffee Squad for his kind donation.

I wanted to mention a few shoutouts for the season:

- First and most importantly, to our outgoing Treasurer, Janelle Oliver. Janelle has been Treasurer for 11 years, and I have very big shoes to fill! Janelle has been contributing above and beyond the Treasurer role for over 11 years, including but not limited to organising the canteen, and I wanted to take this opportunity to extend a big thank to her on behalf of the club for her many years of contribution;

- Secondly, this season raffle sales took a life of their own, including the special Christmas raffle with major prizes. These major prizes were donated by the people noted at the front of the report. From these collections we were able to purchase a much needed new BBQ for our weekly BBQ. We all know our two most successful raffle earners Andy and Damon! Well done and thank you on behalf of the club to Andy and Damon and the prize donators;
- Finally, Saturday meets wouldn't be the same without our BBQs! And the BBQs wouldn't be the same without Mark Janssens, who volunteers for the role nearly every week. Well done and thank you on behalf of the club!

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.

I look forward to seeing you all again next season.

Amjad Samakeh – Incoming Treasurer
Janelle Oliver – Outgoing Treasurer

7.3.1 Accumulated Funds Statement

1 April 2023 to 31 March 2024

	2023/2024	2022/2023
Cheque Account – CBA	\$44,277.49	\$38,358.80
Equipment (Replacement Cost)	\$107,146.95	\$110,840.90
Uniform Stock	\$2,525.00	\$2,665.00
Canteen Float	\$200.00	\$200.00
Total Assets	\$154,149.44	\$152,064.70
Liabilities	\$0.00	\$0
Accumulated Funds	\$154,149.44	\$152,064.70

7.3.2 Auditor's Statement

Commonwealth Bank of Australia - Account No. 06 2272 10104138

**Sample of expenses*

19/5/2023	Netbank	\$4964.5	Olympia Trophies
29/8/2023	Netbank	\$5162.50	Hornsby Shire Council – ground hire
29/11/2023	Netbank	\$1386.00	Promomania - Ribbons
20/1/2024	Netbank	\$1360.00	Little Athletics Region 5

*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 31/3/2024 was \$44,277.49*

For the financial year ending March 2024

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.

Asha Kadali

Accountant - Registered Tax Agent
ASHBURN TAX ACCOUNTANTS - 16 April 2024

7.3.3 Income and Expenditure Statement

1 April 2023 to 31 March 2024
Income and Expenditure Statement

	Actual	Actual	Actual
	2023/2024	2022/2023	2021/2022
Opening Balance	\$38,358.80	\$30,723.80	\$33,465.28
Receipts			
Canteen/BBQ Sales	14,849.25	12,855.30	6,035.23
Donations	1,556.90	1,426.00	776.95
Equipment Hire	700.00	750.00	0.00
Grants	2,300.00	8,196.00	1,000.00
Photos	0.00	351.80	0.00
Raffles	7,556.00	3,773.00	1,733.00
Registrations	27,428.77	26,188.62	16,335.95
Sponsorships	842.35	750.00	0.00
Uniform Sales	691.50	1,579.50	605.50
Other Income	260.00	180.00	0.00
Total Receipts	56,184.77	56,050.22	26,486.63
Payments			
Advertising	763.22	0.00	0.00
Awards	13,033.60	8,700.74	7,879.77
Bank Fees	381.88	258.68	0.00
Canteen/BBQ Expenses	8,099.40	6,497.23	3,644.40
Coaching	4,846.50	3,861.00	1,750.00
Donations	1,775.00	1,500.00	500.00
Equipment	11,029.50	14,064.62	6,606.23
Ground/Hall Hire	5,162.50	4,970.00	5,180.25
LANSW Fees	425.00	340.00	65.00
Postage	0.00	168.05	139.00
Printing & Stationery	765.15	787.79	374.37
Repairs and Maintenance	657.64	1,067.26	1,047.15
Uniforms	0.00	1,846.00	56.70
Website Hosting Charge	0.00	760.00	760.00
General Expenses	669.69	350.05	635.24
Zone / Region Fees	2,395.00	2,743.80	590.00
Athlete Sponsorship	265.00	500.00	0.00
Total Payments	50,266.10	48,415.22	29,228.11
Surplus / (Deficit)	5,918.69	7,635.00	(2,741.48)
Closing Balance	44,277.49	38,358.80	30,723.80

7.4 Registrar's Report

327 athletes were registered in 2023-24, 10 athletes greater than 2022-2023 season, maintaining the large growth we had from the previous season, largest registrations we have had since 2014-15 season (352). Of our 327 athletes, 214 were returning from last season and 113 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 I hope you had a great season and look forward to you coming back to Foxglove in 2024-25.

Of our returning athletes, 25 achieved their 5 year service award and 4 achieved 10 years. Congratulations to those athletes.

Our largest Age Group was U10B with 27 athletes, closely followed by U9G and U7B both with 24. We had 43 athletes attend as Trial Athletes, resulting in 29 registrations.

Thank you to Lisa Sharp for spending time with me to 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 2024-25 season.

NDLAC Registrations 2023-2024			
Age Group	Girls	Boys	Total
TINY TOTS	13	10	23
UNDER 6	9	15	24
UNDER 7	19	24	43
UNDER 8	10	17	27
UNDER 9	24	18	42
UNDER 10	17	27	44
UNDER 11	14	8	22
UNDER 12	16	11	27
UNDER 13	11	10	21
UNDER 14	9	8	17
UNDER 15	10	7	17
UNDER 17	11	9	20
Total	163	164	327

Gail Silver – Registrar/Life Member

7.5 Track and Field

Wrapping up the season that was full of pb's , season bests and new club records. I'd like to thank all the parents / key officials / committee / coaches that dedicate their time to make our Saturday mornings at foxglove a success.

With the purchase of new laptops this season it meant we could get through out Saturday programs without running out of battery life.

This season the environmental remediation works were completed meaning we got a large section of the grounds and carpark areas back to normal once temporary fencing was removed and boundary fence installed.

The field events were completed smoothly each Saturday with our key officials helping our athletes and age groups get through their events.

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.

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.

Congratulations to all the participants at zone/regional/state that achieved such great results and represented NDLAC.

Hope to see you all next season

Darren Cosier – 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 2023/24 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.

7.6.1 Winter Track Series

2023 saw the introduction of the Winter Track Series, an opportunity for athletes to continue competing outside of the normal LANSW season. Northern Districts saw many athletes competing across 3 meets- 10th June, 4th July and 6th August and finished the series as 18th placed club. Well done to **Max Pullin** (3rd- throws, 1st jumps) and **Evie Moore Mulcahy** (3rd- sprints, 3rd middle distance, 1st throws, 1st jumps)

Northern Districts had the following athletes representing our club:

Lillian Brookes	Scarlett Owers
Matilda Brookes	Max Pullin
Evie Moore Mulcahy	Lachlan Ross
Annika Owers	Stephanie Ross

7.6.2 LANSW State Cross Country and Road Walk Championships

On 2nd July Northern Districts was represented at Little Athletics NSW Cross Country and Race-walking Carnival at Scheyville National Park by the following athletes. Well done to all athletes on their strong performances.

Cross Country

Lachlan Ross
Stephanie Ross
Alexander Braendle

Road Walks

Beth Cochrane
Annika Owers
Alexander Braendle

7.6.3 State Relays

The first LANSW competition of the 2023/24 season was the State Relay Championships, held on 11-12th 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, including our **U11G Throws team** who came away with a **3rd place** finish.

U8G Throws	Hope Wales	Kaylee Bain	Molly Moore- Mulcahy	
U9B 4x100m	Lachlan Ross	Ben Spada	Matthew Donaldson	William Taylor
U9G 4x100m	Emma Hales	Nell Fulton	Lune Coetzer	Laya Chintoju
U10B 4x100m	Max Pullin	James Li	Mason McIntyre	Evan Dengate
U10G 4x100m	Stephanie Ross	Ruwinka De Mel	Matilda Haggerty	Evie McCabe
U11G Throws	Dulcie Thompson	Annika Owers	Evie Moore- Mulcahy	
U12G Throws	Scarlett Owers	Clara Knight	Jade Hawes	
U13G Throws	Maddison Barratt	Jenny Toynbee	Sophia Cottrell	
U13G Jumps	Maddison Barratt	Jenny Toynbee	Sophia Cottrell	
U13G 4x100m	Maddison Barratt	Sophia Cottrell	Madison Haggerty	Lucy Edgar
U17G Jumps	Freya Tonkin	Charlotte Toynbee	Lizzie Toynbee	

7.6.4 LEAP (Little Athletics Emerging Athlete Program)

LEAP identifies emerging athletes in each Little Athletics event and provides unique opportunities to assist in their athletics development and encouragement of further participation in the sport of Track and Field.

In 2023-2024 LEAP offered two invite-only weekend camps held in October and January at the Sydney Academy of Sport & Recreation Centre, Narrabeen where athletes had access to specialised coaching sessions, workshops and fun team activities. Congratulations to Northern Districts **Maddison Barratt** (Javelin) and **Alexander Braendle** (Walks) on your invitation to participate in these camps.

7.6.5 Zone Championships

The North East Metropolitan Zone carnival was held on the weekend of 24-26th November 2023 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	Lucas Delgadillo Atara, Luka Dixon, Alfie Gleeson, Thor Jennings, Ethan Rivers-Mugford
U7 Girls	Scarlett Daley, Rubylee Kurariki- Davis, Leila Richards, Madison Sakajani, Imogen Sharp,
U8 Boys	Nico Brichta, Josh Hales, Jai Prados-Valerio, Cooper Young,
U8 Girls	Molly Moore-Mulcahy, Kailee Bain, Sophia Taylor, Hope Wales
U9 Boys	Jarrah Bailey, Loki Gleeson, Bryce Hodgkiss, Isaiah Louie, Lachlan Ross, William Taylor
U9 Girls	Claire Angwin, Lillian Brookes, Lune Coetzer, Emma Hales, Paityn Hawes, Ariela Sakajani, Sofia Sharp
U10 Boys	Liam Cosier, Reve Creek, Riley Daley, Evan Dengate, William Hart, Mason McIntyre, Harry Patterson, Max Pullin, Stuart Richards.
U10 Girls	Olivia Barrett, Matilda Brookes, Beth Cochrane, Olivia Byrne, Matilda Haggerty, Evie McCabe, Addison Nash-Krause, Stephanie Ross, Airlie Wales
U11 Boys	Reef Bailey, Jensen Barrett,
U11 Girls	Arya Dixon, Claire Holder, Beatrice Mathers, Georgie Mathers, Annika Owers, Dulcie Thompson
U12 Boys	Joah Beasley, Christopher Braendle, Charlie Candy, Tyler Cosier, Samuel Hart, Orson List, Harry Mooney, Benjamin Schyvens, Bradlee Taylor
U12 Girls	Estelle Creek, Taya Creek, Amelia Dengate, Jade Hawes, Clara Knight, Scarlett Owers, Zoe Swain
U13 Boys	Jordan Dixon, Judah Louie, Finn McCabe, Liam McIntyre, Sam Ogier
U13 Girls	Maddison Barratt, Sophia Cottrell, Lucy Edgar, Madison Haggerty, Ruby McIntyre, Sasha Sefton, Eden Suduk
U14 Boys	Evan Beasley, Alexander Braendle, Jake Sefton, Riley Waddingham
U14 Girls	Annalise Cottrell, Alannah Pryor
U15 Boys	Ryan Mooney, Braeden Searles, Matthew Searles, Sam Wu
U15 Girls	Imogen Cochrane, Aniela Knight, Kyras McMahon
17 Boys	Conor Collins, Kalan Harding, Joshua Harding
17 Girls	Sinead Hawes, Ava Mitchell, Freya Tonkin, Elizabeth Toynbee, Charlotte Toynbee, 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:

Silver medals:		Bronze medals:	
Rubylee Kurariki- Davis	Girls U 7 50m	Rubylee Kurariki- Davis	Girls U 7 70m
		Scarlett Daley	Girls U 7 500m
		Leila Richards	Girls U 7 Discus

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.

1 st	2 nd	3 rd
Molly Moore-Mulcahy U8G Discus	Rubylee Kurariki-Davis U7G 50m	Scarlett Daley U7G 500m
Nico Brichta U8B 70m	Molly Moore-Mulcahy U8G Long Jump	Rubylee Kurariki-Davis U7G 70m
Cooper Young U8B Shot Put	Molly Moore-Mulcahy U8G 60mH	Leila Richards U7G Discus
Beth Cochrane U10G 1100mW	Hope Wales U8G Shot Put	Hope Wales U8G Discus
Dulcie Thompson U11G Discus	Nico Brichta U8B 100m	Jai Prados-Valerio U8B 400m
Dulcie Thompson U11G Shot Put	Jensen Barrett U11B Long Jump	Matilda Brookes U10G Shot Put
Jensen Barrett U11B 100m	Maddison Barratt U13G Javelin	Matilda Brookes U10G Discus
Jensen Barrett U11B 200m	Sophia Cottrell U13G Long Jump	Liam Cosier U10B Discus
Scarlett Owers U12G Javelin	Sasha Sefton U13G Shot Put	Max Pullin U10B Long Jump
Sophia Cottrell U13G 200mH	Alannah Pryor U14G Triple Jump	Estelle Creek U12G High Jump
Alexander Braendle U14B 1500mW	Jake Sefton U14B Shot Put	Joah Beasley U12B Discus
Imogen Cochrane U15G 1500mW	Aniela Knight U15G 400m	Sophia Cottrell U13G High Jump
Aniela Knight U15G 800m	Aniela Knight U15G 300mH	Annalise Cottrell U14G Javelin
Aniela Knight U15G 1500m	Sam Wu U15B Long Jump	Alannah Pryor U14G 200m
Lana Waddingham U17G High Jump	Sam Wu U15B Triple Jump	Alexander Braendle U14B 400m
	Elizabeth Toynbee U17G 300mH	Aniela Knight U15G Triple Jump

Kalan Harding U17B Discus
Kalan Harding U17B Shot Put

Ava Mitchell U17G 300mH
Elise Oliver U17G High Jump
Elise Oliver U17G Javelin
Charlotte Toynbee U17G Long Jump
Conor Collins U17B 3000m

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.

Alysha Burnett	Vanessa Sakajani	Amjad Samakeh
Rob Cottrell	Isabelle Cruickshank	Matthew Gleeson
Wayne Bingham	Shayla Gleeson	Cheryl Burnett
Stuart Guthrie	Peta Tonkin	Heather Shepherd
Andrew Cochrane	Bec Hawes	Michael Halmy

7.6.6 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 10th-11th February 2024 at the Sydney Olympic Park Athletic Centre.

The following 67 athletes were chosen to represent Northern Districts:

Age	Representatives
U8 Boys	Nico Brichta, Jai Prados-Valerio, Cooper Young,
U8 Girls	Molly Moore-Mulcahy, Hope Wales
U9 Boys	Lachlan Ross, William Taylor
U9 Girls	Lillian Brookes, Emma Hales
U10 Boys	Liam Cosier, Riley Daley, William Hart, Max Pullin
U10 Girls	Matilda Brookes, Beth Cochrane, Matilda Haggerty, Stephanie Ross
U11 Boys	Reef Bailey, Jensen Barrett,
U11 Girls	Arya Dixon, Claire Holder, Beatrice Mathers, Georgie Mathers, Annika Owers, Dulcie Thompson, Evie Moore-Mulcahy
U12 Boys	Joah Beasley, Christopher Braendle, Tyler Cosier, Samuel Hart, Orson List, Harry Mooney, Bradlee Taylor
U12 Girls	Estelle Creek, Jade Hawes, Clara Knight, Scarlett Owers
U13 Boys	Jordan Dixon, Judah Louie, Sam Ogier
U13 Girls	Maddison Barratt, Sophia Cottrell, Lucy Edgar, Sasha Sefton, Eden Suduk
U14 Boys	Evan Beasley, Alexander Braendle, Jake Sefton, Riley Waddingham
U14 Girls	Annalise Cottrell, Alannah Pryor
U15 Boys	Ryan Mooney, Braeden Searles, Matthew Searles, Sam Wu
U15 Girls	Imogen Cochrane, Aniel Knight, Kyras McMahon
17 Boys	Conor Collins, Kalan Harding, Joshua Harding
17 Girls	Ava Mitchell, Freya Tonkin, Elizabeth Toynbee, Charlotte Toynbee, Elise Oliver, Lana Waddingham

Congratulations to the following athletes for achieving Region Medals:

Gold Medals:		Silver Medals:	
Nico Brichta	U8B 100m	Hope Wales	U8G Shot Put
Jensen Barrett	U11B 100m	Evie Moore-Mulcahy	U11G 200m
Jensen Barrett	U11B 200m	Imogen Cochrane	U15G 1500m Walk
Jensen Barrett	U11B Long Jump	Aniel Knight	U15G 400m
Evie Moore-Mulcahy	U11G Triple Jump	Freya Tonkin	U17G 1500m
Evie Moore-Mulcahy	U11G Long Jump	Kalan Harding	U17B Discus
Evie Moore-Mulcahy	U11G 400m		
Scarlett Owers	U12G Javelin		
Alexander Braendle	U14B 1500m Walk		
Aniel Knight	U15G 800m		

Bronze Medals:

Molly Moore-Mulcahy	U8G Discus	Maddison Barratt	U13G Javelin
Nico Brichta	U8B 70m	Sophia Cottrell	U13G 200mH
Cooper Young	U8B Shot Put	Alexander Braendle	U14B 1500m
Lachlan Ross	U9B 400m	Alexander Braendle	U14B 800m
Beth Cochrane	U10G 1100m Walk	Sam Wu	U15B Long Jump
Annika Owers	U11G Javelin	Lana Waddingham	U17G High Jump
Dulcie Thompson	U11G Shot Put		

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.

7.6.7 State Championships

The LANSW State Track and Field Championships were held at the Sydney Olympic Park Athletic Centre on 22nd- 24th March 2024.

Congratulations, to the following 23 athletes who qualified to represent Northern Districts at the State Championships. Special congratulations to **Evie Moore-Mulcahy**, **Alexander Braendle**, and **Aniela Knight** on your podium finishes.

Athlete	Event	Place	Athlete	Event	Place
Lachlan Ross	U9B 400m	22 nd	Alannah Pryor	U14G 200m	17 th
Beth Cochrane	U10G 1100m Walk	4 th	Alannah Pryor	U14G Triple Jump	16 th
Max Pullin	U10B Discus	12 th	Alexander Braendle	U14B 3000m	17 th
Annika Owers	U11G 1100m Walk	12 th	Alexander Braendle	U14B 1500m	18 th
Annika Owers	U11G Javelin	18 th	Alexander Braendle	U14B 1500m Walk	1 st
Evie Moore-Mulcahy	U11G Triple Jump	2 nd	Imogen Cochrane	U15G 1500m Walk	11 th
Evie Moore-Mulcahy	U11G Long Jump	1 st	Aniela Knight	U15G 800m	1 st
Evie Moore-Mulcahy	U11G 200m	5 th	Aniela Knight	U15G 1500m	1 st
Evie Moore-Mulcahy	U11G 400m	3 rd	Kyrah McMahon	U15G Long Jump	8 th
Dulcie Thompson	U11G Discus	15 th	Sam Wu	U15B Long Jump	11 th
Dulcie Thompson	U11G Shot Put	8 th	Ava Mitchell	U17G 300m Hurdles	13 th
Jensen Barrett	U11B Long Jump	5 th	Elise Oliver	U17G Javelin	10 th
Jensen Barrett	U11B 100m	14 th	Freya Tonkin	U17G 1500m	12 th
Jensen Barrett	U11B 200m	9 th	Lana Waddingham	U17G High Jump	15 th
Scarlett Owers	U12G Javelin	6 th	Conor Collins	U17B 3000m	24 th
Maddison Barratt	U13G Javelin	11 th	Kalan Harding	U17B Discus	18 th
Sophia Cottrell	U13G 200m Hurdles	7 th	Kalan Harding	U17B Shot Put	12 th
Annalise Cottrell	U14G Long Jump	20 th			

7.6.8 Australian Little Athletics Championships

The Australian Little Athletics Championships - ALAC is an annual National Championships, which is the pinnacle event for Little Athletics. ALAC encompasses the Australian Teams Championships for U13, U14 and U15 athletes and the Australian Combined Event Championships for U15 athletes.

This year ALAC will be held in Adelaide over the weekend of April 27-28th. Congratulations **Alexander Braendle** on your selection in the NSW Under 14 Boys team.

7.6.9 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 Hunter Sports Centre, Glendale, on 2nd- 3rd March 2024.

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 25 athletes represent NDLC over the weekend, including 4 Masters athletes competing in the Open division. Congratulations to the following athletes on your fantastic results. A special congratulations to **Carrie Gleeson** on your silver medal finish:

Age	Representatives
Under 7 Boys	Alfie Gleeson
Under 8 Girls	Molly Moore-Mulcahy, Hope Wales
Under 8 Boys	Loki Gleeson, Lachlan Ross
Under 9 Girls	Lillian Brookes, Emma Hales
Under 9 Boys	Loki Gleeson
Under 10 Boys	Liam Cosier, Reve Creek, Max Pullin
Under 10 Girls	Matilda Brookes
Under 11 Girls	Evie Moore-Mulcahy
Under 12 Boys	Christopher Braendle, Tyler Cosier, Charlie Candy
Under 12 Girls	Estelle Creek, Taya Creek
Under 14 Boys	Alexander Braendle
Under 20 Girls	Claudia Endicott, Shayla Gleeson
Open Women	Jennifer Brookes, Carrie Gleeson, Heather Shepherd
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 Susannah Bilous - your Championships Team

7.7 Parent Assistance

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

Over the duration of the season, there were 1702 duties required, with 1,498 of them filled (88% of roles filled). Although we were occasionally short helpers in some areas, each week we had enough to put on all 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 continued to use SignUp for weekly parent assistance roles. This continued to work well with parents/carers able to view the roles available and select the role of their choice. SignUp generated a reminder email 2 days prior to the event. Parent helpers were able to delete their role from SignUp if they were no longer able to do the role e.g. due to illness. This helped to manage any shortages in helpers at various events on the morning of the event.

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

Age Managers

6B Bonnie Tonkes

6G Justin Brookes

7B Carrie Gleeson

7G Grant Smith & Di Mooney

8B Ben Edwards

8G Cathy Tindall

9B Brad Bailey and David Sharpe

9G Jennifer Brookes

11G Kate Davies

12B Nathan and Kate Hart

12G Emma Devaskar and Hanna Knight

13B Heath Ogier

13G Heather Barratt

14B Nat Gallagher

14G Kylie Foster

15B Karen Chapman

10B David Pullin and Martin Geelan (2 groups)
 10G Andrew Cochrane
 11B Claire Dewar

15G Chris Steptoe
 17B Adam Harding
 17G Adelle Toynbee

Key Officials

Inside Track - Peta Tonkin
 Outside Track - Bec Hawes
 Straight Track – Bec Louie
 Walks – Andrew Cochrane
 Long Jump - Josh Tonkin and Troy Crozier

Discus – Vanessa Sakajani
 Early Discus – Tara Hamilton
 Javelin - Brendan Creek
 High Jump – Wendy Lou and Romesh De Mel
 Shot Put – Ang Hewitt

Nyree McCabe – Parent Assistance Coordinator

7.8 Timing Gates

In the 2023/2024 season, we've witnessed remarkable strides in our timing solutions, which have operated seamlessly throughout the entirety of our events. This notable improvement can be predominantly credited to the seamless integration of three new laptops into our system. These latest additions have played a pivotal role in minimizing delays and facilitating smoother operations during our weekly events.

Furthermore, the exceptional performance of our dedicated timing team has been nothing short of exemplary. Their commitment and meticulous attention to detail have been instrumental in providing consistency and precision throughout the season. Thanks to their tireless efforts, we have been able to ensure timely uploads of results into ResultsHQ.

Middle Distance Handicap

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

Girls		Boys	
1 st	Gemma Tait	1 st	Evan Beasley
2 nd	Georgie Mathers	2 nd	Alexander Braendle
3 rd	Beatrice Mathers	3 rd	Sam Ogier

Invitational Sprint

We finished the season with the always exciting Invitational Sprint. The top 10 fastest 100m male and female sprinters that were present at our last meet competed for the title of fastest male and female sprinters in the club. Well done to **Kalan Harding** and **Elise Oliver** on taking the honours.

Girls			Boys		
1 st	Elise Oliver	13.74	1 st	Kalan Harding	12.40
2 nd	Kyrah McMahon	13.83	2 nd	Bradley Gallagher	13.49
3 rd	Annalise Cottrell	14.03	3 rd	Connor Collins	13.79
4 th	Alannah Pryor	14.27	4 th	Ryan Mooney	14.03
5 th	Bronte Tonkin	14.51	5 th	Gabriel Hamilton	14.13
6 th	Estelle Creek	14.66	6 th	Daniel Gallagher	14.55
7 th	Sophia Cottrell	14.85	7 th	Liam McIntyre	14.68
8 th	Ava Mitchell	14.89	8 th	Judah Louie	14.70
9 th	Freya Tonkin	14.94	9 th	Christopher Braendle	15.46
10 th	Marli Foster	15.37	10 th	-	-
11 th	Aniela Knight	17.33			

As we reflect on the successes of this season, it's evident that the synergy between our new technology and the dedication of our skilled personnel has been the driving force behind our achievements and we will make use of this in the upcoming Cross County season.

Andrew Cochrane – Timing Gates Officer

7.9 Field Events Results

Thank you to all the age managers that volunteered this year and persevered with the challenges we occasionally have with our tablets.

We had some lessons learned from our pentathlon which we implemented for our multi event day. The paper-based approach was a success and all results were captured without any issues.

Thank you to the early event managers who diligently messaged the results to me each Saturday morning, ensuring I always had them safely recorded.

I appreciate everyone's support during my first year as field results officer.

Justin Brookes – Field Events Results Coordinator

7.10 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; personal improvement is just as important.

7.10.1 Personal Bests

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 2023-2024 season, our 327 athletes have achieved a massive 4375 Personal Bests at Foxglove; at an average of over 13 PB's per athlete plus another 50 PBs by our U18 &U20 for a grand total of 4425. Eight athletes achieved 30 or more PB's and 66 athletes achieved 20 or more PB's – well done! In addition, 124 athletes achieved 4 PBs in a day, 30 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, 4 Nov (476), 21 Oct (440), 28 Oct (379) and 2 Dec (346). 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 2023-2024 season.

48	Blue Ribbons
183	Red Ribbons
76	Green Ribbons
250	Yellow Ribbons
130	Purple Ribbons
687	TOTAL

7.10.2 Level of Achievement

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 51 athletes achieved yellow, 152 achieved green, 69 achieved red and 8 achieved blue.

Congratulations to the following athletes who achieved BLUE level:

U6G Tahlia Brookes	U8B Nico Brichta
U7G Clara Samakeh	U10G Evie Moore-Mulcahy
U7B Ethan Rivers-Mugford	U15G Aniela Knight
U8B Nox Entwisle	U17B Kalan Harding

7.10.3 Pentathlon and Multi Event Results

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

PENTATHLON WINNERS 2023-24			MULTI EVENT WINNERS 2023-24		
Age	Girls	Boys	Age	Girls	Boys
U6	Tahlia Brookes	Alexander Monaco	U6	Tahlia Brookes	Alexander Monaco
U7	Rubylee Kurariki-Davis	Ethan Rivers-Mugford	U7	Clara Samakeh	Ethan Rivers-Mugford
U8	Molly Moore-Mulcahy	Nox Entwisle	U8	Molly Moore-Mulcahy	Nico Brichta
U9	Lillian Brookes	Lachlan Ross	U9	Lune Coetzer	Lachlan Ross
U10	Stephanie Ross	Max Pullin	U10	Stephanie Ross	Max Pullin
U11	Evie Moore-Mulcahy	Jensen Barrett	U11	Evie Moore-Mulcahy	Reef Bailey
U12	Estelle Creek	Tyler Cosier	U12	Estelle Creek	Christopher Braendle
U13	Sophia Cottrell	Judah Louie	U13	Maddison Barratt	Judah Louie
U14	Alannah Pryor	Saia Enasio	U14	Alannah Pryor	Alexander Braendle
U15	Aniela Knight	Sam Wu	U15	Aniela Knight	Sam Wu
U17	Freya Tonkin	Kalan Harding	U17	Freya Tonkin	Kalan Harding

7.10.4 Centre Records

From all of the results recorded this season, eight new Centre Records were achieved! Congratulations to the following incredible athletes on their new Centre Records below.

Age	Event	Athlete	Result	Date
U11 Girls	80m Hurdles	Evie MOORE MULCAHY	15.60	21 OCT 23
U11 Girls	80m Hurdles	Evie MOORE MULCAHY	15.50	03 FEB 24
U11 Girls	Multi Event	Evie MOORE MULCAHY	5134pts	03 FEB 24
U11 Girls	80m Hurdles	Evie MOORE MULCAHY	15.20	09 MAR 24
U12 Girls	Javelin 400g	Scarlett OWERS	23.59m	16 MAR 24
U17 Girls	300m Hurdles	Freya Tonkin	55.20	11 NOV 23
U17 Girls	300m Hurdles	Ava Mitchell	55.10	02 DEC 23
U17 Girls	300m Hurdles	Ava Mitchell	51.20	09 MAR 24

Prudence Silver – Awards Officer

7.11 Publicity and 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, sign-on links for helper roles, details of our weekly training schedule and programs. Please don't forget to follow us https://www.instagram.com/northern_districts_lac/. Our Facebook [facebook.com/NDLAC](https://www.facebook.com/NDLAC) and TeamApp pages <https://ndlac.teamapp.com> continue to be our main communication platforms particularly for up to date information, cancellations etc. so please follow and join these pages. Please always remember to check email throughout the season for our newsletter and emails throughout the year with updates on cross country, LA events and new season registration.

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 cross country season, winter competitions and 2024/25 registration details around July/August.

Gina Crompton - Publicity & Communications Officer

7.12 Canteen

A big thank you to everyone who helped on the BBQ, especially Mark Janssens, you did a fabulous job. Thank you to Andy and Damon who not only sold raffle tickets, but improved our raffle ticket selling process. Thank you for your initiative and successful implementation. Thank you to everyone who purchased raffle tickets supporting our fundraising throughout the season. Also, thank you to all our helpers in the canteen who served our hungry athletes, with special note to the regulars of Katie, Tammie and Lyle. We simply could not do it without you!

Once again this year we were very fortunate to have the bread for most of the season donated by Baker's Delight at Berowra. This incredibly generous donation each week is very well received. Thank you, Tim, for your support of Northern District Little Athletics.

Thank you also to Mt Kuring-gai Village Butchery for their generous donation of a meat tray each week. The meat raffle is one of the greatest fundraisers for our club and it has been well supported again this year. The funds raised from the raffle enable the club to purchase new equipment.

For the first time since I have been involved, we had a bumper Christmas raffle with generous donation of prizes by Steve Edgecumbe (Cubby House TAFE), Amjad Samakeh (Beverage Hamper MARS Legal), Susan Catania (Snack Hamper Nestle), Paul Davis (Car care kits Repco), Mt Kuring-gai Butcher (Christmas Ham), Coles vouchers (Coles). The funds raised from this raffle enabled us to purchase a new BBQ.

Janelle Oliver, Gail Silver– Canteen Officers

7.13 Presentation Day Report

Congratulations to all our Little Athletes for their achievements and participation for this past season 2023-24. Another successful year and great results from all.

This year arrangements for Presentation Afternoon is well underway and will take place on Sunday the 5th of May. 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 NDLC 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 Nominees	Kevin Hirst Award Nominees	Julie Halsey Award Nominees
Alexander Braendle (U14B)	Andrew Cochrane (U10G)	Adam Harding
Elise Oliver (U17G)	Carrie Gleeson (U7B)	Andrew Cochrane
Estelle Creek (U12G)	Cathy Tindall (U8G)	Darren Cosier
Jennifer Toynbee (U13G)	Karen Chapman (U15B)	Janelle Oliver
Kalan Harding (U17B)	Kylie Foster (U14G)	Josh Tonkin
	Natasha Creek	Justin Brookes
		Mark Janssens
		Nicole Owers
		Nyree McCabe
		Peta Tonkin

Leanne Johnson – Annual Presentation Coordinator

7.14 Coaching

The NDLAC coaching program continued with great success this season. The expansion of the program over the past couple of seasons has seen the development of athletes into junior coaches and shared the knowledge of our talented senior coaches who have also spent much of the last season growing their skills through Little Athletics NSW. This continued dedication of our team has seen our senior coaching team grow to three regular coaches at each Saturday development session, with an increasing number of junior coaches expressing interest to continue supporting the development of athletes and improve their own learning.

The success of the coaching team is reflected in the enthusiasm of our athletes their continued PB's each week and our club representation at meets from zone through to region. Thank you to the hard working coaching team for working with all our developing athletes.

Sally Freeman Coaching Coordinator

7.15 Key Officials

Thank you to all our Key Officials, this season. For many it was their first time in this role, and it was greatly appreciated. I hope you all had an enjoyable season and look forward to your return next 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.

To our returning officials - Peta Tonkin, Josh Tonkin, Lisa Barrett, Bec Louie, Bec Hawes, Brendan Creek and Andrew Cochrane – thank you for another great season your expertise and guidance is appreciated.

To our new officials thank you for taking on the roles you did – Troy Crozier, Vanessa Sakajani, Ange Hewitt, Romesh De Mel, Fred Shu and Wendy Lou. You all did a fantastic job.

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.

If you or anyone you know may be interested in taking on or sharing a role as Key Official, please let us know. We have several experienced officials in our Centre who are happy to provide guidance. A great place to start is the Little Athletics Basics which can be found at <https://lansw.com.au/for-parents>, further information re officiating is available on the LA NSW website, under officiating.

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 the support and assistance you provided.

Matt Gleeson - Zone, Region, State	Shayla Gleeson – Zone
Cheryl Burnett (L.M)- Zone, Region, State	Alysha Burnett - Zone
Heather Shepherd – Zone, Region, State	Rob Cottrell - Zone
Michael Halmy (L. M) - Zone, Region, State	Lisa Barrett - Zone
Wayne Bingham (L.M) - Zone, Region	Bec Hawes - Zone
Andrew Cochrane - Zone, Region	Peta Tonkin – Zone
Isabella Cruickshank – Zone, Region	Vanessa Sakajani - Zone
Stuart Guthrie - Zone	

Cheryl Burnett Key Officials Officer/Life Member

7.16 Seniors/Masters Report

For Seniors in the 2023-24 season, we had athletes involved across a mix of Social Seniors (U30+), U20s, and Athletics NSW "Dual" athletes. For Social Seniors, we had 14 members join this season, who took part in our monthly meets at Foxglove involving a mix of run, jump and throw events in a fun and supportive environment. Most members were trying events for the first time, for example throwing a Javelin, hurling a Discus, running a 200M, or bounding a Long or Triple Jump, and then coming back to aim for new PBs. The canteen was closed but BYO nibbles and drinks added to the enjoyment at each meet's end.

We also had 4 Social Senior members join in the LANSW State Combined meet in Glendale in the Open category, with a lot of fun had and Carrie Gleeson coming away with a Silver medal! Cross Country meets are included in the Social Seniors membership and we hope to see some of the crew there and that LANSW continues this initiative in 2024-25!

We also had athletes take advantage of the Athletics NSW Senior Club status held by our neighbours at Hornsby Districts Athletics, including 3 in the U20s category and many more Dual athletes. This opened up opportunities to compete in various Athletics NSW meets which span a variety of formats and welcome

athletes of all experience and skill levels. ND Lac athletes age U12 and above are encouraged to take advantage of the opportunity to do this at no additional membership cost with HD Lac.

I look forward to further growing our Senior athlete base even further in the 2024-25 season.

Troy McMullen – Senior / Master Athletics Coordinator

7.17 Winter Cross Country Report

For eight weeks from the end of April through to the end of June 2023 we conducted our 11th Winter Cross Country season. With a massive increase from previous years, we had over 90 athletes, including our social seniors, with consistent numbers of over 60 athletes attending each week, with a peak of 75 athletes on 7 May 2023. Over 160 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 new records were set during the season. On 14 May, Freya Tonkin broke the U15G 3000m record with a time of 14:33.8 (old record 14:42.0 from 26/5/2013) then on 4 June, broke the record again (14:17.10) and again on 18 June in a new time of 14:09.40. Well done Freya.

On 12 June, Luke Holder set a new record in U8B 800m with a time of 2:53.6 (old record 3:03.0 from 16/6/2013). Congratulations Luke.

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 – Sofia Sharp	1st – Michael Gallagher
2nd – Matilda Brookes	2nd – Alfie Gleeson
3rd – Jennifer Toynbee	3rd – Jarrah Bailey

Finally, thank you to all the parents who assisted with setting out markers, picking up markers, course marshals and place judging, special thanks to our chief timekeepers Andrew Cochrane (recording) and Matthew Gleeson (video).

Gail Silver – Cross Country Fan

7.18 Equipment and Asset Register

The 2023-2024 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 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	2024	2023	2022	2021	2020	2019	Replacement Cost	Total Replacement
1	BBQ	1	1	1	1	1	1	\$600.00	\$600.00
2	Bean bags	36	45	45	45	45	45	\$1.00	\$36.00
3	Broom	3	3	3	3	1	2	\$14.00	\$42.00
4	Canteen stool	1	1	1	1	1	1	\$25.00	\$25.00
5	Centre Banner (New)	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	8	10	10	10	10	\$15.00	\$120.00
8	Computers (Good	3	3	3	4	4	4	\$700.00	\$2,100.00
9	Cow bell	1	1	1	1	1	1	\$60.00	\$60.00
10	Discus 1.5kg (metal)	4	3	6	6	6	5	\$35.00	\$140.00
11	Discus 1kg (metal)	6	4	4	7	4	4	\$30.00	\$180.00

12	Discus 750g (Metal)	6	6	7	7	6	7	\$25.00	\$150.00
13	Discus 1kg (rubber)	6	6	7	7	8	9	\$15.00	\$90.00
14	Discus 350g	12	9	9	9	4	9	\$8.00	\$96.00
15	Discus 500g	15	18	20	20	18	23	\$10.00	\$150.00
16	Discus 750g (rubber)	6	6	7	11	11	22	\$12.00	\$72.00
17	Practise Discus	6	0	0	0	0	0	\$7.50	\$45.00
18	Drink containers	3	3	3	3	3	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	4	3	3	3	\$300.00	\$1,200.00
21	Large Electronic Timing Gates	2	2	2	1	1	1	\$3,000.00	\$6,000.00
22	Environ shades (1 x Jet Star, 14 x Blue)	15	18	7	10	15	14	\$799.00	\$11,985.00
23	Equipment trolleys	10	10	11	11	11	11	\$800.00	\$8,000.00
24	Finishing posts	3	3	3	4	4	7	\$25.00	\$75.00
25	First aid kits	1	1	1	1	1	1	\$150.00	\$150.00
26	Hammers	3	4	4	4	4	4	\$5.00	\$15.00
27	High Jump Bars	3	3	4	4	5	5	\$100.00	\$300.00
28	High Jump Mats +	14	14	14	11	11	10	\$1,200.00	\$16,800.00
29	High Jump Measures	3	3	3	5	7	7	\$115.00	\$345.00
30	High Jump Practice	1	1	1	1	1	1	\$35.00	\$35.00
31	High Jump Scissors	1	1	1	1	1	1	\$2,250.00	\$2,250.00
32	High Jump Uprights	8	6	6	6	6	6	\$100.00	\$800.00
33	Spare High Jump	2	0	0	0	0	0	\$13.20	\$26.40
34	Hula-hoops	15	15	15	20	20	20	\$2.00	\$30.00
35	Hurdles	67	70	72	76	80	80	\$95.00	\$6,365.00
36	Hurdles (Training, adjustable) SML	4	4	13	13	13	13	\$50.00	\$200.00
37	Hurdles (Training, adjustable) MED	4	4	13	13	13	13	\$57.50	\$230.00
38	Hurdles 50cm	35	40	40	40	40	40	\$18.00	\$630.00
39	Hurdles mini 30 cm	15	15	15	10	10	10	\$15.00	\$225.00
40	Hurdles mini 15 cm	11	11	11	6	6	6	\$12.00	\$132.00
41	Javelin 400g	5	5	5	5	4	4	\$250.00	\$1,250.00
42	Javelin 500g	4	4	4	5	4	4	\$250.00	\$1,000.00
43	Javelin 600g	2	3	3	3	2	2	\$250.00	\$500.00
44	Javelin 700g	2	2	2	2	2	2	\$250.00	\$500.00
45	Long Jump Mats	5	5	5	5	3	5	\$10.00	\$50.00
46	Long Jump	12	12	14	13	10	12	\$22.00	\$264.00
47	Long Jump rakes (2 regular, 1 extra	3	3	3	2	2	3	\$12.00	\$36.00
48	Long Jump shovels	4	4	4	4	4	4	\$12.00	\$48.00
49	Long Jump Wooden	2	2	2	2	2	4	\$18.00	\$36.00
51	Measuring tape	3	1	1	2	3	4	\$55.00	\$165.00
52	Measuring tape 15m	5	2	2	1	4	0	\$19.55	\$97.75
53	Measuring tape 30m	8	8	11	12	5	4	\$30.00	\$240.00
54	Measuring tape 50m	4	2	4	3	6	4	\$50.00	\$200.00
55	Measuring wheel	1	1	1	1	1	1	\$350.00	\$350.00
56	Medicine ball 1kg	8	8	10	10	10	10	\$12.00	\$96.00
57	Medicine balls 3kg	4	4	5	5	5	5	\$18.00	\$72.00
58	Medicine balls 2kg	8	8	10	10	10	10	\$15.00	\$120.00
59	Multi timers (paper)	2	4	4	4	4	4	\$500.00	\$1,000.00
60	PA System	1	1	1	1	1	1	\$2,500.00	\$2,500.00
61	Petrol Blower	1	1	1	1	1	1	\$150.00	\$150.00
62	Petrol Can 20lt	1	1	1	1	1	1	\$20.00	\$20.00
63	Petrol Funnel	1	1	1	1	1	1	\$5.00	\$5.00
64	Pig tail spikes	24	29	29	29	29	26	\$9.50	\$228.00
65	Place numbers sets	2	3	3	3	3	3	\$50.00	\$100.00
66	Plastic trolleys	16	19	19	19	19	19	\$20.00	\$320.00
67	Powertech 5 in 1	2	3	3	3	1	1	\$200.00	\$400.00
68	Presentation dais	1	1	1	1	1	1	\$240.00	\$240.00
69	Relay batons	12	12	12	12	18	18	\$2.50	\$30.00
70	Ride on	2	2	2	2	2	2	\$3,200.00	\$6,400.00
71	Rope- Sprint Track	1	1	1	1	1	1	\$30.00	\$30.00
72	Rope- Throws Area	1	1	1	1	1	1	\$30.00	\$30.00

73	Shot Put 0.5kg (pink)	6	6	9	3	6	6	\$10.50	\$63.00
74	Shot Put 1.5kg	12	15	15	15	15	15	\$11.00	\$132.00
75	Shot Put 1kg (blue)	10	13	13	10	10	9	\$10.50	\$105.00
76	Shot Put 2kg	10	12	11	14	10	6	\$12.00	\$120.00
77	Shot Put 3kg (white)	8	9	9	9	7	7	\$15.00	\$120.00
78	Shot Put 4kg (red)	6	5	5	5	4	5	\$18.00	\$108.00
79	Shot Put 5kg (green)	4	3	5	5	5	3	\$21.00	\$84.00
80	Practise Shot Puts	10	0	0	0	0	0	\$7.90	\$79.00
81	Shot Put stop boards	3	3	7	7	7	7	\$450.00	\$1,350.00
82	Discus marker sets	2	2	2	2	2	2	\$145.00	\$290.00
83	Shot Put marker sets	3	3	3	3	2	2	\$145.00	\$435.00
84	Skipping rope	8	12	12	12	12	12	\$1.00	\$8.00
85	Speakers on pole	2	2	2	2	2	2	\$290.00	\$580.00
86	Starting blocks	11	11	5	5	5	10	\$150.00	\$1,650.00
87	Starting guns	4	6	6	6	6	6	\$28.00	\$112.00
88	Stop watches - lap	3	3	3	3	3	3	\$65.00	\$195.00
89	Stop watches - single	5	5	10	10	10	10	\$28.00	\$140.00
90	Storage Container	1	1	1	1	1	1	\$2,800.00	\$2,800.00
91	Tables	7	7	7	5	5	5	\$80.00	\$560.00
92	Training bocce balls	10	10	15	15	15	15	\$3.00	\$30.00
93	Umbrella spikes	30	40	60	60	45	20	\$2.00	\$60.00
94	Upright Freezer	1	1	1	1	1	1	\$240.00	\$240.00
95	Vortex	4	6	6	6	6	7	\$12.50	\$50.00
96	Walkie-talkies	0	4	6	9	9	9	\$45.00	\$0.00
97	Water spray bottles	2	2	2	2	2	2	\$18.00	\$36.00
98	Watering cans	3	3	3	3	3	3	\$1.00	\$3.00
99	White Board	1	1	1	1	1	1	\$80.00	\$80.00
100	Bollards	4	4	4	4	0	0	\$19.95	\$79.80
101	Flag Reels	2	3	4	4	0	0	\$40.00	\$80.00
102	Witches hats	80	96	135	60	80	100	\$1.00	\$80.00
103	Long Jump Marker	1.2	1	1	1	0	0	\$55.00	\$66.00
104	Net- Throws area	1	1	1	1	0	0	\$42.50	\$42.50
105	Spare Trolley wheels	1	1	0	1	0	0	\$10.00	\$10.00
106	Tablets Lenovo	21	21	21	19	19	0	\$300.00	\$6,300.00
107	Agility Poles (Set of 4)	2	2	2	0	0	0	\$60.00	\$120.00
108	UHF Starting Device	3	3	3	0	0	0	\$750.00	\$2,250.00
109	Timing Box	3	3	3	0	0	0	\$4,000.00	\$12,000.00
110	Floppy Yellow	5	5	5	0	0	0	\$2.00	\$10.00
111	B88Garden Hose	2	2	2	0	0	0	\$25.00	\$50.00
112	12V Back-up Battery	3	3	3	0	0	0	\$125.00	\$375.00
113	Witches Hats (Large Orange)	3	3	3	0	0	0	\$25.00	\$75.00
114	Witches Hats	0	1	1	0	0	0	\$13.50	\$0.00
115	Lane Markers (Small)	12	12	12	0	0	0	\$1.00	\$12.00
116	Parachute	1	1	1	0	0	0	\$69.00	\$69.00
117	Mower Battery	1	1	0	0	0	0	\$69.00	\$69.00
118	Mower Tyre Tube	1	1	0	0	0	0	\$30.00	\$30.00
119	Tent Leg weights	8	8	3	3	3	3	\$15.00	\$120.00
120	Dome Markers	183	218	250	0	0	0	\$0.75	\$163.50
									\$107,137.95

Adam Harding - Equipment Officer

8 Centre Records and Season Bests 2023-2024

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	Ramindi Chloe	De Mel Person	22.5 22.5	E Frost	19.20(HT)	13-03-04
200m	Tahlia	Brookes	47.5	Jessica Walton	40.70	19-11-11

300m	Tahlia	Brookes	1:18.60	Stephanie Ross	1:09.10	29-02-20
50m	Chloe	Person	11.3	J O'Regan	9.60 (HT)	01-01-85
70m	Tahlia	Brookes	15.8	Amanda Campbell	13.60(HT)	01-01-83
Discus 350g	Tahlia	Brookes	8.32	Ella Gibbons	12.36	10-03-12
Long Jump	Chloe	Person	2.24	Emma Smith	3.32	01-01-85
Multi	Tahlia	Brookes	1,528.00	J Walton	1905.00	28-01-12
Pentathlon	Tahlia	Brookes	714	Jessica Walton	917.00	05-11-11
Shot 500g	Tahlia	Brookes	4.13	Evie Moore-Mulcahy	5.35	02-03-19
Vortex	Holly	Patterson	10.15	Sophia Cottrell	13.90	27-01-18
500m CC	Leila	Richards	2:20.3	Emilie Stevens	2:05.00	05-06-13
Under 6 Boys						
100m	Alexander	Monaco	21.6	Gordon Broome	18.50 (HT)	05-12-98
200m	Alexander	Monaco	45	Mitchel Van Noort	40.20	01-12-01
300m	Alexander	Monaco	1:17.10	Lucas Rogers	1:05.50	27-02-16
50m	Matthew	Xia	11.2	D Huber	9.10 (HT)	01-01-83
70m	Alexander	Monaco	15.2	David Huber	12.60 (HT)	01-01-83
Discus 350g	Alexander	Monaco	9.1	Nicholas Frost	15.74	25-02-06
Long Jump	Matthew	Xia	2.15	David Huber	3.07	01-01-83
Multi	Alexander	Monaco	1,806.00	M Van Noort	2195.00	26-01-02
Pentathlon	Alexander	Monaco	530	G Broome	1335.00	12-05-98
Shot 500g	Alexander	Monaco	4.67	Cooper Young	5.11	22-01-22
Vortex	Alexander	Monaco	10.66	Nicholas Frost	22.36	10-12-05
500m CC	Alfie	Gleeson	2:23.5	Lucas Rogers	1:59.00	22-05-16
Under 7 Girls						
100m	Rubylee	Kurariki-Davis	18.3	S Parker	17.40	01-01-91
200m	Rubylee	Kurariki-Davis	41.6	Hollie Fallowfield	36.80	01-01-83
500m	Clara	Samakeh	2:06.30	Kristy Campbell	1:52.60	01-01-90
50m	Rubylee	Kurariki-Davis	9.5	Hollie Fallowfield	8.70	01-01-83
70m	Rubylee	Kurariki-Davis	13.3	Hollie Fallowfield	12.00	01-01-83
Discus 350g	Madison	Sakajani	9.89	Emma Frost	16.59	12-03-05
Long Jump	Clara	Samakeh	2.7	Mikhaila Gray	3.20	24-02-01
Multi	Clara	Samakeh	2,492.00	M Williams	2858.00	20-02-10
Pentathlon	Rubylee	Kurariki-Davis	868	Ella Gibbons	1333.00	11-03-12
Shot 1kg	Molly	Mooney	5.29	Samantha Garde	6.97	01-01-93
Vortex	Ciara	Nelson	11.85	Tiana Hazelwood	17.63	03-12-05
800m CC	Molly	MooreMulcahy	3:35.10	Penny Gill	3:24.0	01-05-16
Under 7 Boys						
100m	Ethan	Rivers-Mugford	18.4	Joshua Lydon	16.50	01-01-86
200m	Lucas	Delgadillo Atara	38.7	Russell Parker	34.90	01-01-88
500m	Ethan	Rivers-Mugford	1:54.10	Sam Pears	1:45.10	01-01-93
50m	Lucas	Delgadillo Atara	9.8	C Taylor	8.70	13-02-99
70m	Lucas	Delgadillo Atara	13.5	Russell Parker	11.80	01-01-88
Discus 350g	Frederick	Dixon	11.52	Nicholas Frost	22.96	12-01-07
Long Jump	Thor	Jennings	2.76	David Huber	3.25	01-01-84
Multi	Ethan	Rivers-Mugford	2,830.00	Adam Halmy	3310.00	29-01-05
Pentathlon	Ethan	Rivers-Mugford	960	C Taylor	1507.00	12-05-98
Shot 1kg	Nathaniel	Fulton	6.22	Nicholas Frost	7.67	19-01-07
Vortex	Ethan	Rivers-Mugford	21.26	Nicholas Frost	32.11	05-01-07
800m CC	Kian	Mohsen	3:28.70	Daniel Gallagher	3:10.0	08-05-16
Under 8 Girls						
100m	Molly	MooreMulcahy	19.2	Amanda Campbell	16.20	01-01-85
200m	Molly	MooreMulcahy	42.2	Jessie Shepherd	33.80	01-01-86
400m	Molly	MooreMulcahy	1:34.60	Jessie Shepherd	1:19.00	01-01-86
400m Pack	Molly	MooreMulcahy	1:35.70			
60m Hurdles	Molly	MooreMulcahy	13.2	J Hawes	12.10	02-03-96
700m	Molly	MooreMulcahy	2:58.80	A Savenko	2:39.00	08-03-08
70m	Molly	MooreMulcahy	13.1	Jessie Shepherd	11.30	01-01-86
Discus 500g	Molly	MooreMulcahy	14.09	Samantha Garde	18.16	01-01-94
Long Jump	Molly	MooreMulcahy	3.08	Amanda Campbell	3.66	01-01-85
Multi	Molly	MooreMulcahy	2,810.00	J Walton	3565.00	01-02-14

Pentathlon	Molly	MooreMulcahy	1,099.00	S Garde	2030.00	01-01-94
Shot 1.5kg	Hope	Wales	5.07	Samantha Garde	8.05	01-01-94
800m CC	Lillian	Brookes	3:17.90	Evie MooreMulcahy	2:07.00	14-06-21
Under 8 Boys						
100m	Nico	Brichta	16.9	Russell Parker	15.90	01-01-89
200m	Nox	Entwisle	34.9	Marcus Panetta	32.90	25-02-12
400m	Nox	Entwisle	1:20.90	Adam Halmy	1:16.20	11-03-06
400m Pack	Nox	Entwisle	1:24.60			
60m Hurdles	Nico	Brichta	12.8	J Wells	11.40	03-07-98
700m	Nox	Entwisle	2:40.00	Adam Halmy	2:24.20	11-03-06
70m	Nico	Brichta	12.3	Mitchel Van Noort	11.20	01-01-04
				Russell Parker	11.20	01-01-89
Discus 500g	Cooper	Young	16.2	Nathan Durnell	24.00	01-01-83
Long Jump	Nox	Entwisle	3.39	Adam Halmy	3.78	10-12-05
Multi	Nico	Brichta	3,472.00	Brodie Waldock	4220.00	01-02-14
Pentathlon	Nox	Entwisle	1,887.00	M Van Noort	2069.00	15-11-03
Shot 1.5kg	Lewis	Tonkes	6.17	Brodie Waldock	8.56	08-03-14
800m CC	Luke	Holder	2:53.53	Luke Holder	2:53.53	12-06-23
Under 9 Girls						
100m	Lune	Coetzer	17.5	Sarah Alchin	15.30	24-02-96
200m	Isla	Sharkey	35.7	Jessie Shepherd	32.00	01-01-87
400m	Lillian	Brookes	1:30.20	Jessie Shepherd	1:13.40	01-01-87
				Janelle Smith	1:13.40	01-01-83
60m Hurdles	Lune	Coetzer	13.2	K Oswald	11.10	28-02-04
700m Walk	Sofia	Sharp	7:53.50	A Downie	3:46.30	06-03-99
70m	Lune	Coetzer	12.3	Sarah Alchin	11.00	02-03-96
800m	Lune	Coetzer	3:16.00	Helen Dalloway	2:51.00	01-01-83
Discus 500g	Lillian	Brookes	14.06	Ella Gibbons	23.52	14-03-15
High Jump Scissor	Emma	Hales	1	Lana Waddingham	1.07	17-09-16
Long Jump	Lune	Coetzer	3.19	Samantha Garde	3.93	03-12-94
Multi	Lune	Coetzer	3,994.00	K Oswald	4520.00	31-01-04
Pentathlon	Lillian	Brookes	1,695.00	S Garde	2480.00	27-01-95
Shot 2kg	Emma	Hales	4.24	Ella Gibbons	8.08	09-01-15
1500m CC	Beth	Cochrane	7:15.90	Evie MooreMulcahy	6:24.00	19-06-22
Under 9 Boys						
100m	Lachlan	Ross	16.7	Tama Simpkins	15.10	22-02-14
				Russell Parker	14.90(HT)	01-01-90
200m	Lachlan	Ross	34.9	T Simpkins	30.80	15-03-14
400m	Lachlan	Ross	1:19.60	Thomas Fischer	1:10.70	22-02-14
60m Hurdles	Hugo	Harper	12.8	Nicholas Frost	10.00	03-07-09
700m Walk	Loki	Gleeson	5:25.90	Jordan Wells	4:10.40	06-03-99
70m	Matthew	Donaldson	12.1	Tama Simpkins	10.70	07-12-13
800m	Lachlan	Ross	2:52.30	Adam Halmy	2:46.30	23-09-06
Discus 500g	Jarra	Bailey	16.25	David Huber	32.22	01-01-86
High Jump Scissor	Lachlan	Ross	1.07	William Scodellaro	1.11	09-11-19
Long Jump	Lachlan	Ross	3.36	Jack Dempsey	4.29	07-03-09
Multi	Lachlan	Ross	4,436.00	T Fischer	5218.00	01-02-14
Pentathlon	Lachlan	Ross	2,284.00	M Mooney	2813.00	04-12-99
Shot 2kg	Loki	Gleeson	5.82	Nicholas Frost	9.49	23-01-09
1500m CC	Harry	Patterson	6:36.0	Ethan Oliver	6:07.00	22-06-14
				Thomas Fischer		
Under 10 Girls						
100m	Stephanie	Ross	16.1	Katy Oswald	14.80	26-02-05
1100m Walk	Beth	Cochrane	6:42.80	Lisa Harvey	6:07.20	09-03-02
200m	Stephanie	Ross	34.3	Katy Oswald	30.50	05-03-05
400m	Stephanie	Ross	1:21.30	Evie MooreMulcahy	1:10.7	11-03-23
60m Hurdles	Stephanie	Ross	13.1	S Alchin	10.90	08-02-97
70m	Stephanie	Ross	11.5	Katy Oswald	10.40	11-12-04
800m	Stephanie	Ross	2:59.80	Jenny Dallaway	2:42.00	01-01-83
Discus 500q	Matilda	Brookes	20.28	Tiana Hazlewood	26.73	25-10-08

High Jump Scissor	Ruwinka	De Mel	1.17	Evie MooreMulcahy	1.2	25-02-23
Long Jump	Ruwinka	De Mel	3.55	Hollie Fallowfield	4.25	01-01-86
Multi	Stephanie	Ross	3,842.00	Evie MooreMulcahy	4453	11-02-23
Pentathlon	Stephanie	Ross	2,213.00	S Garde	3020.00	02-10-96
Shot 2kg	Beth	Cochrane	6.4	Samantha Garde	9.20	10-02-96
1500m CC	Evie	MooreMulcahy	6:24.20	Anna Phipps	6:03.00	17-06-18
Under 10 Boys						
100m	Max	Pullin	16.1	Russell Parker	14.20	01-01-91
1100m Walk	William	Hart	9:11.50	Alexander Braendle	6:54.10	07-03-20
200m	Max	Pullin	33.1	Evan Clothier	29.50	13-03-04
400m	Riley	Daley	1:19.80	Adam Wood	1:07.90	01-01-91
60m Hurdles	Max	Pullin	11.8	J Gibbons	10.70	16-03-13
				N Frost	10.70	17-10-09
70m	Max	Pullin	11.1	T Simpkins	10.40	25-10-14
				Adam Halmy	10.40	20-10-07
800m	Riley	Daley	2:55.50	Matthew Brougham	2:36.70	01-01-91
Discus 500g	Max	Pullin	24.32	David Huber	37.58	01-01-87
High Jump Scissor	William	Hart	1.12	Harley Boyce	1.19	02-12-17
Long Jump	Max	Pullin	3.86	Russell Parker	4.55	01-01-91
Multi	Max	Pullin	4,361.00	C Leverton	5041.00	31-01-15
Pentathlon	Max	Pullin	2,516.00	M Mooney	3094.00	12-09-00
Shot 2kg	William	Hart	6.82	Nicholas Frost	10.60	13-03-10
1500m CC	Reef	Bailey	6:20.40	Marcus Panetta	5:44.00	22-06-14
Under 11 Girls						
100m	Evie	MooreMulcahy	15.5	Elizabeth Mackinlay	13.90	01-01-92
1100m Walk	Annika	Owers	7:18.00	Ashleigh Downie	5:56.30	19-01-01
1500m	Evie	MooreMulcahy	6:02.20	Julia Batterley	5:16.40	01-01-93
200m	Evie	MooreMulcahy	30.5	Jordan Lumley	29.50	14-12-02
400m	Evie	MooreMulcahy	1:06.70	Janelle Smith	1:06.60	01-01-85
800m	Evie	MooreMulcahy	2:43.50	Julia Batterley	2:40.20	01-01-93
80m Hurdles	Evie	MooreMulcahy	15.2	Evie MooreMulcahy	15.2	09-03-24
Discus 500g	Evie	MooreMulcahy	24.79	Alyssa Holmes	25.09	16-01-21
High Jump	Evie	MooreMulcahy	1.31	Katrina Moyes	1.41	25-01-97
Javelin 400g	Annika	Owers	16.85	Isabelle Cruickshank	22.90	10-03-18
Long Jump	Evie	MooreMulcahy	4.47	Bridget Martin	4.50	13-03-10
Multi	Evie	MooreMulcahy	5,134.00	Evie MooreMulcahy	5134.00	03-02-24
Pentathlon	Evie	MooreMulcahy	3,045.00	S Garde	3145.00	22-02-97
Shot 2kg	Dulcie	Thompson	8.64	Ella Gibbons	10.08	11-03-17
Triple Jump	Evie	MooreMulcahy	8.46	Katrina Moyes	9.19	02-11-96
2000m CC	Zoe	Swain	9:13.40	Bronte Tonkin	8:06.00	10-06-19
Under 11 Boys						
100m	Jensen	Barrett	15	Chris Bostleman	13.50	01-01-85
1100m Walk	-	-	-	Hayden Millican	6:05.40	11-12-10
1500m	Reef	Bailey	5:41.80	Michael Stevens	5:00.80	01-01-85
200m	Jensen	Barrett	29.8	Cameron Wyper	29.00	26-02-00
400m	Jensen	Barrett	1:13.30	Adam Wood	1:05.70	01-01-92
800m	Reef	Bailey	2:42.80	Michael Stevens	2:30.60	01-01-85
80m Hurdles	Reef	Bailey	16	Christopher Braendle	15.8	18-02-23
Discus 500g	Nate	Nash-krause	18.66	Joah Beasley	26.78	16-12-22
High Jump	Reef	Bailey	1.17	Damien Hawes	1.50	08-02-97
Javelin 400g	-	-	-	Ethan Oliver	30.33	12-03-16
Long Jump	Jensen	Barrett	3.97	Russell Parker	5.00	01-01-92
Multi	Reef	Bailey	4,273.00	Nicholas Frost	5567.00	28-01-11
Pentathlon	Jensen	Barrett	3,041.00	A Halmy	3684.00	11-01-08
Shot 2kg	Nate	Nash-krause	8.3	Nicholas Frost	12.78	05-03-11
Triple Jump	-	-	-	Alex Lamberton	9.69	13-03-99
2000m CC	Xavier	Kent	8:24.70	Marcus Panetta	7:49.00	31-05-15
Under 12 Girls						
100m	Bianca	Ferreira	15.2	J Lumley	13.40	13-03-04
1500m	Zoe	Swain	6:21.20	Julia Batterley	5:19.40	01-01-94

1500m Walk	Scarlett	Owers	15:03.10	Nicole Clifford	7:45.50	01-01-86
200m	Estelle	Creek	31.6	Jordan Lumley	27.90	25-10-03
400m	Ava	Tinacci	1:19.70	Jasmin Guthrie	1:06.70	07-02-15
800m	Zoe	Swain	3:10.70	Danae Hayes	2:34.00	01-01-92
80m Hurdles	Bianca	Ferreira	17	Sophia Cottrell	15.9	28-01-23
Discus 750g	Scarlett	Owers	24.29	Tiana Hazlewood	33.77	05-03-11
High Jump	Lucy	Dawson	1.31	Mikaela Quinlan	1.49	09-11-13
Javelin 400g	Scarlett	Owers	23.59	Scarlett Owers	23.59	16-03-24
Long Jump	Bianca	Ferreira	4.17	C Winston-Booth	4.93	22-02-14
Multi	Estelle	Creek	3,624.00	Alysha Burnett	5101.00	31-01-09
Pentathlon	Estelle	Creek	2,422.00	K Moyes	3483.00	31-01-98
Shot 2kg	Clara	Knight	9.04	Samantha Garde	11.49	28-02-98
Triple Jump	Zoe	Swain	7.97	Mikhaila Gray	10.08	19-11-05
2000m CC	Maddison	Barratt	8:49.20	Isabella Guthrie	8:10.0	17-05-15
Under 12 Boys						
100m	Christopher	Braendle	15.1	Russell Parker	13.10	01-01-93
1500m	Tyler	Cosier	5:55.20	A Halmy	4:58.10	31-10-09
1500m Walk	Samuel	Hart	10:24.80	Clinton Rose	7:23.40	01-01-84
200m	Christopher	Braendle	31.9	Russell Parker	27.30	01-01-93
400m	Tyler	Cosier	1:16.80	Roger Jenkins	1:04.10	01-01-83
800m	Tyler	Cosier	2:51.60	Lloyd Hogan	2:20.00	01-01-83
80m Hurdles	Christopher	Braendle	16.1	Eric Hamilton	14.50	19-10-19
Discus 750g	Joah	Beasley	26.06	Nosa Obaseki	43.09	12-03-16
High Jump	Christopher	Braendle	1.25	Christopher Beattie	1.58	01-03-97
Javelin 400g	Christopher	Braendle	18.33	Ethan Oliver	37.01	20-01-17
Long Jump	Orson	List	4.09	Christopher Beattie	5.07	22-02-97
Multi	Christopher	Braendle	4,288.00	Nicholas Frost	5588.00	28-01-12
Pentathlon	Tyler	Cosier	2,944.00	C Wyper	3834.00	12-09-00
Shot 2kg	Harry	Mooney	8.84	Kalan Harding	10.94	20-10-18
Triple Jump	Christopher	Braendle	8.37	An Ichinose	10.19	16-11-96
2000m CC	Judah	Louie	8:06.00	Ethan Middleton	7:46.00	02-06-19
Under 13 Girls						
100m	Sophia	Cottrell	14.9	Jordan Lumley Stephanie Parker	13.40 13.40	01-01-05 25-01-97
1500m	Sophia	Cottrell	6:12.20	Jessie O'Brien	5:17.60	28-02-04
1500m Walk	-	-	-	N Clifford	7:33.30	01-01-87
200m	Sophia	Cottrell	30.8	Jordan Lumley	27.50	25-01-05
200m Hurdles	Sophia	Cottrell	34.3	Clarissa Hirst	31.10	02-11-02
3000m	-	-	-	Bethany Halmy	11:25.70	15-12-07
400m	Lucy	Edgar	1:16.30	Jasmin Guthrie	1:02.10	05-12-15
800m	Sophia	Cottrell	3:00.30	Janelle Smith	2:31.50	01-01-87
80m Hurdles	Sophia	Cottrell	16.1	Shantelle Mcmillan	13.40	14-03-98
Discus 750g	Maddison	Barratt	21.58	Tiana Hazlewood	38.49	28-01-12
High Jump	Sophia	Cottrell	1.27	Shayla Gleeson	1.56	09-03-19
Javelin 400g	Maddison	Barratt	25.29	Alysha Burnett	35.30	19-09-09
Long Jump	Sophia	Cottrell	4.19	Jessica Perkins	4.96	14-02-04
Multi	Maddison	Barratt	3,975.00	Alysha Burnett	5679.00	20-02-10
Pentathlon	Sophia	Cottrell	2,918.00	K Moyes	3467.00	12-05-98
Shot 3kg	Jennifer	Toynbee	7.85	Alysha Burnett	10.62	13-03-10
Triple Jump	Sophia	Cottrell	9.2	Sarah Thompson	10.10	14-11-98
3000m CC	-	-	-	Freya Tonkin	13:02.00	06-06-21
Under 13 Boys						
100m	Liam	McIntyre	14.1	Marcus Panetta Eric-Ken Watanabe	12.90 12.6	05-11-16 12-02-05
1500m	Sam	Ogier	5:28.50	Michael Stevens	4:47.70	01-01-87
1500m Walk	-	-	-	Alexander Braendle	7:53.00	28-10-22
200m	Liam	McIntyre	29	Samuel Park	26.00	28-11-15
200m Hurdles	Liam	McIntyre	33.9	Samuel Park	28.60	12-03-16
3000m	-	-	-	A Halmy	10:25.80	11-12-10
400m	Liam	McIntyre	1:10.30	Eric-Ken Watanabe	57.80	26-02-05

800m	Sam	Ogier	2:41.50	Eric-Ken Watanabe	2:18.20	12-03-05
80m Hurdles	Judah	Louie	17.3	Ethan Oliver	13.50	17-03-18
Discus 750g	Judah	Louie	18.32	Kalan Harding	37.68	07-03-20
High Jump	Liam	McIntyre	1.35	Samuel Park	1.65	27-02-16
Javelin 600g	Judah	Louie	15.48	Elliot Lang	38.59	05-01-07
Long Jump	Judah	Louie	4.33	Eli Sagala	5.39	05-11-16
Multi	Judah	Louie	4,213.00	Ethan Oliver	6222.00	10-02-18
Pentathlon	Judah	Louie	3,333.00	S Park	4096.00	11-07-15
Shot 3kg	Sam	Ogier	7.59	Elliot Lang	13.50	28-10-06
Triple Jump	Sam	Ogier	9.46	Ethan Oliver	11.10	17-03-18
3000m CC	Evan	Beasley	12:32.00	Isaac Tonkin	11:40.00	02-06-19
Under 14 Girls						
100m	Alannah	Pryor	14	Stephanie Parker	12.90	07-03-98
1500m	Gemma	Tait	5:52.40	J Cropper	5:11.60	02-03-96
1500m Walk	-	-	-	J Clifford	7:49.60	01-01-86
200m	Alannah	Pryor	28.8	Stephanie Parker	27.20	28-02-98
200m Hurdles	Alannah	Pryor	37.5	Stephanie Parker	30.10	14-03-98
3000m	-	-	-	Elly Gallagher	11:26.40	19-01-13
400m	Alannah	Pryor	1:08.00	Jasmin Guthrie	1:01.80	24-09-16
800m	Gemma	Tait	2:52.40	Aniela Knight	2:29.40	03-12-22
80m Hurdles	Annalise	Cottrell	16.3	Stephanie Parker	13.20	14-03-98
Discus 1kg	Annalise	Cottrell	14.52	Tiana Hazlewood	35.43	16-03-13
High Jump	Marli	Foster	1.44	Alysha Burnett	1.62	22-01-11
Javelin 400g	Annalise	Cottrell	14.87	Isabelle Cruickshank	33.75	10-01-20
Long Jump	Annalise	Cottrell	4.53	Belinda Scott	5.41	01-01-91
Multi	Alannah	Pryor	3,905.00	Alysha Burnett	5712.00	28-01-11
Pentathlon	Alannah	Pryor	3,265.00	K Gear	3571.00	27-01-95
Shot 3kg	Hayley	Angwin	7.18	Alysha Burnett	11.39	13-11-10
Triple Jump	Alannah	Pryor	10.14	Bridget Martin	10.67	09-02-13
3000m CC	Sienna	Kent	15:46.00	Freya Tonkin	13:14.00	19-06-22
Under 14 Boys						
100m	Saia	Enasio	13.1	Harry Frederick A Wright	12.40 12.20(HT)	14-12-13 25-10-97
1500m	Alexander	Braendle	5:28.00	Adam Halmy	4:47.00	10-03-12
1500m Walk	-	-	-	Hayden Millican	8:01.40	08-03-14
200m	Saia	Enasio	27.8	Ashley Wright	25.30	28-02-98
200m Hurdles	Jake	Sefton	35.9	Eli Sagala	27.40	18-11-17
3000m	Riley	Waddingham	15:42.90	Adam Halmy	10:08.40	29-10-11
400m	Saia	Enasio	1:07.60	Harry Frederick	57.90	10-01-14
800m	Alexander	Braendle	2:36.60	Marco De Paulis	2:18.40	17-03-18
90m Hurdles	Jake	Sefton	17.6	Russell Parker	13.60	22-10-94
Discus 1kg	Saia	Enasio	22.18	Lewis Marr	44.37	08-02-03
High Jump	Evan	Beasley	1.45	Harry Frederick	1.67	05-10-13
Javelin 600g	Alexander	Braendle	14.16	Tom Mooney	45.16	21-10-06
Long Jump	Evan	Beasley	4.66	Eric-Ken Watanabe	5.87	28-01-06
Multi	Alexander	Braendle	4,815.00	T Finn	5555.00	26-01-08
Pentathlon	Saia	Enasio	3,651.00	H Frederick	4629.00	11-02-13
Shot 3kg	Jake	Sefton	11.22	Harry Frederick	14.68	08-02-14
Triple Jump	Jake	Sefton	9.58	Sam Wu	11.81	21-01-23
3000m CC	-	-	-	Joshua Silver	11:34.00	31-05-15
Under 15 Girls						
100m	Kyrah	McMahon	13.7	Stephanie Parker	12.90	28-11-98
1500m	Aniela	Knight	5:13.50	Elly Gallagher	5:07.50	22-02-14
1500m Walk	Imogen	Cochrane	9:44.20	Ashleigh Downie	7:56.90	30-10-04
200m	Kyrah	McMahon	28.3	Jasmin Guthrie	26.80	07-10-17
3000m	Aniela	Knight	11:09.40	Isabella Guthrie	50.50	23-09-17
300m Hurdles	Aniela	Knight	57.8	Elly Gallagher	11:15.70	05-10-13
400m	Aniela	Knight	1:06.40	Janelle Smith	1:00.70	01-01-89
800m	Aniela	Knight	2:28.90	E Carr	2:26.80	11-03-06

90m Hurdles	Aniela	Knight	17.9	Bridget Martin Elizabeth Cassidy	14.30 14.30	07-12-13 04-03-00
Discus 1kg	Kyrah	McMahon	19.13	Alysha Burnett	38.23	19-11-11
High Jump	Aniela	Knight	1.28	Alysha Burnett	1.65	19-11-11
Javelin 500g	Imogen	Cochrane	12.81	Alysha Burnett	40.77	25-02-12
Long Jump	Kyrah	McMahon	4.59	Alysha Burnett	5.49	10-03-12
Multi	Aniela	Knight	4,699.00	Alysha Burnett	6181.00	28-01-12
Pentathlon	Aniela	Knight	3,559.00	K Moyes	3809.00	12-09-00
Shot 3kg	Imogen	Cochrane	7.82	Alysha Burnett	11.73	28-01-12
Triple Jump	Aniela	Knight	9.27	Katherine Gear	11.20	09-03-96
3000m CC	Freya	Tonkin	14:09.40	Freya Tonkin	14:09.4	18-06-23
Under 15 Boys						
100m	Sam	Wu	13	A Hewitt	11.60	01-01-92
100m Hurdles	Ryan	Mooney	18.1	Russell Parker	14.20	28-10-95
1500m	Braeden	Searles	5:22.70	Adam Halmy	4:38.40	16-03-13
1500m Walk	-	-	-	Hayden Millican	7:44.30	18-10-14
200m	Sam	Wu	26.7	Joshua Mawhinney	23.90	12-12-09
3000m	-	-	-	Adam Halmy	10:14.80	01-12-12
300m Hurdles	Sam	Wu	53.2	Ethan Oliver	45.20	15-12-18
400m	Sam	Wu	1:08.30	Adam Wood	54.50	02-12-95
800m	Ryan	Mooney	2:37.90	Adam Wood	2:12.00	09-03-96
Discus 1kg	Sam	Wu	21.12	Lewis Marr	51.49	08-11-03
High Jump	Sam	Wu	1.52	Bradley Clarke	1.75	18-11-95
Javelin 700g	Gabriel	Hamilton	17.03	Frank Morris	47.20	16-03-13
Long Jump	Sam	Wu	5.85	Eric-Ken Watanabe	6.12	03-03-07
Multi	Sam	Wu	5,052.00	A Bhat	6640.00	31-01-09
Pentathlon	Sam	Wu	3,611.00	A Wood	4978.00	12-02-95
Shot 4kg	Luke	Pascoe	7.57	Philip Benjamin	13.83	04-11-95
Triple Jump	Sam	Wu	12.05	Amaan Bhat	12.42	06-12-08
3000m CC	-	-	-	Adam Halmy	10:46.00	10-06-13
Under 17 Girls						
100m	Elise	Oliver	14.2	Alysha Burnett	13.20	03-11-12
100m Hurdles	Ava	Mitchell	17.9	Natalie Setiadji	15.40	08-12-12
1500m	Freya	Tonkin	5:56.10	Elly Gallagher	5:03.90	24-01-15
1500m Walk	-	-	-	Shayla Gleeson	9:10.00	28-10-22
200m	Bronte	Tonkin	28.8	Bethany Halmy	27.40	19-11-11
3000m	Freya	Tonkin	13:20.70	Elly Gallagher	11:04.80	27-09-14
300m Hurdles	Ava	Mitchell	51.2	Ava Mitchell	51.20	09-03-24
400m	Freya	Tonkin	1:07.00	Elly Gallagher	1:00.40	12-03-16
800m	Freya	Tonkin	2:45.00	Elly Gallagher	2:22.80	31-01-15
Discus 1kg	Bronte	Tonkin	20.66	Tiana Hazlewood	38.60	18-10-14
High Jump	Lana	Waddingham	1.57	Mikaela Quinlan	1.62	11-11-17
Javelin 500g	Elise	Oliver	32.71	Isabelle Cruickshank	38.55	03-12-22
Long Jump	Charlotte	Toynbee	4.48	Bridget Martin	5.27	29-11-14
Multi	Freya	Tonkin	4,415.00	T Kissick	5320.00	01-02-14
Pentathlon	Freya	Tonkin	3,371.00	A Burnett	4012.00	11-03-12
Shot 3kg	Elise	Oliver	9.73	Alysha Burnett	12.55	03-11-12
Triple Jump	Freya	Tonkin	10	Bridget Martin	10.48	01-11-14
3000m CC	-	-	-	Courtney Bicknell	14:24.00	14-06-15
Under 17 Boys						
100m	Kalan	Harding	12.2	Joshua Mawhinney	11.40	20-11-10
110m Hurdles	Kalan	Harding	18	E Clothier	15.50	14-11-09
1500m	Conor	Collins	5:16.80	Adam Halmy	4:32.20	01-11-14
1500m Walk	-	-	-	Hayden Millican	7:53.60	27-02-16
200m	Kalan	Harding	25.5	Thomas Bostelman	23.30	15-11-14
3000m	Conor	Collins	10:48.80	Adam Halmy	9:48.40	25-10-14
300m Hurdles	Kalan	Harding	50.2	Ethan Oliver	41.50	21-11-20
400m	Kalan	Harding	1:00.60	Ethan Oliver	53.20	06-03-21
800m	Bradley	Gallagher	2:35.20	Adam Halmy	2:09.00	27-09-14
Discus 1.5kg	Kalan	Harding	34.22	Oliver Parry	41.51	26-10-13

High Jump	Kalan	Harding	1.65	Liam Quinlan	1.89	07-02-15
Javelin 700g	Eric	Hamilton	27.97	Frank Morris	55.98	18-10-14
Long Jump	Kalan	Harding	5.28	Evan Clothier	6.27	13-11-10
Multi	Kalan	Harding	5,897.00	Ethan Oliver	6734.00	27-02-21
Pentathlon	Kalan	Harding	4,249.00	Ethan Oliver	5097.00	14-11-20
Shot 5kg	Kalan	Harding	13.02	Tim Graham Robinson	13.82	07-03-09
Triple Jump	Kalan	Harding	11.59	Ethan Oliver	11.91	23-01-21
3000m CC	Conor	Collins	12:16.8	Joshua Silver	12:02.0	12-06-17
Under 20 Girls						
100m	Claudia	Endicott	14.6	Claudia Endicott	14.6	02-12-23
100m Hurdles	Claudia	Endicott	19.1	Claudia Endicott	19.1	18-11-23
1500m	Isabelle	Cruikshank	6:16.90	Isabelle Cruikshank	6:16.90	04-11-23
200m	Shayla	Gleeson	32.9	Shayla Gleeson	32.9	18-11-23
3000m	Minha	Lee	15:24.70	Minha Lee	15:24.70	28-10-23
300m Hurdles	Shayla	Gleeson	1:14.20	Shayla Gleeson	1:14.20	11-11-23
400m	Isabelle	Cruikshank	1:17.80	Isabelle Cruikshank	1:17.8	04-11-23
800m	Isabelle	Cruikshank	3:02.60	Isabelle Cruikshank	3:02.60	15-12-23
High Jump	Shayla	Gleeson	1.53	Shayla Gleeson	1.53	28-10-23
Long Jump	Claudia	Endicott	4.39	Claudia Endicott	4.39	11-11-23
Shot 4kg	Isabelle	Cruikshank	9.61	Isabelle Cruikshank	9.61	11-11-23
Triple Jump	Shayla	Gleeson	8.88	Shayla Gleeson	8.88	18-11-23
Masters Men 30-49						
70m	Peter	Curnow	10.00	Peter Curnow	10.00	15-02-24
100m	Matt	Dawson	13.30	Matt Dawson	13.30	21-09-23
1500m	Peter	Curnow	6:05.50	Peter Curnow	6:05.50	15-02-24
200m	Peter	Curnow	28.70	Peter Curnow	28.70	21-03-24
500m	Matt	Dawson	1:40.40	Matt Dawson	1:40.40	21-09-23
800m	Peter	Curnow	2:44.40	Peter Curnow	2:44.40	21-03-24
Discus 2kg	Peter	Curnow	23.25	Peter Curnow	23.25	26-01-24
High Jump	Troy Peter	McMullen Curnow	1.35	Troy McMullen Peter Curnow	1.35	26-01-24
Javelin 800g	Peter	Curnow	33.70	Peter Curnow	33.70	21-03-24
Long Jump	Troy	McMullen	4.39	Troy McMullen	4.39	16-11-23
Shot 7.26kg	Peter	Curnow	8.31	Peter Curnow	8.31	15-02-24
Triple Jump	Matt	Gleeson	9.41	Matt Gleeson	9.41	19-10-23
Masters Women 30-49						
70m	Carrie	Gleeson	11.90	Carrie Gleeson	11.90	19-10-23
100m	Carrie	Gleeson	15.80	Carrie Gleeson	15.80	21-09-23
1500m	Carrie	Gleeson	6:13.70	Carrie Gleeson	6:13.70	15-02-24
200m	Heather	Shepherd	36.80	Heather Shepherd	36.80	15-02-24
500m	Jennifer	Brookes	1:51.60	Jennifer Brookes	1:51.60	21-09-23
800m	Carrie	Gleeson	2:58.00	Carrie Gleeson	2:58.00	19-10-23
Discus 1kg	Jennifer	Brookes	21.32	Jennifer Brookes	21.32	26-01-24
High Jump	Jennifer	Brookes	1.20	Jennifer Brookes	1.20	26-01-24
Javelin 600g	Rebecca	Louie	15.25	Rebecca Louie	15.25	16-11-23
Long Jump	Heather	Shepherd	3.43	Heather Shepherd	3.43	15-02-24
Shot 4kg	Carrie	Gleeson	7.98	Carrie Gleeson	7.98	19-10-23
Triple Jump	Heather	Shepherd	7.38	Heather Shepherd	7.38	15-02-24

Records for events no longer conducted

Age	Event	Record	Date	Athlete
U6B	Shot Put (1kg)	5.51m	6/01/2006	Nicholas Frost
U6B	60M Hurdles	14.6s	8/11/97	Cole Taylor
U6B	400M Walk	3m 03.5s	25/01/97	Jeremy Bingham
U6G	Shot Put (1kg)	5.06m	25/02/2012	Ella Gibbons
U6G	60M Hurdles	14.1s	1/01/94	Natalie Hawes
U6G	400M Walk	3m 10.0s	1/01/90	Stephanie Parker

U7B	60M Hurdles	12.1s	1/01/94	James Rushton
U7B	400M Walk	2m 23.0s	19/10/95	Jordan Wells
U7G	60M Hurdles	12.9s	26/11/94	Natalie Hawes
U7G	400M Walk	2m 41.9s	1/01/93	Samantha Garde
U8G	400M Walk	2m 06.4s	1/01/94	Samantha Garde
U8G	400M	1:19.00	1/1/86	Jessie Shepherd
U8B	400M Walk	2m 08.0s	1/01/85	Mathew Earle
U8B	400M	1:16.20	11/3/06	Adam Halmy
U9G	High Jump	1.20m	01/01/87	Jessie Shepherd
U9B	High Jump	1.25m	22/2/14	Ethan Oliver
U10G	High Jump	1.36m	02/03/96	Katrina Moyes
U10G	1500m	5:32.30s	01/01/92	Julia Batterley
U10B	High Jump	1.40m	02/03/96	Damien Hawes
U10B	1500m	5:13.70s	15/12/07	Adam Halmy
U11G	60m Hurdles	10.50s	16/03/96	S McMillan
U11G	Discus (750g)	26.65m	12/12/09	Tiana Hazelwood
U11B	60m Hurdles	10.20s	22/2/14	Jack Gibbons
U11B	Discus (750g)	35.79m	28/01/11	Nicholas Frost
U12G	60m Hurdles	10.30s	14/03/98	Katrina Moyes
U12B	60m Hurdles	10.40s	10/09/16	Ethan Oliver
U12B	Shotput (3kg)	11.06m	25/02/12	Nicholas Frost
U12B	Shotput (3kg)	11.06m	1/01/1983	Roger Jenkins
U13G	Javelin (600g)	23.69m	8/03/03	Cassandra Garde
U13B	Discus (1kg)	38.66m	26/11/16	Nosa Obaseki
U14B	Shotput (4kg)	11.91m	1/10/05	Mark Murphy
U14G	Javelin (600g)	31.68m	20/11/10	Alysha Burnett
U15B	Javelin (600g)	54.81m	7/10/06	Mitchell Ansems
U15G	Javelin (600g)	33.78m	23/01/09	Emily Johnson
U15G	200m Hurdles	29.90s	12/02/00	Elizabeth Cassidy
U15B	200m Hurdles	27.00s	09/12/95	Russell Parker
U17G	200m Hurdles	29.40s	10/01/14	Tara Kissick
U17G	Shot Put (4kg)	8.16m	13/11/10	Ashley Frost
U17G	Javelin (600g)	26.84m	17/10/09	Emily Johnson
U17B	200m Hurdles	26.70s	20/11/10	Evan Clothier

9. Charities supported by NDLAC

In the lead up to Christmas, NDLAC supported RMHC by selling colourful stripey socks to raise money for their annual Santa for Sick Kids fundraiser. A total of \$675 was raised by our club and donated to this charity that helps so many families of sick children.

NDLAC also held our annual Pinkletics meet to raise money for the amazing McGrath Foundation. Athletes could dress up in their most colourful pink clothing and style themselves with colourful hairspray. Our U17s athletes also ran a stall where athletes could purchase Pink Creaming Soda Spiders to help raise money. A total of \$1000 was raised and donated to the McGrath Foundation from our NDLAC community.



THANK YOU

**NORTHERN DISTRICTS
LITTLE ATHLETIC CENTRE**

for hosting your Santa for Sick Kids Round 2023 to support families with a seriously sick or injured child this Christmas.

Claire Barber

CLAIRE BARBER
Chief Executive Officer



Ronald McDonald
House Charities
Greater Western Sydney

THANK
YOU

Northern Districts Little Athletics Centre

Thank you for your wonderful and
ongoing support of the McGrath
Foundation

Tracy Bevan

TRACY BEVAN
AMBASSADOR & DIRECTOR



McGrath
Foundation



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Northern Districts Little Athletics

Since 1981