

NORTH ROCKS CARLINGFORD LITTLE ATHLETICS CENTRE INC.



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ANNUAL REPORTS 2011/2012 SEASON

PRESIDENT'S REPORT

I have thoroughly enjoyed my 3 years as president, but I am also pleased to be handing over the reins for next season. Involving all the Family, having Fun and staying Fit describes Little A's motto and NRCLAC's philosophy. The success of our club is attributed to a fantastic group of parents, friends and family who continue to support us every week. I thank all of you for your support and contribution.

We have had 15 weeks of competition with 1 washout before Christmas and a record 5 washouts in the second half of our season. This was really disappointing, particularly after many of our parents helped to get the track ready, only to be rained upon on Friday night. I would like to thank Martin, Rob J, David G, Garry, Simon, Andrew and Rob S for mowing the grass and marking the track; I know everyone appreciated their efforts.

The meat raffle continued to be successful, every signed-on official was a potential winner. Thank you to all our age managers, their assistants, timekeepers, and other officials at long jump and throws. Many of our officials are at the oval helping every week. Special mention to Lisa and Heather in the canteen, Melinda on the BBQ, Rob R, in data entry, Susan for stocking the canteen and Shannon for running training and organising the meat.

I would like to thank our Life Members who continue to support us, particularly to Jenny and Mary who have assisted us at Kingsdene as well as officiating at zone, region and state carnivals.

I received an email earlier in the year from Chantelle Grills, Centre Liaison Officer from LAANSW. It read "I have been going through registrations and have noticed that North Rocks Carlingford LAC has had an increase of 18% this season. Gone from 354 registered athletes last year to 421 so far this season. What did North Rocks Carlingford LAC do differently this year to have an increase in registrations? I would love to know, so if other Centres are struggling, I can pass on some of your positive feedback. It's an amazing effort and the committee should be very proud of themselves". My response to this is we have a wonderful committee, but we also have a fantastic group of parents and friends that help out every week as age managers and officials and our athletes also try hard. Our athletes always represent the club admirably and with exemplary sportsmanship at Saturday's competition and at external carnivals. NRCLAC athletes display

athleticism, enthusiasm and camaraderie. Thank you for setting up, packing up and listening to your age manager. We have a large range of ages. The U17's are admired by all younger athletes at the club, you do a great job leading our stretches, helping on Saturdays and assisting at training. The younger groups look up to our seniors and we thank you for always setting a great example. This year the 17 Girls have broken every club record in their age group - a marvellous effort. Thanks to Winnie (and Olivia) for spending many hours helping on the BBQ, in between her events and for staying back to feed us all. We must say a special farewell to Kay, our 17's age manager, life member, former president and to her son Brodie, who has been with us for 14 years.

Our Tots have been led by their fantastic, enthusiastic age manager Russell for many years. He is now progressing to U6 age manager next year leaving Tots in the capable hands of Chris. I know the Tots and their parents have had a wonderful time and I hope most of you will be back again next year.

To all the other athletes in the middle years, thank you. Your age managers are pretty amazing people and work very hard to make your morning an enjoyable one. I hope you all go up to them today and thank them very much.

Lastly and most importantly, thank you to our fantastic committee - you are the best committee I have worked with and our club has been very lucky. I thank all of you for all the hard work you have put into keeping our club running successfully. A summary of roles follows, but it is certainly not exhaustive - you have Saturday duties as well as having committee positions.

This is my 15th year of Little A's, 3rd year as President, 12th year on the committee and I only have one more year left in the club. There are some other committee members that have older children as well, so it is important that parents with younger children come forward to be on the committee to keep NRCLAC going as strong as it has been. Last year we saw Dave Gathercole join our committee, next year Andrew Fartek has offered to help out. With these parents joining our other younger parents already on the committee, those of us leaving in the next few years can be confident of our clubs continued success. It is always a learning curve and it is always a challenge taking on new activities, so in the coming years please consider joining committees, being age managers and doing officials courses. Completing courses that are offered and gaining expertise in events means gaining good advice and instruction that can be passed onto the athletes, as well as forming friendships within the club. Every parent is a volunteer, many of us work full time, we are all busy, but we do it all for the benefit of our children.

I wish you all a successful winter sport season and success at your school athletics carnivals. The Little A's State Cross Country is on 1st July at Kembla Joggers Cross Country Park, West Dapto. It is very worthwhile to enter as a team of 3 - get together with your age group and enter on line at LAANSW by mid June. Hope to see most of you back next year for another season of NRC Little Athletics.

Margaret Ramsay
President

SECRETARY'S REPORT

While this year's committee included a reasonable mix of new parents of younger athletes and more experienced parents of older athletes, the latter did form a considerable majority. While this is not unexpected it could become a problem if new parents don't take on committee roles. We always need to keep succession planning in mind and this means introducing new blood *before* gaps start to appear in our committee line up. We couldn't find a willing candidate to act as Officer for Championships next year, and the role of Registrar was only filled at the last minute. Along with several other committee members, including our President, next year will be my last at NRLAC. Some new blood in the committee is needed urgently. Fortunately the committee structure at NRCLAC is flexible and allows people to contribute as much time as they are able. This means that you can join the committee and take a back seat initially before you step forward for a more active role.

In 2011-12 we had a poor season weather-wise with an unusually high number of days lost due to bad weather. There was nothing to be done but wait for the skies to clear and the ground to dry. Nevertheless we were happy that attendance by families was high when we did get back to running competitions. Athletics is a very hands-on sport relying heavily on volunteers and practical help by parents. Without these contributions athletics could not exist. Hopefully our athletes appreciate this and express their thanks to their great parents for their dedication and weekly support to bring athletics to them.

Coaching will be a major focus for 2012/13 following on from this season's coaching program. The program is to be re-worked by committee member Rob Jeffery and will include education for parents as well as event coaching for athletes.

In July 2011 I attended my second state conference of the Little Athletics Association of NSW. The conference was quite an important one, as a number of important changes were discussed including several constitutional amendments proposed by the Board of Management. The aim of these was to modernise the management of the Association and bring it into line with other well managed sporting bodies in Australia. The most important of the proposed amendments were proposals to grant the Board the power to alter regulations without reference to the membership as a whole (i.e. at the AGM), to remove the right to vote at AGMs via proxy and to prevent members of Centre committees from holding Zone Coordinators positions. While these matters may sound a little esoteric, they prompted a deal of well informed debate at the Conference. In the end the proposed amendments were voted

down. I got the feeling the Board was trying to bring about too much change and the membership took the opportunity to show them who was in charge. This result must have been very disappointing for the Board members. Nevertheless, they battle on, and a working party of interested members has been assembled to find a way to achieve the desired outcomes.

Next season will see the introduction of a new Regional structure in NSW. The number of Regions will increase from 5 to 8. NRCLAC, which is part of the Northern Metropolitan Zone and currently in Region 1, will become part of new Region 5. The other Zone in Region 5 will be the North Eastern Metropolitan. The Central Coast and North West Metropolitan Zones will no longer be part of our Region. Another change taking place is the reallocation of Hornsby LAC to North East Met. Zone. The restructure of Regions will alter the pathway to representation at State Championships. Henceforth the first 2 place getters in each event at Region plus the next best 8 performances across all Regions will qualify. The additional 8 athletes will be notified in the week after the Regional Championships.

I look forward to the opportunity to continue in the role of Centre Secretary in the 2012/13 season. Please feel free to contact me with advice, suggestions and feedback throughout the season. All of this is taken on board and helps to improve the Centre for your children.

Martin Horwood
Secretary

TREASURER'S REPORT

Please find attached the 2011-2012 accounts. These accounts have been audited by our Honorary Auditor Mr Eric Wehrmann, CPA (Certified Practising Accountant) and once again, we thank Eric for undertaking this on our behalf.

With this being my third and final year as Treasurer, I am pleased to advise that the Centre made an operating surplus (profit) for the 2011-12 season of \$7,783-.

This surplus was derived from the club's four main income sources being:

- i) Athlete's subscriptions
- ii) Uniform sales
- iii) Canteen receipts
- iv) Term deposit interest

Our bank balance remains healthy with an end of season balance of \$27,331- although we have a number of liabilities provided for in the accounts which have been accrued to the value of \$11,505-. These are expenses we expect to receive and pay for next month, which will reduce our bank balance to \$15,826-. Once these liabilities are settled, it is proposed to increase the principal on the term deposit investment by \$5,000- in order to capitalise on investment interest rates over the off-season.

Our uniform stock balance has been reconciled to \$7,815-.

The Centre recorded a total income for 2011-12 season of \$61,456- which represents an increase of \$10,357- on the previous year. The Centre enjoyed increased revenues from registration fees given the record number of athletes who registered this year. With that being said, NRCLAC's corresponding payment to LAANSW for Association fees also increased accordingly.

The increased number of athletes resulted in Uniform Shop sales increasing by \$1,515-. In addition, more athletes, hence parents / guardians / siblings, etc also resulted in canteen sales increasing by \$1,219-. The Interest return on the club's term deposit also grew this year to \$1,464- due to choosing prudent re-investment terms maximising the CBA's interest rate offerings.

The Centre incurs considerable expenses to keep operational. The major expense for 2011-12 is the \$16,700- fee paid to LAANSW for registration and insurance of our athletes. In addition to this;

- \$8,739- was spent on trophies, medals, ribbons and other rewards presented to the athletes at our presentation day.
- \$9,617- was spent on stocking the canteen.
- \$7,949- in uniform cost of sales

\$3,185- of NRCLAC funds were spent on sports equipment, improvements to existing equipment and the purchase of a commercial grade lawn-mower to compliment the general-slash mowing provided by council. Prior to the recent spate of wet-weather, there is no doubt that the efforts of committee members (in particular Rob Jeffrey & David Gathercole) resulted in the oval looking in the best condition for athletics that it has ever looked.

With NRCLAC being a not-for-profit organisation, we aim to return the funds to the athletes and parent helpers through the continuation of a number of initiatives that have enjoyed the ongoing support of the committee.

- 1) Paddle Pop Weekly Prize
- 2) Coffee Van
- 3) Meat Tray Draw
- 4) NRCLAC branded Athlete Clothing / Patches for Awards – the aim being for NRCLAC to be recognised at carnivals presenting a professional club look and feel.

The Treasurer function at NRCLAC would be all the more difficult without the efforts of the following people who volunteered their time both on Saturdays and throughout the week to keep the bbq and canteen in operation. A very special thank you to:

- 1) To Lisa Lane (ably assisted by Heather Hassan) who ran the canteen week-in week out even on an occasion when her children weren't competing.
- 2) To Susan Brownlow, for the weekly bread run, the Campbell's lollie shop, meeting the ice-cream and Coke deliveries or general improvement ideas or additions to the Canteen, a big thank you.
- 3) To Shannon who in addition to her coaching duties, made the weekly butcher run.
- 4) To the BBQ Boss, Melinda Enwright (ably assisted by Winnie & Olivia), who openly admits that the weekly bbq experience is a wonderfully social experience.

So for Season 2011/12 and my time as Treasurer, thank you. I hope you enjoy the winter sport season and I look forward to seeing you in September.

Simon Brownlow
Treasurer

REGISTRAR'S REPORT

There were 420 registrations for the 2011-2012 season, with distributions as follows:

Age Group	Boys	Change (%)	Girls	Change (%)	Group Total	Change (%)
T/Tots	31	48	18	80	49	58
U 6	23	10	14	-30	37	-10
U 7	23	-8	28	56	51	19
U 8	22	16	24	26	46	21
U 9	20	-5	24	50	44	19
U 10	20	82	25	32	45	50
U 11	11	-15	26	13	37	3
U 12	8	-33	21	-5	29	-15
U 13	8	-11	20	100	28	47
U 14	9	0	11	-8	20	-5
U 15	7	17	8	14	15	15
U 17	10	43	9	-18	19	6
Total	192	10	228	22	420	16

Returning members: 204. New members: 216. Non returning: 151.

The number of registrations increased from last years total of 361. This was a considerable increase and was noted by LAANSW head office. Questions were asked as to why this remarkable outcome was achieved. I believe the great name our club has for family oriented fun and exercise is the secret to our success. I hope many of our members will feel the same and return next season.

The continual acceptance of online registrations makes a huge difference to the task of registering this number of members and I thank all those who participate in this method of registration and payments, assisting in the process of registration collection day.

I also would like to thank all the parents for their patience during the busy registration days. The additional number of members made this process a lengthier duration than expected.

Finally, I would like to thank all committee members who gave up their time at the start of the season to assist with the distribution of registration and age numbers, and the parents who assisted with uniform sales. I look forward to welcoming all returning members next season.

Tim McDonald
Registrar

OFFICER FOR TECHNICAL AND EQUIPMENT'S REPORT

Our main equipment purchase this year was the magic self propelled Honda lawn mower. The Council have been doing a good job, but the oval needed that something extra. Like mowing the grass when Council didn't, to make that final trim cut to extract that exacting high performance, good traction type height guaranteed for some sizzling PB's and fast times.

The mowing crew, were having a great time. With all the rain at the end of the season, the crew were at it just about every Wednesday trying to get some drying time before Saturday morning competition. Alas, it always seemed to rain on Friday and Friday night. Congratulations to Rob Jeffries for organising the mower and his crew of David, Martin, Gary and the other dedicated parents helping out mowing. The oval was just fabulous!!!! Best it has ever looked.

At the start of the season, the shot put and javelin weight specifications changed for the U14/15 age groups. Whilst we had the shot put weights covered we bought a new 500g javelin.

Other purchases throughout the year were to replace depleted consumables such as marking paint and starting caps. We also replaced equipment that became defective during the season such as another high jump bar, starting pistols and measuring tapes. After the success of the ergonomic rake last year, we purchased one for all the other sand pits.

Lastly, whilst everyone was having fun on the jumping castles; the committee did a quick stock take and then attempted to pack away all the equipment during morning of the "Fun Day" in readiness for next season. However, with all the rain, the high jump mats needed stripping and drying. So again the usual helpers returned in the afternoon and assembled the now dry high jump mats and finally packed away the equipment for the year.

Good luck in your winter sporting activities and we hope to see you in the summer of 2012.

Tom Astalosh
Officer for Technical and Equipment

OFFICER FOR OFFICIALS REPORT

Thank you to everyone who helped out this year with the weekly set up, officials duties and also at the Zone , Regional and State Carnivals. As mentioned elsewhere the weather has not been kind to us this second half of the season but on the days that we have been able to hold a competition I have appreciated the small group of rostered parents who have assisted with setting up the events, putting up shade tents and bunting and preparing the long jump pits each week. As an added inducement, we held a meat raffle each week open to those that had signed on for their roster.

A BIG thank you to the parent helpers, who helped with time keeping each week.

Without you we would not have been able to hold our weekly events. I am sure they enjoyed watching their children competing, cheering them on, and then being there as they crossed the finish line.

To all the Age Managers and Assistants who helped our children achieve their best each week another BIG, BIG thank you. The dedication & commitment they give, providing our children a fun and safe environment in which to be their best, deserves high praise.

We had a very successful season with a number of records being broken across all age groups.

To run a weekly event such as this takes input from a large team of volunteers. To the officials, time keepers, measurers, rakers, retrievers, scribes, starters, markers, announcers, administrators, data entry, canteen staff, chefs and all the other 'official' helpers, thank you.

Bob Todd
Officer for Officials

OFFICER FOR COACHING AND EDUCATION'S REPORT

This year was a fantastic in terms of coaching with approximately 50 athletes coming to training before Christmas. Unfortunately, after Christmas numbers were down due to the 'lovely' weather we received.

Training sessions were on Wednesdays from 5.30 to approximately 6.45 pm. Sessions were based on the children continuing to learn a good warm up routine and improving their technique. We also did a lot of work on getting a core fitness base, start technique, stamina for the longer runs and of course the most important thing making it fun.

We also had John Peters come down and do a bit of work on High Jump and the throwing events which really helped the kids coming into Zone. Also during the second half of the season we had a level 3 coach come along. Simon gave the kids and parents that were there some great tips, and I look forward to hopefully working with him next season.

I would like to pay special thanks to all the parents who brought their children down to training each week and of course to all the athletes themselves who came ready and willing to work hard and have fun. I once again thoroughly enjoyed coaching at the club and I look forward to doing it again next season.

Shannon Kavanagh
Officer for Coaching and Education

TEAM MANAGER'S REPORT

This has been a successful season for North Rocks Carlingford club as we have had many athletes compete in all high levels of competition in external carnivals. We should be very proud of athletes who give it a go and who qualify for further competition.

As mentioned in the Championship Report, 141 athletes competed at Zone Level which was held at Barton Park, Parramatta on the 10th and 11th December. Many entered multiple events and were very successful in reaching finals and achieving PBs. Many parents also made the carnival run smoothly and I would like to thank Annette Todd for her assistance.

An outstanding result was achieved by Kathryn Ramsay (17G) who qualified for 5 events at Region, all with top 6 finishes. Max McKenzie (17B) qualified for 4 events at Region, as did Riley Leverett (10B).

Our Zone winners were Jennifer Casey (12G) 100m; Sandy Chen (13G) Long Jump; Emily Dawkins (14G) 200m and Long Jump; Emmanuel Fakiye (15B) Long Jump and Triple Jump; Rachel Horwood (17G) 400m; Sophie Hunter 200m and 400m; Aaron Kang (14B) Shot Put; Alana Kavanagh (9G) 700m Walk; Karissa Kuka (13G) Javelin; Max McKenzie 100m and 200m; and the Junior Girls relay team Tarsha Wayne, Jessica Fartek, Sophie Hunter, and Jennifer Casey.

Congratulations to our Under 7's who were placed in the top three in their event but do not proceed past Zone:

Monique Brown 2nd Shot Put
 Nathan Hall 1st 70m, 1st 200m
 Sophie Kavanagh 1st 100m, 1st 200m, 2nd Discus, 3rd 500m

45 athletes qualified to compete at Regional Carnival at Narrabeen on 18th and 19th February, with 40 competing. Six athletes received 10 medals for their performances. 3 athletes won Gold medals, all setting new Region records - Rachel Horwood (17G) 400m; Aaron Kang (14B) Shot Put; and Max McKenzie (17B) 200m.

Emily Dawkins (14G) won Silver in the Long Jump and Bronze 200m; Emmanuel Fakiye (15B) Bronze in Triple Jump; Rachel Horwood also won Bronze in the 800m; Sophie Hunter Bronze in 200m; and Max McKenzie added Silver 400m and Bronze 100m.

16 athletes qualified to compete at the State Carnival.

Congratulations to Emily Gathercole (8G) who competed in 3 events at Region, with two top 10 finishes.

Cessnock hosted the State Multi event on March 3rd and 4th. 14 of our athletes competed in their respective age groups and points were scored for times and distances. Many PBs were achieved, and the following were placed in the top 8 of their age group with some tough competition:

Sophie Kavanagh U7G 3rd
 Riley Leverett U10B 5th
 Sophie Hunter U11G 8th

All athletes should be very proud of their efforts over the 2 days of outstanding competition.

Finally, we come to the Little Athletics State Carnival at Homebush on March 23rd, 24th and 25th, where our 15 athletes competed in 25 events. Unfortunately, Riley Leverett (10B) was overseas, and unable to take his place in the 400m and 800m.

Alana Kavanagh 9G 7th 700m Walk
 Sophie Hunter 11G 4th 400m, 11th 200m
 Melissa Dawkins 11G 9th 100m
 Breanna Ivankovic 11G 5th 1500m, 13th 800m
 Karissa Kuka 13G 12th Javelin
 Maya Leverett 13G 4th Triple Jump
 Emma Moran 13G 9th 100m
 Emily Dawkins 14G 4th Long Jump, 7th 200m, 8th 100m
 Rachel Horwood 17G 1st 400m, 7th 800m
 Kara Leverett 17G 8th 100mH
 Kathryn Ramsay 17G 5th Triple Jump, 6th 100mH, 8th 200mH, 12th Long Jump

Matthew Dabrowski 14B 10th Triple Jump
 Aaron Kang 14B 2nd Shot Put
 Emmanuel Fakiye 15B 1st Triple Jump
 Max McKenzie 17B 7th 200m, 8th 400m, 17th 100m

Congratulations to Rachel and Emmanuel on winning Gold Medals, and to Aaron for winning a Silver Medal.

This was a very busy and successful year of competition for the athletes at North Rocks Carlingford Little Athletics. Congratulations to all of you for representing the club to the best of your ability. Good luck to all in your school athletics season, and we hope to see you all again for the 2012/2013 season.

Erin Leverett
Team Manager

RECORDS REPORT

PB's Achieved in 2011-2012

Of the 371 registered U6 to U17 athletes, 286 (77 %) achieved 10 or more Personal Bests during the season. The following table shows the number of athletes who achieved the various award levels.

PB's	Award	No. of Athletes
10 PB	Ribbon	88
15 PB	Ribbon	92
20 PB	Bronze Medal	70
25 PB	Silver Medal	30
30 PB	Gold Medal	6

Records Set/Broken in 2011-2012

The following table shows the records broken at our club during season 2011 / 2012.

Age	Athlete	Event	Record	Date
7G	Sophie Kavanagh	500m	1-58.6	12/11/11
7G	Sophie Kavanagh	Discus	13.05m	22/10/11
12G	Sarah Brown	Javelin (400g)	19.43m	3/12/11
14G	Emma Longworth	Javelin (400g)	16.05m	22/10/11
14B	Aaron Kang	Shot Put	11.90m	5/11/11
15G	Emily Dennis	Javelin (500g)	14.21m	18/2/12
15B	Chris Tan	Javelin (700g)	21.27m	3/12/11
17G	Rachel Horwood	100m	13.7s	29/10/11
17G	Rachel Horwood	200m	28.9s	8/10/11
17G	Rachel Horwood	400m	1-04.0s	17/9/11
17G	Rachel Horwood	800m	2-40.2s	29/10/11
17G	Rachel Horwood	1500m	5-39.8s	24/9/11
17G	Kathryn Ramsay	100mH	17.5s	24/9/11
17G	Kathryn Ramsay	200mH	32.3s	17/9/11
17G	Kathryn Ramsay	Long Jump	4.61m	24/9/11
17G	Kathryn Ramsay	Triple Jump	9.86m	15/10/11
17G	Kathryn Ramsay	High Jump	1.37m	22/10/11
17G	Kathryn Ramsay	Discus	24.69m	8/10/11
17G	Kathryn Ramsay	Javelin (500g)	24.22m	22/10/11
17G	Winona Enright	Shot Put (3kg)	9.54m	12/11/11

17B	Max McKenzie	200m	24.9s	19/11/11
17B	Max McKenzie	400m	56.2s	17/9/11
17B	Max McKenzie	1500m	5-10.2s	22/10/11
17B	Max McKenzie	Long Jump	5.63m	10/3/12
17B	Matthew Sutcliffe	Shot Put	10.50m	25/2/12
17B	Matthew Sutcliffe	Triple Jump	11.59m	12/11/11
17B	Matthew Sutcliffe	High Jump	1.66m	22/10/11

Congratulations to all athletes on their achievements during the season.

Garry Dennis
Officer for Records

CHAMPIONSHIPS REPORT

We had a very mixed season with the weather, particularly in the second half. We had 11 competition days before Christmas, losing only 1 Saturday. However, wet weather and poor ground condition saw us only run for 5 out of 10 Saturdays after New Year. Even then, some of those days were restricted to half and wet wether programs. This had a significant impact on the running of our six-weekly program schedule, with athletes somewhat restricted as the season wound down.

The oval was in excellent condition prior to Christmas. Thank you to Rob Sutcliffe and Rob Jeffery who marked the oval for the beginning of the season. A big thank you also goes to Rob Jeffery and Dave Gathercole who spent more than a few Wednesday and Friday evenings at the oval ensuring that it was ready for Saturday mornings, doing extra mowing and re-marking lines. Thanks also to Martin Horwood, Simon Brownlow, Bob Todd and Andrew Fartek for helping out on occasion.

Unfortunately, poor weather and drainage problems meant the oval was in pretty poor condition from Australia Day on. The centre of the oval remained wet and unplayable for five or six weeks late in the season, which hampered our short track events in particular.

Our athletes still managed to tally a tremendous number of PB's throughout the season (see above table). The U8 Girls win the award for the most PB medals, with 14! **Congratulations to Jessica Fartek from the U9 girls for achieving the highest number of PB's, totalling a fantastic 36!**

An impressive 141 athletes competed at the Zone Carnival held at Barton Park, North Parramatta on December 10th, and 11th. Many athletes were rewarded with PB's at this level, and 40 athletes qualified and competed at the Regional Carnival, held at Narrabeen Sports Centre, on February 18th and 19th.

16 athletes qualified to compete at the State Carnival at Homebush on March 23rd, 24th, and 25th – Matthew Dabrowski, Emily Dawkins, Melissa Dawkins, Emmanuel Fakiye, Rachel Horwood, Sophie Hunter, Breanna Ivankovic, Aaron Kang, Alana Kavanagh, Karissa Kuka, Kara Leverett, Maya Leverett, Riley Leverett, Max McKenzie, Emma Moran, and Kathryn Ramsay.

Congratulations to Rachel (17G's) for winning a Gold medal in the 400m, to Aaron (14B's) for winning a Silver medal in the Shot Put, and to Emmanuel (15B's) for winning a Gold medal in the Triple Jump.

The success of each competition week can only be attributed to the encouragement, coaching and enthusiasm provided by Committee Members, Age Managers, parents and event officials. The athletes' skills improved tremendously throughout the season, and it was wonderful to see so many athletes keen to start, and enjoying every week.

I hope every athlete has enjoyed their weekly program, and we look forward to seeing you again next year.

Garry Dennis
Officer for Championships