

# NORTH ROCKS CARLINGFORD LITTLE ATHLETICS CENTRE INC.



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## ANNUAL REPORTS 2012/2013 SEASON

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### PRESIDENT'S REPORT

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I have thoroughly enjoyed my first year as President of our wonderful Club.

Our season was marked by two major events at Kingsdene Oval. Firstly, a major project was undertaken by Council to install drainage on the playing surface. The work began in late August, and took about 10 days to complete. We were restricted to two simpler, shorter programs for the start of the season, but were back to full participation after the October long weekend. At the same time, the lighting system was upgraded to an SMS-activated system. This had minimal impact for us with our training sessions in September, prior to daylight saving kicking in.

Secondly, our building facility underwent a significant makeover during the December-January period. The canteen and toilets were fully refurbished, and the change rooms and central storage area were cleaned out and repainted. We now have more storage area, and a better facility all-round.

Our number of athletes has continued to grow, from 354 in 2010/11, to 421 in 2011/12, to a record 460 in 2012/13. Except for the U7's, we had closed all groups from the 12's down prior to Christmas. We are pretty close to our limit at Kingsdene Oval, and I expect roughly the same number of athletes to sign up again next season. If you intend to return to NRC, please ensure you sign on early when Registrations open in August.

The weekly meat raffle continued to be successful, with every signed-on official eligible to win. My thanks to Margaret and Rob Ramsay for remembering to draw it each week !!

I would like to offer a big thank-you to all of our Age Managers, Assistant Age Managers, and the regular parent helpers with each group. You all did a great job with your group throughout the season. Thanks also to our key officials, particularly our Starters, Chief Timekeepers, and Timekeepers. Also to our field event officials who chased discus, shot put and javelin at our throws, and raked sand and helped measure at long and triple jump.

A special thank you to Lisa Lane and Elizabeth Lane in the Canteen, and Melinda Enright on BBQ duty. Thanks also to Susan Brownlow for assisting in the canteen, and cleaning up at the end of each competition day. Thanks also to Wendy Zeng for helping in the canteen and on the BBQ when required, and to Rob Ramsay for data entry and all things computer related.

I would also like to thank Shannon Kavanagh for running training on Wednesday and Thursday nights throughout the season. At times we had more than 60 athletes in attendance, which gives a great indication of how well Shannon's sessions were appreciated and run.

I would like to thank our Life Members who continue to support us throughout the season. In particular, a huge thank you to Jenny Drury who was in regular attendance throughout, and was happy to be a Starter or Timekeeper, as required. Thanks also to Mary O'Byrne for her support, and particularly for helping out at short notice on Region weekend, when many Committee and officials were absent.

I would like to acknowledge our U17 athletes who finish at NRC this season. Many of these athletes have been with us since Tots or U6, and have been outstanding representatives of our Club, both at Centre and external carnivals. They have put on quite a show around the oval for many years, and collectively hold 21 centre records, including all of the current female U17 records. In particular, I would like to acknowledge Kathryn Ramsay (14 years), Lauren Briggs (12), Lauren Dennis (12), Rachel Horwood (10), Matthew Sutcliffe (12) and Sam Harris (11) for their service to the Club.

Finally, I would like to thank our fantastic Committee for their efforts throughout the year. They have all worked hard to keep our Club running successfully. In particular I would like to acknowledge –

Simon Brownlow and David Gathercole for their work with the Program;

Martin Horwood for all his work behind the scenes, coordinating meetings, and liaising with Council and Rugby;  
Rob Sutcliffe for marking out the oval, and his handy-man work;

Margaret and Rob Ramsay for maintaining our website and database, and looking after our uniform store;

Joe Ivankovic for looking after our Finances and stocking the canteen;

Shannon Kavanagh for organising our registrations, and our weekly BBQ supplies;

Tom Astalosh for looking after our equipment;

Bob Todd for organising our Officials at Centre, and parent helpers at external carnivals; and

Andrew Fartek for his hard work and assistance, wherever required.

At the time of writing, we only have nominations to fill 7 of 12 Committee positions for season 2013/14. Those nominations come from existing Committee members.

Margaret Ramsay and Rob Sutcliffe are both leaving the Centre as their youngest children have just completed their

final year in Little Athletics. However, as Life Members, both have expressed an interest in assisting in handing over their duties, and passing on their knowledge, to anyone willing to step up to the Committee for next year.

David Gathercole and Andrew Fartek have also decided to step down for next year due to other commitments. Hopefully, we may see both of them back on the Committee in the future.

As we move toward next season, it is vital that we have some new parents join the Committee to help build on the successes we have enjoyed over many years. With an expected growth in athlete numbers, we will struggle to provide a workable Club, and run a successful weekly program, without some new faces offering to help.

Little Athletics NSW has previously noted and acknowledged the success and growth of our Club. Like you, the Committee is made up of parents of athletes. We volunteer our time to ensure that the Club is able to function in the manner to which we have all become accustomed.

I would be happy to discuss the roles of any position on the Committee that you may be interested in taking on. Please give this some serious thought over the coming weeks and months.

I wish all our athletes a successful winter sport season, particularly at your School athletics carnivals. I look forward to seeing you again next year for another season of Little A's at North Rocks Carlingford.

**Garry Dennis**  
**President**

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## SECRETARY'S REPORT

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Some of you may recall me writing in last year's Annual Report about the travails the Board of Management of Little Athletics was having in trying to introduce a new Constitution for the Little Athletics Association in NSW. As I reported, a proposal to change the Constitution was defeated at the Annual General Meeting at Orange in 2011. At the 2012 AGM in Ulladulla another proposal met with a similar fate although it was only a whisker short of the required majority.

The reasons why the membership was unwilling to go along with the BOM's plans are difficult to define. If you ask three people you get three different reasons. My impression was that they grew out of the fear of transferring too much influence over the running of Little Athletics from members to the BOM.

Ultimately the BOM got what it wanted. A postal ballot was conducted in 2012 and a proposal to adopt a new constitution was carried. The main ramification of adopting the new constitution, according to the BOM, is that it now complies with the Incorporations Act of 2009 and, accordingly, has improved corporate governance provisions. This, we are told, will help convince our major financial backers such as the Australian Sports Commission and the NSW Department of Sport and Recreation that the Association is being properly run. In the end this should help ensure that stronger partnerships are forged with these bodies. On a more practical

level, the Board can now draft regulations without seeking the approval of the membership (more information about the new regulations can be found at the LAANSW website [www.laansw.com.au](http://www.laansw.com.au)). Only time will tell whether this arrangement is a suitable one for an organisation such as Little Athletics.

While I am on the subject of the Board of Management, I should mention that one of our former Presidents, Russell Briggs, recently joined the BOM in an acting capacity as Director of Business Assurance. Russell had previously been Zone Coordinator for several years. Russell's elevation to this position is recognition his ability, his hard work on behalf of Little Athletics and the contagious enthusiasm he shows in his dealings with Little Athletics and kids' sport in general.

This was my 3<sup>rd</sup> and last year as Secretary. My daughter, Rachel is 17 and will be leaving the Club. I have decided to take the slightly unusual step (for NRCLAC at least) of remaining on the Committee for another year despite not having a participating child. I intend to spend next season trying to obtain a grant that has eluded me for several years now. Should I be successful the funds will be used to redevelop the clubhouse at Kingsdene Oval. Despite the recent renovations, by any reasonable standard the facilities at Kingsdene are inadequate for this day and age. One thing that would be of considerable assistance in obtaining a grant would be some professionally drawn plans of the proposed redeveloped clubhouse. The committee has agreed to commit funds to have plans drawn up but first want to canvass the membership to see if we have a 'resident expert' who could help out. If you are a draftsman, builder, architect or interior designer and are willing to help please let me know (ph. 0429190160; email [christineandmartin@iinet.net.au](mailto:christineandmartin@iinet.net.au)).

**Martin Horwood**  
**Secretary**

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## REGISTRAR'S REPORT

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There were 466 registrations with distributions as follows.

Age Group	Boys	Girls	Group Total
<b>T/Tots</b>	32	15	47
<b>U 6</b>	31	19	50
<b>U 7</b>	25	13	38
<b>U 8</b>	26	28	54
<b>U 9</b>	27	28	55
<b>U 10</b>	27	25	52
<b>U 11</b>	17	27	44
<b>U 12</b>	22	23	45
<b>U 13</b>	11	15	26
<b>U 14</b>	5	15	20
<b>U 15</b>	6	5	11
<b>U 17</b>	12	12	24
<b>Total</b>	241	225	466

The number of registrations increased from last year's total of 420. This was a nice increase for our family friendly club.

The use of online registrations makes a huge difference to registering this number of members and I thank all those who participated in this method of registration and payment which assisted in making the registration days run easier.

I wish to thank all the committee members and the other helpers who assisted on the registration days with the distribution of the ready made bags with all the members age patches and number. You all helped the days run smoothly.

**Shannon Kavanagh**  
**Registrar**

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## **OFFICER FOR TECHNICAL AND EQUIPMENT'S REPORT**

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The NRCLAC 2012-13 competition season started on the 15<sup>th</sup> September 2012 at Kingsdene . We were anxious regarding the start date, just a few weeks before the ground was a construction site. The Council had installed new drainage on the grounds and the field looked like a big maths grid book. Contingencies were made to start the season at another venue, but in the end we didn't need that option. There were some issues with the sand on the field, the width of the trenches and one discus pole hole, which was damaged. However the drainage works like a treat and the grounds have been in great shape especially with all the rain we have had in recent weeks.

After the drainage repairs were completed and in operation, a damp spot was noticed at the 100m start. The Council duly repaired the spot and laid down new grass. The edge of the new grass coincided with the 100m start. So for a change the start line moved up 1m and the finish line also moved 1m for the 100m events. It was a little bit confusing for the timekeepers (as the 200m and 400m finish didn't move) but we all got in the swing of things quickly.

Yellow vests were purchased to distinguish people that signed on as helpers on the field and other people that were not meant to be there. This has worked quite well and it was obvious who should not be on the field. A new air compressor was also bought at the start of the season to pump up our trailer, hurdles trolley and other pneumatic items. Interesting to note that the starting caps factory blew up in China and there was a worldwide shortage of starting caps. We had ample stocks to last the whole year, as they were purchased at the end of last season. Other purchases throughout the year were to replace depleted consumables such as marking paint.

When the lines couldn't be seen and when the grass was too high, the mowing/ line marking crew, were out in force. A big thank you to Rob Jeffrey, Garry Dennis, David Gathercole, Rob Sutcliffe and Mat Sutcliffe, apologies to anyone I may have missed.

We finally come to the last day, the fun day. Most of the committee were at the State Carnival and almost all of the other parents were having fun on the Jumping Castles. But a few dedicated committee members and parents did the best season pack up ever (voted by Rob Sutcliffe). It was completed in quick time and fitted like a jigsaw, in short a piece of art. Bring on the new season!!

Thank you all for your help in looking after the equipment, the set ups in the early morning and the late pack ups in the mornings. We couldn't do it without your help. Good luck in your winter sporting activities and we hope to see you in the summer of 2013/14.

**Tom Astalosh**  
**Officer for Technical and Equipment**

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## **OFFICER FOR OFFICIALS REPORT**

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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. Each week there are between 45 & 62 families rostered to assist with set up & running of that week's events. I have appreciated the small group of parents who have assisted with setting up the events, putting up shade tents and bunting and preparing the long jump pits most weeks. This season we had two weeks where set up was left entirely to the committee, their spouses & children.

A BIG thank you to all the parent helpers who have 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 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 with a fun and safe environment in which to be their best, deserves high praise.

To run a weekly event such as this takes input from a large team of volunteers. To the officials, lawn mowers, line markers, 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**

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## **OFFICER FOR COACHING AND EDUCATION'S REPORT**

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What a fantastic year for North Rocks Carlingford little A's. In terms of coaching we had approximately 60 athletes coming to training on a Wednesday and about 20 on the Thursday nights. The numbers slightly dropped after Christmas but not by much which was really encouraging.

Before Christmas everyone enjoyed the Coaching from Simon on the Wednesday and Howard on the Thursday. I would also like to thank Rob Sutcliffe who helped out with all the throwing events. We also had Peter who helped out on the running side with me.

Having all these Coaches was great as the kids were able to try different events each week or do the same one each week. On offer was sprinting, middle and long distance, throws, high

jump, long and triple jumps over the weeks. On Thursday it was mainly hurdles which was well supported.

I would like to pay a special thanks to all the parents who brought their children down to training each week and of course to all the athletes who came ready and willing to work hard and have some fun. I think the favourite event for all the athletes was the relay at the end of every session. I once again enjoyed working with all the athletes and look forward to next season.

**Shannon Kavanagh**  
**Officer for Coaching and Education**

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## TEAM MANAGER'S REPORT

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

This the first year of the new Zone and Region structures. We lost Hornsby from our Northern Metropolitan Zone, and we now compete with the North East Metropolitan Zone in the Region 5 championships. At Zone there were additional places available for the U7-U12 age groups, allowing us to have 6 athletes in each event. There was also a change to the qualification rules for Region and State. The top 6 athletes at Zone automatically qualify for Region and the next best 4 performances across both Zones may also qualify. At Region the top 2 performances automatically qualify for State and the next best 8 performances across all regions may also qualify.

As mentioned in the Championship Report, 130 athletes competed at Zone Level which was held at Barton Park, Parramatta on 8 and 9 December. Many entered multiple events and were very successful in reaching finals and achieving PBs.

Our Zone winners were Monique Brown (8G) Shot Put; Emmanuel Fakiye (17B) 100m and Triple Jump; Madelyn Fartek (12G) 60m Hurdles; Eliza Harvey (12G) 400m and 800m; Rachael Horwood (17G) 400m and 800m; Sophie Kavanagh (8G) 60m Hurdles; Riley Leverett (11B) 200m and 800m; Arabella Price (8G) 400m; Lily Tilt (8G) Long Jump 100m

Special mention to athletes who qualified for Region in their maximum number of events - Jasmin Borsovsky (15G); Emma Longworth (15G); Kathryn Ramsay (17G) and Matthew Sutcliffe (17B) in all 6 events; Madelyn Fartek (12G); Emily Gathercole (9G); Sophie Kavanagh (8G); Eliza McKenzie (8G) and Riley Leverett (11B) in all 4 events. Riley achieved top 3 finishes in his 4 events at Zone.

Congratulations to George Shahla in our Under 7 Boys who was placed 2nd in both Discus and Shot Put but did not proceed to Region.

Under the new qualification criteria, 85 athletes qualified to compete at the Regional Carnival at Narrabeen on 16 and 17

February, more than twice the number who qualified in the previous year.

Twelve athletes received a total of 20 medals for their performances at Region:

Eliza Harvey (12G) Silver 400m and 800m  
Sophie Hunter (12G) Bronze 400m  
Rachael Horwood (17G) Gold 400m  
Emily Gathercole (9G) Bronze 60m Hurdles  
Madelyn Fartek (12G) Silver 60m Hurdles  
Kathryn Ramsay (17G) Silver Triple Jump, Bronze 200m Hurdles, Long Jump and Shot Put  
Maya Leverett (14G) Silver Triple Jump  
Monique Brown (8G) Silver Shot Put  
Karissa Kuka (14G) Bronze Javelin  
Alana Kavanagh (10G) Silver 1100m Walk  
Emmanuel Fakiye (17B) Gold Triple Jump (record), Bronze 100m and Long Jump  
Riley Leverett (11B) Gold 200m, Silver Triple Jump  
Matthew Sutcliffe (17B) Gold High Jump

Orange hosted the State Multi event on 2-3 March and 6 of our athletes competed in their respective age groups and were awarded points based on their performances in 6 or 7 events. Congratulations to Riley Leverett who was placed 4th in the 11 Boys.

The Little Athletics State Carnival was held at Homebush on 22-24 March where our 21 athletes competed in 36 events. Congratulations to all the following athletes for their achievements at the State Carnival:

Riley Leverett 6th 200, 14th 800, 4th TJ, 11th LJ  
Stephen Todd 14B 14th HJ  
Emily Gathercole 9G 10G 17th 60mH  
Alana Kavanagh 11G 6th 1100m Walk  
Zoe Fagemisin 12G 15th TJ  
Madelyn Fartek 12G 6th 60mH  
Eliza Harvey 12G 9th 400m, 1st 800m  
Sophie Hunter 12G 10th 400m  
Breanna Ivankovic 12G 19th 1500m  
Ashleigh O'Keefe 12G 14th 1500m Walk  
Sara Kely 12G AWD - 2nd 100m, 2nd Dis, 2nd LJ  
Sarah Brown 13G 11th SP  
Maya Leverett 14G 7th TJ, 14th LJ  
Karissa Kuka 14G 12th Jav  
Jessica Cunningham 14G 18th 3000m  
Emma Longworth, 15G 15th 400m, 8th 800m  
Rachel Horwood 17G 11th 400m  
Lauren Dennis 17G 15th 200mH  
Kathryn Ramsay 17G 4th 200mH, 7th 100mH, 13th SP, 12th LJ, 12th TJ  
Matthew Sutcliffe 17B 100mH dq, 12th HJ  
Emmanuel Fakiye 17B 1st TJ, 12th 100m, LJ fouls

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 2013/2014 season.

**Robert and Margaret Ramsay (for Erin Leverett)**

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## RECORDS REPORT

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### PB's Achieved in 2012-2013

Of the 417 registered U6 to U17 athletes, 328 (78%) 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	328
15 PB	Ribbon	242
20 PB	Bronze Medal	118
25 PB	Silver Medal	38
30 PB	Gold Medal	8

### Records Set/Broken in 2012-2013

The following table shows the records broken and standing at our club during season 2012 / 2013:

Age	Athlete	Event	Record	Date
8B	Nathan Hall	Long Jump	3.95m	16/3/13
8G	Arabella Price	700m	2-38.2s	16/3/13
8G	Monique Brown	Shot Put (1.5kg)	5.78m	16/3/13
10G	Tarsha Wayne	Shot Put (2kg)	7.86m	25/1/13
13G	Sarah Brown	Discus (750g)	28.59m	25/1/13
14G	Karissa Kuka	Javelin (400g)	28.59m	16/3/13
14G	Maya Leverett	Triple Jump	10.27m	16/3/13
15G	Emma Longworth	Javelin (500g)	20.31m	27/10/12
17B	Matthew Sutcliffe	100m	11.9s	24/11/12
17B	Matthew Sutcliffe	100mH	14.7	24/11/12
17B	Matthew Sutcliffe	High Jump	1.78m	17/11/12
17B	Matthew Sutcliffe	Long Jump	5.72m	20/10/12
17B	Matthew Sutcliffe	Shot Put (5kg)	10.58m	13/10/12
17G	Kathryn Ramsay	200mH	31.1s	16/3/13
17G	Kathryn Ramsay	Discus (1kg)	25.76m	9/3/13
17G	Kathryn Ramsay	High Jump	1.40m	20/10/12
17G	Kathryn Ramsay	Javelin (500g)	25.51m	24/11/12
17G	Kathryn Ramsay	Long Jump	4.88m	9/2/13
17G	Kathryn Ramsay	Shot Put (3kg)	9.76m	16/3/13

Congratulations to all athletes on their achievements during the season.

**Robert Ramsay**  
Data Manager

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## CHAMPIONSHIPS REPORT

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Our average weekly attendance was 279 athletes or 67% of total registered competing athletes (U6 - U17). We had 16 weeks of competition plus our final fun day of fun activities and jumping castles. Three wet weather cancellations and one excessive heat cancellation were our only disruptions.

This year saw the development of our new website. We hope you liked what it had to offer. It has enabled athletes to see comprehensive results for themselves and their age group and it also enables each athlete to print off individual result slips.

This website came integrated with a new data entry system recommended by LAANSW. It was a steep learning curve for everyone concerned and we thank the parents who helped enter data each Saturday morning. The new system is web based which potentially allows us to enter results directly in the field. The use of 3G tablets on the field in future years will make it possible for timekeepers and age managers to immediately record results.

This system also calculates final point scores based on a multi-event point system. Athletes are awarded points for every event available for them each week. The better an athlete performs, the more points they achieve AND the more events you complete, the more points you get. The calculation of final points is dependent on your performance and attendance each week.

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.

An impressive 124 athletes competed at the Zone Carnival held at Barton Park, North Parramatta on 8 and 9 December 2012. Many athletes were rewarded with PB's at this level, and 85 athletes qualified for the Regional Carnival, held at Narrabeen Sports Centre, on 16 and 17 February.

Twenty one athletes competed at the State Carnival at Homebush on 22, 23 and 24 March. Congratulations Eliza Harvey (12G) for winning a gold medal in the 800m and to Emmanuel Fakiye (17B) for winning a Gold medal and setting a new State record in the Triple Jump.

We hope every athlete has enjoyed their weekly program, we congratulate you on your achievements, and we look forward to seeing you again next year.

**Margaret and Robert Ramsay**