

NORTH ROCKS CARLINGFORD LITTLE ATHLETICS CENTRE INC.



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ANNUAL REPORTS 2015/2016 SEASON

PRESIDENT'S REPORT

We had another great season at Kingsdene Oval. We lost only one competition day due to the weather, and had strong attendance throughout from many of our athletes, and their parents. We saw excellent conditions on the oval throughout the season.

We had some great additions on the oval this season. We have new timing gates which we used on our short-track for all 50 and 70m races, and 60m Hurdles. We have 100 new hurdles. We have new tartan long and triple jump runs and pits. And we have had to make use of scissor mats for the 9's at High jump due to new regulations.

We had 398 registered athletes this season, up slightly from last year. The last 5 years have seen our highest number of registrations in the Clubs history, with 390+ each year.

Given that the Olympics will be held in August 2016, I would expect athlete numbers above 400 next season. If you intend to return to NRC, please ensure you sign on early when Registrations open in August.

We held our annual Presentation Day on 3 April. We had an excellent turnout from our athletes, their families, and our Life Members. Every athlete received an award from the Club for their efforts throughout the season.

With our high number of registrations, and particularly re-registrations from returning athletes, we had 42 athletes reach 5 years of service, each receiving a boxed medal from the Club. Congratulations to Skye Brownlow and Vinson Cai on reaching 10 years of service at NRC this season.

We had 130 athletes participate at the Zone Carnival. From there, we had 70 athletes qualify for Region, up from 68 last year. In turn, our success at Region saw

27 athletes qualify for State, with 26 competing at the Carnival. A sensational effort!

Our athletes combined to achieve 160 bronze, silver and gold PB medals from our weekly competition. We also had 17 individual record breakers this season, with 26 records going, twice as many as last season.

Well done to all our athletes on your efforts throughout the season.

I would like to thank our Life Members for their continued support of our Club. It was great to see Tony Kish, Jenny and Ivan Drury, Margaret and Rob Ramsay, Brian Crews, Jan Andrews, Peter Blackett, Ed Strom and Alan Bradley, at our Presentation Day. In particular, I would like to thank Jenny Drury for her regular attendance at the oval throughout the season.

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.

I would like to offer a special thank you to Lisa Lane in the Canteen. Thanks also to those who helped Lisa in the canteen and on the BBQ when required, and to Adam Price and his regular band of data entry helpers for all things results and computer related. A big thank you also to Sally Lamprianidis who looked after our uniform stock throughout the season.

Training took place again on Wednesday and Thursday nights throughout the season, under the guidance of Shannon and Ben. At times we had more than 50 athletes in attendance, all of which gives a great

indication of how well the sessions were appreciated and run. Thanks Shannon and Ben.

I would also like to thank Erin Leverett and Annika Tilt for being our Clubs Team Managers at all of the external Carnivals. Erin and Annika did a great job of ensuring all our athletes are properly attired and at marshalling when called.

I would like to acknowledge our U17 athletes who finished at NRC this season. Some 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. In particular, I would like to acknowledge Maya Leverett (12 years), Vinson Cai (10), Zoe Kavanagh (9), Stephen Todd (9), Karissa Kuka (5), Venus Parfait (4), and Sarah Travis (3) for their service to the Club. A big thanks also to Kate Milne who led the way in running our weekly warm-ups.

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 –

- Dave for his assistance to me, and for managing the 7G's;
- Carwyn for looking after our Finances;
- Vicki for all her work behind the scenes on Committee matters and for Chiefing at Timekeeping;
- Adam P. for maintaining our website and database;
- Chelsea for being Officer for Championships, and with the 7B's;
- Amanda for being Officer for Officials; and keeping me in the loop on issues around the oval;
- Bob for organising our Registrations, setting up each week, and Age Managing the 17's;
- Russell for helping out with canteen supplies and Age Managing the 9B's;
- Ben for looking after our equipment, setting up and packing the shed each week, and training;
- Adam B. for running the timing gates; and
- Fergus for his photography, maintenance of our Apps, and general contribution to everything around the oval.

I would like to congratulate and thank Bob Todd, who has been at NRC with his 2 sons for 9 years, and who steps down after serving on the Committee for many years. Bob is well known around the oval as our Registrar, and for driving around each Saturday to drop and collect all the equipment. On behalf of the Club, it

was a pleasure presenting Bob with an Outstanding Service Award at our Presentation Day. Thank you, Bob.

I would also like to congratulate and thank Erin and Nigel Leverett, who have been at NRC with their 4 children for 13 and 11 years respectively. With Maya finishing up her Little A's career this year, and with Riley now at Ryde, Erin steps down as our Team Manager, and long-term Age Manager of the 17's group which finishes this year. Nigel has been an Age Manager for all his time at NRC, and continues to represent us as an Official at Zone and Region Carnivals. On behalf of the Club, it was a pleasure presenting Erin and Nigel with Outstanding Service Awards at our Presentation Day. Thank you, Erin and Nigel.

As we move toward next season, it would be great to have some new parents join the Committee to help build on the successes we have enjoyed over many years. 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

TREASURER'S REPORT

Please find attached the 2015-2016 accounts. These accounts have been audited by our Honorary Auditor Mr Simon Brownlow (ASA), Associate CPA Australia. We thank Simon for undertaking this on our behalf.

It has been a pleasure to take on the role of Treasurer for NRCLAC. The Centre has returned an Operating Deficit for the 2015-16 season of \$13,584.00

The deficit was primarily due to the clubs investment into equipment and technology. The main expenditures in this area were:

- Timing Gates - \$10,249.11
- New Hurdles - \$6,363.40
- Replacement PC's - \$1,207.30

A decision was made within the committee to examine some of our processes and identify areas for upgrade. As a result a decision was made to purchase new timing gates for the short track which highlighted the

commitment that the club has to becoming a more modern and professional organisation.

Utilising the gates was a great success as it gave us more accurate and consistent race times, reducing the need to beg for additional time keepers at the start of competition. As a result, the committee has made the commitment to purchase more timing gates for the long track for the upcoming 2016/2017 season.

NRCLAC also won a grant from LANSW that allowed the club to purchase a new set of hurdles to replace the old and broken ones. The grant paid for 50% and the club had pay the remaining 50%.

Two new PC's were purchased, one as a replacement for the results data entry and one to run the new timing gates.

Our bank balance remains healthy with an end of season balance of \$34,730.14. The Term Deposit from last season was concluded and rolled into the everyday bank account in September when the term deposit expired. The purpose of this was to assist with investment into some of the clubs capital purchases and club improvements.

All known 2015-16 expenses have been captured into these accounts. There were no accrued costs for the season as all expenses were paid prior to 31 April.

Our uniform stock balance has been reconciled to \$8,085 which is slightly lower than last years and a reflection of uniform sales receipts rising this year. It is a goal for the committee moving into the new season to consolidate our uniform suppliers to save time, effort and costs.

NRCLAC branded merchandise was another new endeavour to promote the club and also as an additional revenue raiser. The NRCLAC Caps, Long Socks and training singlets proved very popular with families. This is something new and exciting and makes our club stand out from others at Zone, Region, State and other LANSW carnivals.

The Centre recorded a total income for 2015-16 season of \$64,939 which represents an increase of \$1,828 on the previous year. Athlete registration numbers were slightly up on the previous season resulting in \$800 additional registration fees.

There was a decrease in Canteen sales. This was predominantly due to rain on two competition days and the cancellation of week 1, due to a conflict with rugby. I would personally like to thank the fantastic ongoing

contribution of Lisa McKenzie and her support team in the Canteen.

Our Uniform sales of \$9,788 (this includes Merchandise sales) is an increase of \$3,378 on the previous season. An online PayPal facility has been set up on the NRCLAC website so families can order and pay for uniforms online and then pick up on Saturday mornings. Thank you to Sally Lamprianidis for stepping into the Uniform Officer role on Saturday mornings.

The club implemented a new initiative this year where each competitor attending a Wednesday or Thursday evening training session pays a gold coin donation. \$697 was collected.

The Centre incurs considerable expenses to keep operational. The major expense for 2015-16 is the \$18,909 fee paid to LAANSW for registration and insurance of our athletes. In addition to this:

- \$9,240- was spent on trophies, medals, ribbons and other rewards presented to the athletes at our presentation day.
- \$9,792- was spent on stocking the canteen.
- \$7,764- in uniform cost of sales incl Merchandise
- \$4,202- for oval maintenance
- \$1,075- Professional coaching (Darren Wensor)

The outsourcing of the mowing of the circular and straight tracks to Jims Mowing Oatlands has continued, ensuring the athletes always ran on a consistent surface. The club expensed \$1,815- to outsource this and in addition to the efforts of Ben Waldron, Garry, Fergus and co, in my opinion, the oval was maintained in wonderful condition.

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:

- Paddle Pop Weekly Prize
- NRCLAC branded Athlete Clothing for Awards

So for Season 2015/16, my time as Treasurer has been a great experience. Working as part of the committee and being centrally involved with all decisions made by the committee has been rewarding. I wish to thank the committee and everyone else who has supported this club. I am looking forward to the new season already.

Carwyn Potbury
Treasurer

NORTH ROCKS CARLINGFORD LITTLE ATHLETICS CENTRE INCORPORATED

BALANCE SHEET
AS AT 31 MARCH 2016

	31/03/2015	31/03/2015
Assets		
Bank Account	34,730	14,117
Term Deposit	0	40,986
Petty Cash	400	0
Uniform Clothing Stock	8,085	10,085
Total Assets	43,215	65,187
Liabilities		
Accruals		
- AGM & Presentation	0	168
- Canteen Purchases	0	0
- Carnival Entry Fees	0	0
- Registrations	0	0
- Repairs & Maintenance	0	570
- Uniform Purchases	0	0
- Electricity	0	680
- Equipment Purchases	0	0
- Medals & Trophies	0	6,971
Total Liabilities	0	8,388
Membership Equity	43,215	56,799

Honorary Reviewer's Report

I have examined the books of account and financial records of North Rocks Carlingford Little Athletics Centre Incorporated for the year ended 31 March 2016 and I am of the opinion that the above Balance Sheet and the Statement of Income and Expenditure on page 2 give an accurate view of the state of affairs and results for the year. I have relied on the previous year's review for the March 2015 financial balances and have not performed a review on these figures this year.

The Balance Sheet and Statement of Income and Expenditure have been prepared for the members of the North Rocks Carlingford Little Athletics Centre and may not be relied upon by any other parties.



Simon Brownlow (ASA) - Associate CPA Australia
Honorary Reviewer

Dated at Sydney on 1 April 2016

NORTH ROCKS CARLINGFORD LITTLE ATHLETICS CENTRE INCORPORATED

STATEMENT OF INCOME AND EXPENDITURE
FOR THE YEAR ENDING 31 MARCH 2016

	Year to 31/03/2016	Year to 31/03/2015
Income		
Registrations	39,800	39,000
Canteen sales	13,911	14,973
Uniform sales	9,788	6,410
Grants & Loyalty	735	1,696
Interest	8	1,012
Sundry	697	20
Total Income	64,939	63,111
Expenditure		
AGM Expenses	0	1,182
Bank Fees	1,037	930
Canteen Cost of Sales	9,793	10,813
Carnival Entry Fees	644	686
Computers, Recording & Website	2,445	3,146
Conference Fees	0	0
Electricity	0	1,360
Equipment Purchases & Repairs	20,815	1,696
General Expenses	844	792
Ground Maintenance & Consumables	1,815	4,725
LAA NSW Registration & Entry Fees	18,909	16,886
Oval Hire	2,131	1,835
Printing & Stationery	2,011	683
Ribbons, Trophies & Medals	9,240	7,596
Training & Coaching	1,075	190
Uniform Cost of Sales	7,764	3,909
Total Expenditure	78,523	56,426
Operating Surplus/(Deficit)	-13,584	6,685

SECRETARY'S REPORT

Following the Annual General Meeting in May 2015 a new Committee was formed and we welcomed new Committee members Chelsea Woodhouse and Adam Boyd. At the Annual General Meeting in 2015 the Club adopted a new Constitution which is available for viewing on our website. The new Constitution was forwarded to Department of Fair Trading for registration.

During the season, committee meetings were held once a month commencing from June 2015 in preparation for Registrations which commenced in August. Our Presentation Day for the 2015-2016 was held on Sunday 3rd April and we had a big turnout of athletes, parents and our life members.

Notifications have been posted on our Facebook page and our website advising all our members of the Annual General Meeting to be held 1st May 2016 and calling for nominations for committee positions.

This season has seen the Club build on its social media profile which has been driven by Fergus Tilt and the social/community report has again been included to let our members know what is happening in this area.

Policies have been updated including the First Aid Policy. A First Aid Officer is available each week to see to any injuries.

The Club is also required to have a Policy on Working with Children and has been registered with the Children's Guardian.

I would like to thank the Committee for all their support and look forward to seeing some new members in 2016-2017.

Vicki Milne
Secretary

REGISTRAR'S REPORT

There were a total of 398 registrations for the 2015 – 2016 season with two (2) transfers to other clubs, leaving us with a net total of 396 registrations.

There was a slight increase in the overall registrations on the previous year.

As in the past couple of years, we have seen the benefit of technology with 100% of all registrations and 90% of payments being performed on line.

I thank all families who used this method of registration, as it makes the days of registration number collection much less stressful.

I would also like to thank all parents and children for their patience during the busy registration days.

The chart below shows the number of registrations & the changes on the previous year.

Age Group	Boys	Change %	Girls	Change %	Group Total	Change %
T/Tots	16	-33%	16	56%	32	3%
U6	20	NIL	13	-281%	33	-13%
U 7	27	-7%	31	26%	58	10%
U 8	32	3%	21	-4%	53	NIL
U 9	32	34%	22	22%	54	29%
U 10	17	6%	18	-40%	35	-24%
U 11	12	-18%	20	-4	32	18%
U 12	20	20%	18	11%	38	15%
U 13	14	21%	11	-8%	25	8%
U 14	3	-62%	13	23%	16	-11%
U 15	4	75%	7	57%	11	63%
U 17	3	-40%	6	-40%	9	40%
Total	200	NIL	196	3%	396	2%

Finally, I would like to thank all the committee who gave up their time to assist with distribution of registration packs and uniform sales at the start of the season and in particular to Adam for his invaluable assistance with correlation of data from the on line system.

Bob Todd
Registrar

OFFICER FOR TECHNICAL & EQUIPMENT REPORT

2015/2016 was another great season!!!! This was my second year and with great contributions made from the committee, we achieved a lot this year!!

Firstly we started the year with a full set of new hurdles. Thanks to Little Athletics NSW for making a contribution and assisting our club with securing the hurdles.

The second high end item that was purchased was the timing gates. After a few teething problems they are now in full swing. The club is looking at purchasing a second set for the 100m straight.

The last of the big spends was the new Long jump pits. Credit must be given to The Hills Council and Fergus who have made the committee's vision for flat long jump pits come to life.

The club inherited a fairly poor oval this year and a lot of time and water was spent improving the quality of ground. I think within about 10 weeks the oval was at a higher standard than the last few years and has remained at this standard for the remainder of the year.

Again, as I said last year, without the support of local businesses the club would struggle. So I would like to quickly mention three of them:

- Jim's Mowing Service – This is the second year that Darren has mowed the oval every week and he does a fantastic job. Thanks Darren.
- Blue Wealth – Last year, they very generously donated the shade tents. We got to utilise these this year and they have made a huge difference especially at the Zone Carnival and the State Multi Carnival at Dubbo. Again thanks Tony.
- Carlingford Furniture Removals and Storage – Adrian and Rebecca continue to support the club with offseason storage and this has been very important this year due to an upgrade in the shed facilities. Thanks Adrian and Rebecca.

My last point is I would like to thank the parents and sometimes Grandparents that turned up for setup and pack up. It was often the same people but again thank you - without you we would have no competitions on the weekend.

Finally I would like to thank my fellow committee members – no task was too small (from setting up, packing up, washing vests, training and managing age groups). I have seen first-hand the effort and time you all put in to run this club so successfully. Thank you for making this an enjoyable season and see you next season.

COACHING AND EDUCATION REPORT

It's been a big year on the training track for the club and a large amount of thanks to Shannon who as the club coach over the years turns up week in and week out, giving valuable technical tips to the kids as well as making the training fun for all. Thanks Shannon. This year we concentrated on running with more technical event training on Thursdays.

We also had the opportunity for a number of parents to attend the one day ITC course which allowed these parents to assist with technical training on Thursdays. I would like to thank Michael, Michael, Bernard and Drew for your assistance this year.

This year we bought in Darren Wensor on board and he did some private training on Tuesday through the year, a 4 week program with the 8 to 10 year olds on Wednesday and assisted with the education of our coaches and athletes on Thursdays. Thank you, Darren.

Lastly I would like to thank the kids that turn up each week for training ready to have a crack whilst having a bit of fun. I hope to see you all next season.

Ben Waldron
Officer of Technical and Equipment
Coaching Co-ordinator

CHAMPIONSHIP AND TEAM MANAGER'S REPORT

This has again 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.

This season, 130 athletes competed at the Zone Carnival which was held at Barton Park in December 2015. Many entered multiple events and were very successful in reaching finals and achieving PBs. Many parents also made the carnival run smoothly and we would like to extend a special thank you to Annette Todd for her assistance.

We had 70 athletes qualify to compete at the Regional Carnival at Narrabeen on 14th and 15th February. 17 athletes received 25 medals for their performances. Seven athletes won Gold medals – Eliza Harvey (15G) for the 800m and 400m; Maya Leverett (17G) for the Long Jump and Triple Jump both with new region records; Monique Brown (11G) Javelin with a new region record; Daniel Tan (15B) 200m; Lachlan Waldron (8B) Discus; Lachlan Tilt (9B) Long Jump and Alex Shahla (12B) Shot put..

The following athletes won Silver medals: Arabella Price (11G) 800m, Sophie Kavanagh (11G) High Jump and Long Jump, Lily Tilt (11G) Triple Jump, Daniel Tan (15B) 100m, Anthony Shahla (14B) Shot Put and William Basha (8B) Discus.

Bronze medals were received by the following athletes: Maya Leverett (17G) 100m and 200m, Hannah Mathews (12G) 400m, Sophie Kavanagh (11G) Triple Jump, Alana Kavanagh (13G) Triple Jump, Zoe Fajemisin (14G) Triple Jump, Caitlin Waldron (11G) Javelin, Lachlan Waldron (8B) Shot Put, Ryan Kelleway (8B) Discus.

This year the State Multi Event was held at Dubbo in March. A number 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 10 of their age group with some tough competition:

Samuel Price	U7B	2 nd
Lachlan Waldron	U8B	8 th
Lachlan Tilt	U9B	3 rd
Lily Tilt	U11G	2 nd

Finally, the Little Athletics State Carnival at Homebush which was held on March 19th, 20th, and 21st where our 24 athletes competed in 41 events.

Hayley Reynolds 9G	LJ - 8th
Lachlan Tilt 9B	LJ - 8th, 60M Hurdles - 14th
Isabelle Nilon 10G	1100M Walk - 11th
Nicholas Woodhouse 10B	1500M - 16th
Kai Schofield 10B	Discus - 20th
Monique Brown 11G	Jav - 7th
Arabella Price 11G	800M - 11th
Sophie Kavanagh 11G	TJ - 7th, HJ - 8th, LJ - 17th
Lily Tilt 11G	LJ - 9th, 400M - 6th, TJ - 3rd
Caitlin Waldron 11G	SP - 17th, Jav - 14 th
Hannah Mathews 12G	400M - 12th
Amy Fajemisin 12G	HJ - 10 th
Anna Kely 12G	Jav - 10th
Alex Shahla 12B	SP - 5th
Hunter Hosking 12B	400M - 9th
Alana Kavanagh 13G	TJ - 14th, Jav - 12th,
Zoe Fajemisin 14G	TJ - 17 th
Anthony Shahla 14B	Discus - 7th, SP - 6th
Samantha Dale 15G	TJ - 15th, HJ - 9th
Eliza Harvey 15G	400M - 2nd, 800M - 3 rd
Alannah Kuka 15G	Jav - 18th
Daniel Tan 15B	200M - 10th
Sara Kely 15-17G	Para - Disc - 1st, 800M - 3rd, LJ - 2nd, 100M - 2nd
Karissa Kuka 17G	Jav - 13th
Maya Leverett 17G	LJ - 1st, TJ - 2nd, 100M - 3rd, 200M - 2nd

Congratulations to Maya and Sara for winning a Gold Medal, two Silvers and a Bronze, Eliza for winning a Silver Medal and a Bronze and Lily for winning a Bronze 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. We hope to see you all again for the 2016-2017 season.

Erin Leverett & Annika Tilt
Team Managers

RECORDS REPORT

It was a busy years for records and results. On average we had 220 athletes compete each week which resulted in nearly 18,000 results needing to be entered into the system over the course of the season. A special mention to Carwyn, Phillipa and Pene who helped every week in ensuring that the results were entered as quickly as possible.

PB's Achieved in 2015-2016

Of the 365 registered U6 to U17 athletes, 291 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	Certificate	45
15 PB	Certificate	72
20 PB	Bronze Medal	62
25 PB	Silver Medal	54
30 PB	Gold Medal	42

Records Decision

During the course of the season, the committee has numerous decisions to make with regards to records. These are summarised below:

U11 Javelin – LANSW introduced this as a new event. The committee made the decision to award the record to the athlete with the season's best.

U9 High Jump – LANSW decided that the only technique permitted to be used in U9 high jump, is the "scissors" technique. The committee decided that, as per zone, region and state records, not to make any changes to the U9 high jump records. Note that this change in technique will be extended to the U10 age group for the 2016-17 season.

Long Jump / Triple Jump - In late December 2015, new jumps pit were built at Kingsdene Oval. As part of the construction process, the existing pits were survey and it was found that the existing senior pits had a 60cm incline on the runway. The committee decided that for all long jump and triple jump which were conducted on the senior pits

(U10-17) that records set prior to 12 December 2015 would be preserved and if broken, a new record would be established. This decision is reflected on the club website whereby "old" and "new" records can now be seen.

Short Track Records – with the club introducing fully automated timing gates on the short track at the commencement of the 2015-16 season, the committee decided, that as per LANSW guidelines, records for the 50m, 70m and 60m hurdles would be adjusted by adding 0.24s to them. This decision is reflected on the club website whereby adjusted records have been marked with [S].

Records Set/Broken in 2015-2016

The following table shows the records broken and standing at our club during season 2015 / 2016:

Age	Event	Name	Result	Date
7B	500M	BENJAMIN WOODHOUSE	1m 44.6s	27-Feb-16
7B	DISCUS - 350GM	SAMUEL PRICE	17.31m	20-Feb-16
7B	SHOT PUT - 1KG	SAMUEL PRICE	7.86m	27-Feb-16
9B	700 METRE WALK	LACHLAN TILT	5m 6.8s	5-Dec-15
10B	SHOT PUT - 2KG	GEORGE SHAHLA	9.95m	19-Sep-15
10G	1100 M WALK	ISABELLE NILON	6m 35.2s	5-Mar-16
11B	JAVELIN - 400GM	JOEL WADE	14.52m	28-Nov-15
11G	TRIPLE JUMP	LILY TILT	9.38m	12-Mar-16*
11G	LONG JUMP	LILY TILT	4.27m	5-Dec-15**
11G	LONG JUMP	LILY TILT	4.32m	20-Feb-16*
11G	JAVELIN - 400GM	MONIQUE BROWN	23.04m	27-Feb-16
11G	SHOT PUT - 2KG	CAITLIN WALDRON	8.85m	20-Feb-16
11G	HIGH JUMP	SOPHIE KAVANAGH	1.36m	6-Feb-16
12B	JAVELIN - 400GM	ALEX SHAHLA	21.08m	28-Nov-15
12B	SHOT PUT - 3KG	ALEX SHAHLA	10.70m	5-Mar-16
12B	1500 M WALK	JOSEPH BOYD	11m 22.7s	5 Dec 201
13G	1500 M WALK	ALANA KAVANAGH	8m 43.4s	5-Dec-15
13G	JAVELIN - 400GM	ALANA KAVANAGH	25.51m	14-Nov-15
14B	SHOT PUT - 3KG	ANTHONY SHAHLA	12.80m	6-Feb-16
15G	HIGH JUMP	SAMANTHA DALE	1.53m	27-Feb-16
17G	100 METRES	MAYA LEVERETT	13.1s	20-Feb-16
17G	200 METRES	MAYA LEVERETT	26.6s	20-Feb-16
17G	DISCUS - 1KG	KARISSA KUKA	26.23m	27-Feb-16
17G	LONG JUMP	MAYA LEVERETT	5.28m	27-Feb-16*
17G	TRIPLE JUMP	MAYA LEVERETT	11.29m	7-Nov-15**
17G	TRIPLE JUMP	MAYA LEVERETT	11.43m	20-Feb-16*

* New pit

** Old pit

Timing Gates

The decision to implement fully automated timing gates on the short track was a well received initiative. Results are now more accurate and data entry has been eliminated. With the exception of one week, whereby we had a problem with a faulty timing hub, all weeks ran smoothly. A special thanks must go to Adam B, for operating the timing gates each week. The committee will look to expand the club's use of timing gates to the main track for the 2016-17 season.

Age Champion and Runner Up Awards

Following the awarding of all the age champion and runner up awards, the committee undertook a review to determine if it believed that the current eligibility criteria were still appropriate. The committee decided that an important aspect in determining these awards is commitment and participation at NRCLAC competitions and as such, with the following exception have decided that no change is required to be made to the criteria for these awards. The committee however did acknowledge that many athletes in the U17 age group have school and work commitments and for the 2016-17 season, have decided to reduce the minimum attendance threshold for this age group from 70% to 60%.

Adam Price
Data Manager

COMMUNITY REPORT

NRCLAC is aiming to build a strong sense of community among our members and extend our reputation as a respected institution in the local and wider community.

Community based initiatives this season have included signing a statement of principles for the recognition of our volunteers. Our club upholds the principles of care, respect, and dignity for all our members and volunteers.

NRCLAC has for the first time elected two of our senior athletes as Club Captains, with the intention of promoting a sense of team spirit and a position for our younger athletes to aspire to.

NRCLAC has introduced a competition group for special needs athletes. The new group have enjoyed a successful season and we look forward to their return next year.

NRCLAC has extended our relationship with the Hills Shire Council, culminating in the construction of new long jumps at Kingsdene Oval, a valuable asset for the club for years to come. State government MP, Geoff Lee, has visited us twice through the season and has taken interest in promoting our membership in his newsletter. Premier Mike Baird has awarded NRCLAC a funding grant under the NSW Government's Community Building Partnership program. The NSW Minister for Sport, Stuart Ayres has been invited as a VIP to attend our Presentation Day.

Communications have improved this season with a weekly Newsletter and more regular social media posts. Attendance at ground set-up has improved this season with email and SMS reminders.

The Australia Day Picnic was again successful and a goal for next season will be to provide more of these social opportunities.

Fergus Tilt
Committee Member

CLUB CAPTAINS' REPORT

I've been at North Rocks Carlingford for 13 years. I've loved every minute of it, going from groups with up to 25 people to my group of 7. It's been a great experience meeting new people and sharing each Saturday morning with them. I love athletics and NRC was a lovely club to spend my LAs with. I would really encourage the younger athletes to persevere with athletics and work on their PBs and to just enjoy what they are doing.

Maya Leverett
U17 Athlete

Over the past 9 years I have had a great time coming down to North Rocks each weekend, competing with friends and watching the club grow. I took great pride this year in being elected as club captain for the 2015/2016 season and even though I wasn't able to compete as much as I would have liked, I had the opportunity to see what everyone else was doing and all the talent coming up through the younger age groups. I know everybody has other commitments and has a jam-packed weekend but I encourage everybody to come back next year as Little Athletics is a great place to meet new people and make lots of friends. Also, for those out there who play many other sports, Little A's is a great way to keep fit and improve your game for any other sport.

Stephen Todd
U17 Athlete

OFFICER FOR OFFICIALS REPORT

Thank you to everyone who attended and took part this season with the weekly setup of equipment, Age Managers and Assistants, Field Officials, Time keepers and starters, canteen and BBQ, and general upkeep and tending to the athletics field.

I especially appreciate all the Families, parents and Grandparents who take the time out of their day to bring their children every week and support and encourage them in their athletics. Also for their volunteer help in setting up equipment, assisting the Age Manager, the starters and time keepers. Without their help many of the day's activities and events could not take place.

A big thank you to all of our Officials, the starters, chiefs and time keepers for their unselfish commitment to making sure that all the athletes compete to the best of their abilities. Also all the Age Managers and assistants who look after the athletes and help the athletes have a great day every week. It's a big job, but very rewarding for all involved.

Thanks also to all the parents who helped out with various duties at Zone, Regional and State Carnival as well. Again, a huge thank you to everyone who attended or helped out this seasons. You make it special for all the children who compete each week and make it a fun day for all.

Amanda Kely
Officer for Officials

OFFICER OF CHAMPIONSHIPS REPORT

Athlete of the Year Awards	
Junior Boy (U6-U9)	Samuel Price
Junior Girl (U6-U9)	Hayley Reynolds
Intermediate Boy (U10-U12)	Alex Shahla
Intermediate Girl (U10-U12)	Lily Tilt
Senior Boy (U13-U15)	Anthony Shahla
Senior Girl (U13-U15)	Samantha Dale
Under 17	Maya Leverett
Special Awards	
Tony Kish Award	Ethan Fajemisin
Wally Pamplin Award	Isabelle Nilon
McDonalds Scholarship Nominee	
Maya Leverett	

AGE GROUP AWARDS 2015-2016

Age	Age Champion	Runner Up	Most PBs	Age Managers Award
6G	Rachel Fenson	Evie Wilcox	Natalie Cobley	Sophie Polkinghome
6B	Joshua Tilt	Nathaniel Basha	Jamie Kastelan	Jack Johnson
7G	Isla Clarke	Sarah Nienhuis	Kara Hazon	Abigail Gathercole
7B	Samuel Price	Benjamin Woodhouse	Christopher Nilon	Stirling Facer
8G	Lani Khuroya	Anika Banerji	Elina Banerji	Keziah Hoskin
8B	Finn Parlevliet	Lachlan Waldron	Lewis Wong	William Basha
9G	Hayley Reynolds	Eliza Matthews	Charlotte Gathercole	Ella Baker
9B	Lachlan Tilt	Cody Burton	Thomas Buchanan	Hugo Matthews
10G	Isabelle Nilon	Zoe Parlevliet	Rorie Loo	Tia Brady
10B	Nicholas Woodhouse	George Shahla	Nicholas Koinusis	Lucas Hosking
11G	Lily Tilt	Arabella Price	Sofia Gately	Sophie Kavanagh
11B	Joel Wade	Rory Wilson	Patrick Largo	Ayden Huynh
12G	Emily Gathercole	Hannah Mathews	Anna Kely	Courtney O'Neill
12B	Hunter Hosking	Kale Burton	Ashton Cooper Alex Shahla	Joseph Boyd
13G	Alana Kavanagh	Tarsha Wayne	Jamie Eve Wade	Genevieve McKeown
13B	Conor Smith	Arthur Ziogas	N/A	Leon Liu
14G	Zoe Fajemisin	Tina Huang	N/A	Josephine Vu
14B	Anthony Shahla	N/A	N/A	Ronald Leung
15G	Samantha Dale	Karina Bessis	Sara Kely	Mandela Sutherland
15B	N/A	N/A	N/A	Benjamin Vu
17G	Sarah Travis	Kate Milne	N/A	Maya Leverett
17B	Stephen Todd		N/A	Vinson Cai