



# NORTH ROCKS CARLINGFORD LITTLE ATHLETICS CENTRE

ABN: 17 973 688 665

Fergus Tilt | PRESIDENT

10 Watton Rd  
Carlingford NSW 2118  
M: 0425 325 290

E: fergus@fitasaphysio.com

Garry Dennis | SECRETARY

155 Murray Farm Road  
Beecroft NSW 2119  
M: 0431 665 245

E: garry.dennis@optusnet.com.au

## ANNUAL REPORT 2018/2019 SEASON

---

---

### PRESIDENTS REPORT

---

---

Congratulations on a successful 2018/19 season for North Rocks Carlingford Little Athletics Centre. Every number we measure improved this season: we had 449 members, including 33 Multi-Class athletes. Together we achieved 6,439 PBs, breaking 54 club records. We sent 187 athletes to Zone Championships (23% more than last season), where all four relay teams won medals, and our multiclass athletes competed in a field event at Zone for the first time. We had 118 athletes qualify for Regional Championships, (a 10% increase), where we medalled in a relay and had a record number of Officials representing the club. We had 35 athletes qualify for State Championships (a 25% increase), where we won 9 medals and won one of four McDonald's grants awarded in NSW.

All of this can't happen without a lot of work from a lot of good people. On behalf of the Committee I'd like to thank our:

- **Age Managers and Assistants** – Thank you for your dedication and hard work.
- **Club Captains**, Lauren Goodacre and Dylan Owen.
- **Coaching Co-ordinator**, Ben Waldron.
- **Club Coach**, Shannon Kavanagh.
- **Starters**, Greg Smart (Chief), Chris Barker, Jenny Drury, and Kieron McKeown.
- **Time Keepers**, Adam Boyd (Chief), Liz Parlevliet, Anita Boyd, Emily Wong, and Fiona Gathercole.
- **Qualified Officials**, Jenny Drury (Starter), Les Nagy (Throws), Ben

Waldron (Throws), Joe Shahla (Throws), Adam Boyd (Time Keeping), Greg Smart (Starter), Kieron McKeown (Starter), John Nilon (Walks), Ben Jamieson (Jumps), Sankaran Loganathasundaram (Throws), Pia Fenson (Track), Chelsea Woodhouse (Track), Bernard Rowe (Throws), Kathryn Khiroya (Jumps), Liz Parlevliet (Track), Marija Butler (Throws), Natalie Lambert (Track), Garry Dennis (Announcing), Dylan Yip (Jumps), Andrew Hazon (Jumps), Jo O'Neill (Track), Janet Lawrence (Track), Mick Reynolds (Jumps), Vicki Radford (Jumps), and Amish Khiroya (Jumps).

- **Canteen Managers**, Phillipa Gately and Catherine Schneider.
- **BBQ Chef**, Chris Schneider.
- **Team Mangers**, Annika Tilt and Carwyn Potbury.
- **Photographer**, Amanda Primrose.
- **Data Consultant**, Adam Price.
- **Club Sponsors**, Carlingford Bowling Club, Physio Fitness Castle Hill, Coles Carlingford Court, FIT-TAPE, and the Australian Sports Foundation.

In particular, I'd like to thank our Committee for all their work. This season we welcomed one new Committee member, Mathew Woodhouse, thanks Mat.

Some of the successful initiatives the Committee achieved this season, includes:

- We awarded new Club Captains, Lauren Goodacre and Dylan Owen.
- A visit from Dr Geoff Lee, Member for Parramatta in the NSW Government.

- We qualified 6 new Coaches through the Introduction to Coaching Course.
- We qualified all our Age Managers through Level 1 Officiating courses.
- We bought a new discus cage for our Multiclass groups.
- We bought new uniforms (polo shirts) for our Championships Officials.
- We raised \$715 in gold coin member donations for the Ronald McDonald House charity.
- We won a grant from the Australian Sports Foundation.
- We won a grant from Coles, and were visited by Commonwealth Games High Jump gold medallist, Brandon Starc, to award the grant and speak to our athletes.
- A visit from Councillor Andrew Jefferies, from the City of Parramatta Council.
- We nominated Senior Girls' Athlete of the Year, Lily Tilt, for a LANSW scholarship, and she was successful, being one of four winners in NSW.
- We won a grant from City of Parramatta Council.

Our season culminated with a successful Presentation Day on March 24<sup>th</sup>. It was my pleasure to welcome the distinguished guests who attended:

- Councillor Andrew Jefferies, City of Parramatta Council.
- NRC Life Members: Tony and Dee Kish, Jenny and Ivan Drury, Mary O'Byrne, Peter Blackett, and Garry Dennis.
- NRC Honour Roll members: Commonwealth Games Triple Jumper, Emmanuel Fakiye, and Commonwealth Games 800M runner, Joshua Ralph.

I'd like to thank them for their continued support of the club, helping with the BBQ, and presentations on the day.

I want to thank all the families who make a contribution to help run the club week to week. We only exist because of good people getting involved. I strongly encourage all members to find a way you can help and I know you will find it rewarding to make a contribution to our community.

On a personal note I'd like to thank the families that we get to spend time with at Little Athletics. I know I can speak for myself, Annika, Lily, Lachie, and Josh, in saying we are lucky to have you as good friends. Thank you.

**Fergus Tilt, President**

---

---

## SECRETARYS REPORT

---

---

Following the Annual General Meeting (AGM) in May 2018 a new Committee was formed, and we welcomed new Committee member Mathew Woodhouse. Fergus Tilt (President), Ben Waldron (Vice President), Carwyn Potbury (Treasurer), and Chelsea Woodhouse (Registrar) remained in the same roles, with other Committee members Adam Boyd, Russell McKenzie, Kathryn Khiroya, Fiona Gathercole, Janet Lawrence, Liz Parlevliet, Amanda Primrose, and Andrew Hazon. I took on the position of Secretary again, and acted as the Club's Public Officer.

During the 2018/2019 season, Committee meetings were held regularly, commencing from June 2018 in preparation for Registrations which opened on 1 August.

Notifications have been posted on our Facebook page and our website advising all our members of the AGM to be held 5th May 2019 and calling for nominations for Committee positions. Emails were sent to our Life Members inviting them to the AGM.

On November 3<sup>rd</sup>, NRCLAC members raised \$714.50 to donate to Ronald McDonald House Charities (RMHC), Greater Western Sydney, NRCLAC's charity partner for season 2018/2019. RMHC is an independent charity that helps families of seriously ill children. They help keep families together and close to the care their child needs.

I would like to thank the Committee for their support during the 2018/2019 season. As a club we very much rely on our volunteers and I encourage all Members to think about being involved at Committee level.

**Garry Dennis, Secretary**

---

---

## TREASURERS REPORT

---

---

*Please find attached the 2018/2019 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 successful and enjoyable season and as Treasurer I have been very happy to have played a small part.

The Centre recorded a total income for 2018/2019 season of \$101,412 which represents an increase of \$19,060 on the previous year. The mitigating factors for this increase of income were the various Government Grants and Sponsorship (\$19,854 in Grants and \$1,688 in Sponsorship) that the club received throughout the season and a record number of Registrations. These things contributed to the financial surplus recorded in the accounts. The Grants and Sponsorship were predominantly used for the supply of new equipment for the club including a new portable Discus Cage for the MC athletes and some new NRCLAC Branded Tents to replace broken and damaged old ones. It was also used to support the MC athletes with uniforms and registration. I would like to thank Fergus Tilt for all his time applying for the grants and sponsorship that help to make our club the success it is today.

NRCLAC had record membership, 446 paid registrations in 2018/2019 season bringing in \$54,482 in Registration Sales.

There was a slight decrease in Canteen sales this season. Canteen Sales for the year were \$14,298. This can be put down to having 2 competition days cancelled due to rain and also not running a competition on the Region weekend. As part of our Canteen Improvement strategy, the Committee made the decision to purchase a SQUARE POS system. This enabled

members to use Credit Card/EFTPOS when buying food and drink from the canteen. It has proved to be very popular and almost 20% of this year's canteen sales have come through this system and there is an expectation this will increase next season as our members get used to using it. The BBQ continued to be very well received and this is due to the continuity and quality of the cook. I would like to thank Canteen Managers Phillipa Gately and Catharine Schneider for their hard work in running and keeping the canteen stocked and also our BBQ Chef, Chris Schneider.

Our Uniform sales of \$10,528 is an increase of \$863 on the previous season. The club will be reducing the amount of line items it sells going forward. We will only be supplying Competition Singlets, Lycra Shorts, Crop Tops and the club supporter merchandise. The online Stripe facility set up on the NRCLAC website alongside our new SQUARE POS system give our members multiple ways of purchasing uniforms.

The Club initiative of the Gold Coin donation for training continued this season and \$563 was collected.

The Centre incurs considerable expenses to keep operational. The major expense for 2018/2019 is the \$30,328 fee paid to LAANSW for registration and insurance of our athletes. In addition to this:

- \$8,054 - was spent on trophies, medals, ribbons and other rewards presented to the athletes and parent helpers at our Presentation Day.
- \$11,165 - was spent on stocking the canteen.
- \$12,637 - in uniform cost of sales
- \$6,708 – for Region Shirts and State Hoodies
- \$9,539 - for Equipment purchases and repairs
- \$3,949 – for Ground Maintenance and Consumables
- \$2,139 – Carnival Entry Fees

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

- Supply of uniforms and payment of registration for MC athletes
- Matched the \$357.50 Members Donation to Ronald McDonald House charity
- Gift Vouchers for Age Group Managers and Parent Helpers
- Age Group Manager Training Day
- Introduction to Coaching for new Age Group Managers
- Paddle Pop Weekly Prize
- NRCLAC branded Athlete Clothing for Region and State Representatives
- Weekly Sausage Sandwich and Drink for Age Group Managers

Our bank balance remains healthy with an end of season balance of \$66,558.17 with \$1,806 in current petty cash.

All known 2018/2019 expenses have been captured into these accounts.

So, for season 2018/2019, working as part of this Committee and being centrally involved with all decisions made by the Committee has been rewarding. I wish to thank the Committee and everyone 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 2019**

	31/03/2019	31/03/2018
<b><u>Assets</u></b>		
Bank Account	66,558	58,189
Term Deposit		
Petty Cash	1,806	167
Uniform Clothing Stock	12,411	14,679
<b>Total Assets</b>	<b>80,775</b>	<b>73,036</b>
<b><u>Liabilities</u></b>		
Accruals		
- AGM & Presentation		905.36
- Canteen Purchases		
- Carnival Entry Fees		
- Registrations		
- Repairs & Maintenance		
- Uniform Purchases		
- Electricity		
- Oval Hire		
- Medals & Trophies		
<b>Total Liabilities</b>	<b>0</b>	<b>905</b>
<b><u>Membership Equity</u></b>		
	<b>80,775</b>	<b>72,130</b>

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 2019 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 2018 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 24 April 2019

NORTH ROCKS CARLINGFORD LITTLE ATHLETICS CENTRE INCORPORATED

STATEMENT OF INCOME AND EXPENDITURE  
FOR THE YEAR ENDING 31 MARCH 2019

	Year to 31/03/2019	Year to 31/03/2018
<b><u>Income</u></b>		
Registrations	54,482	44,730
Canteen sales	14,298	15,950
Uniform sales	10,528	9,666
Grants & Loyalty	21,542	10,231
Interest	-	-
Sundry	563	1,775
<b>Total Income</b>	<b>101,412</b>	<b>82,351</b>
<b><u>Expenditure</u></b>		
Advertising		
AGM Expenses	-	-
Bank Fees	1,385	1,173
Canteen Cost of Sales	11,165	11,622
Carnival Entry Fees	2,139	1,666
Computers, Recording & Website	1,820	3,683
Conference Fees	-	-
Electricity	-	-
Equipment Purchases & Repairs	9,539	7,275
General Expenses	2,528	1,313
Ground Maintenance & Consumables	3,949	2,161
LAA NSW Registration & Entry Fees	30,328	22,492
Oval Hire	1,865	1,083
Printing & Stationery	-	298
Ribbons, Trophies & Medals	14,763	13,099
Training & Coaching	650	665
Uniform Cost of Sales	12,637	14,270
Website		
<b>Total Expenditure</b>	<b>92,767</b>	<b>80,800</b>
<b>Operating Surplus/(Deficit)</b>	<b>8,645</b>	<b>1,552</b>

---

---

## REGISTRARS REPORT

---

---

NRCLAC had 449 registrations for the 2018/2019 season, which was a 9% increase on the previous year and one of our largest ever membership level. Much of this was due to an 8% increase in the number of girls registering this year, resulting in 212 girls and 237 boys competing at and representing NRCLAC this season. The junior age groups (Tots – 11's) were once again the largest groups, with 68% of registrations being represented by these age groups.



NRCLAC continues to encourage participation in Little Athletics of athletes with a range of special needs. The special needs group has proven to be an extremely successful and was once again a popular program, with 33 athletes registered in the group this year. The Committee would like to thank the group's managers, Natalie Portes and Paul Parsons for another wonderful season with the athletes and we look forward to seeing the group continue in the coming years.

NRCLAC prides itself on being a centre where all athletes are encouraged to compete, improve personal performance, keep fit and most of all have fun. Success in creating an enjoyable experience can be seen by the retention of athletes from season to season. This year, 63% of athletes were returning registrations. We look forward to welcoming back all our athletes in the 2019/2020 season.

**Chelsea Woodhouse, Registrar**

---

---

## OFFICER FOR TECHNICAL & EQUIPMENT REPORT

---

---

2018-2019 was another big year for NRCLAC. I was ably assisted by Drew Hazon who has become a great assist to the club with his ability to fix almost everything. Thanks Drew for all your help. This year we saw the club obtain a number of private and government grants which resulted in the club buying a lot of equipment. Items such as tents, throwing cages and equipment for the Multi Class athletes. Special mention to Coles for their ongoing support.

We will continue to invest in equipment over the next few years, replacing items that are still from the club's inception back over 35 years ago.

I would like to thank Johnson's Transport, who again this year have helped the club with storage of our bulky equipment during the off season.

I would like to thank all the parents and sometimes grandparents that turn up weekly to assist with set up and pack up. Our club is the envy of all local clubs with such a great relationship between the competing kids and the parental volunteers that assist to make our competition days run so well.

Finally, to the Committee, as the VP and jack of all trades, I see the time and effort you selflessly put into the club. From the President to the club captains your work has made this club great as we go from strength to strength, the envy of the rest.

---

---

## **COACHING & EDUCATION REPORT**

---

---

They say practice makes perfect. Well it was on show this year at NRCLAC. The club had it largest ever Region Team, and then our largest State Team. We also received more medals than ever before. We even had a State Gold medalist from another club training with us. The club continued with the 2-day training program with fitness on Wednesdays, and event specific on Thursdays. We also had a Region Athlete training program through December/January.

Firstly, I would like to thank Shannon for all your time, knowledge and patience over the training season. Further to that Shannon, thank you for making it fun for the kids. The was evident in the large number of athletes attending.

Second, I would like to the thank the Thursday and Region Coaches; Carwyn, John, Drew, Matt, Michael, Kathryn, Lis, Maria and Shannon. Your ongoing support allows the kids to improve, whilst enjoying their athletics. Due to your hard work, as a club the athletes had their most successful year ever.

Lastly, I would like to thank the kids who turn up to training each week, and hope to see you all next year.

**Ben Waldron, Officer for Technical & Equipment, and, Officer for Coaching & Education**

---

---

## **TEAM MANAGERS REPORT**

---

---

Carwyn and I again worked together as Team Managers for the club. I would like to thank him for his support with the major carnivals we attended in season 2018-2019. There is a lot of planning that goes into allocating athletes for events and organising parent helper duty rosters, marshalling and answering queries. I would like to thank Fergus for his support and his many hours spent behind the scene helping the carnivals run smoothly.

### **Zone Championships, Barton Park**

NRCLAC was well represented by 187 athletes competing in 630 events and 4 relays. The carnival ran very well as usual thanks to the hard work of our Zone Committee. Our North Rocks Tent City was as usual very impressive. Thanks to Ben, Drew, Russell, Matt and Garry for helping set up the area on Friday afternoon. Zone Championships continued to support our Multi-class athletes, this year in two events 100m sprint and discus.

We had great success with all our relay teams, gold for junior boys and silver for junior and senior girls and senior boys. This was a real highlight and finished off a very successful weekend.

### **Regional Championships, Narrabeen**

We were well represented by 118 athletes - a record for the club, competing in 311 events. Our medal tally finished at 9 Gold, 16 Silver, and 14 Bronze. The weekend was well run with fantastic weather conditions for athletics. There were some issues with a major traffic incident on the Sunday affecting many of our athletes being able to get to the track. Thank you to everyone for their patience and to the Region Committee for keeping us well informed about changes to the program.



## **State Multi-Event Championships, Dubbo**

15 athletes travelled to Dubbo this year. The weather was warm but not as warm as previous years so we were lucky. There was a lot of PBs on the fast Dubbo track. Congratulations to Samuel Price 10B for winning the silver medal and for Lily Tilt 15G winning the gold and securing a spot in the ALAC NSW team.

## **State Track and Field Championships**

What a weekend of absolutely horrible weather. The Sydney deluge meant there were many changes to the program and to some jump events being cancelled totally. Thanks to the parents that braced the torrential rain to do their duties. NRCLAC had a strong team of 35 athletes; our biggest ever team, in 65 events. Congratulations to Samuel Price silver in SP and bronze in 60H, Sophie Kavanagh bronze HJ, Evana Butler bronze SP, Ben Woodhouse bronze 1500 and silver 800, Arabella Price bronze 3000, Jacob Taylor bronze 200, gold medal to Alex Shahla in SP. What fantastic achievements. Thanks to Carwyn for team managing the carnival on his own as I was unavailable.

Congratulations to all the athletes on a very strong season. We can't wait to see what you can achieve next year.

**Annika Tilt, Team Manager**

via phone again this year. The updates to the app for this season made data entry easier for high jump results, allowing for the entry of the best height only. A laptop was set up in the recording room as an alternative to the use of a phone for all entries. Timing Solutions was used to host our results again for this season.

On average we had 307 athletes (from U6 to U17) compete each Saturday morning and 166 compete at our January Friday night competitions. Our busiest competition day saw 336 athletes in attendance.

As established in previous years, when there were issues with the timing gates and it was not possible to determine accurate race results (ie. the gate start device was triggered early or late) the first placed athlete in the problematic heat was awarded an equal PB, with the remaining athletes in that heat having their results adjusted with reference to the time awarded to the 1<sup>st</sup> placed athlete, such that time differences between the athletes remained the same. Where full gate failure meant that no results were able to be determined (and it was decided not to re-run the race), all the athletes in question received equal PBs. Neither of these scenarios occurred frequently and the vast majority of sessions were run without any technical problems.

---

---

## **RECORDS & RESULTS REPORT**

---

---

The timing gates continued to be used on both the main and short track this season. All races up to the 400m are electronically timed. Thanks go to the team of regular helpers who set up and operated the recording system each week. The Timing Solutions app and website were used by age managers to enter field event results

---

---

## **CHAMPIONSHIP REPORT**

---

---

### **PB's Achieved**

Of the 449 registered U6 to U17 athletes, 328 achieved 10 or more Personal Bests during the season. The following table shows the number of athletes who achieved the various award levels:

PBs	Award	No of Athletes
30	Gold Medal	12
25	Silver Medal	24
20	Bronze Medal	65
15	Certificate	114
10	Certificate	113

### Records Broken:

Age	Athlete	Event	New Record	Date
6B	Anthony Mittiga	Shot Put	5.25m	26-01-19
9G	Sophie Polkinghorne	700m Walk	4:10.91s	02-03-19
9G	Evana Butler	Shot Put	7.05m	01-12-18
10B	Christopher Nilon	1100m Walk	6:27.25s	02-03-19
11B	Tyler Boyd	1100m Walk	7:24.11s	02-03-19
11B	Benjamin Woodhouse	400m	1:07.50s	16-02-19
11B	Benjamin Woodhouse	800m	2:30.17s	26-01-19
12B	Cristian Kastelan	1500m Walk	11:05.61s	16-02-19
13B	Nicholas Woodhouse	3000m	10:57.22s	09-03-19
13B	Liam Price	1500m Walk	10:00.90s	26-01-19
13B	Jacob Taylor	200m	26.69s	27-10-18
14G	Isabelle Nilon	1500m Walk	8:54.81s	02-03-19
14G	Caitlin Waldron	Discus	28.77m	02-03-19
14G	Monique Brown	Javelin	32.67m	13-10-18
15B	Lachlan Schneider	Javelin	36.22m	16-02-19
15B	Kale Burton	300m Hurdles	46.17s	16-02-19
15B	Tate Mahony	Triple Jump	12.20m	16-02-19
15B	Joseph Boyd	3000m	11:00.36s	01-12-18
15B	Lachlan Schneider	1500m Walk	13:27.30s	13-10-18
15G	Sophie Kavanagh	High Jump	1.56m	09-03-19
15G	Lily Tilt	Javelin	30.05m	16-02-19
15G	Lily Tilt	1500m Walk	9:39.80s	24-11-18
17B	Anthony Shahla	Shot Put	12.62m	02-03-19
17B	Anthony Shahla	Discus	40.41m	23-02-19
17G	Lauren Goodacre	300m Hurdles	53.06s	03-11-18

**Adam Boyd, Officer for Championships, Records & Results**

---



---

## CLUB CAPTAINS REPORTS

---



---

I have been a part of this club for around 6 years now and have enjoyed being able to see how, as a club, we have grown and flourished with our number of athletes continuously increasing.

Although those early morning starts weren't particularly my favourite part of the day, doing what I love and being surrounded by such a wonderful and encouraging group of fellow athletes made it all worthwhile.

Over the past year I have had the absolute privilege of being co-club captain, alongside Dylan, for such an amazing community of people and in doing so have seen the club in a whole other light. I have learnt that it's not about how fast you run or how far you throw or jump, it's about having fun and doing your best. While placing in the top three would be amazing don't worry about the place, worry about you, how hard you try and the amount of effort you put into each and everything you do to achieve your personal best.

I have also learnt that we really need to appreciate all the time and effort the committee, our age managers and especially our parents give up making sure everything runs smoothly every single Saturday. I'd just like to give a big thankyou especially to Fergus our President for doing such an amazing job at running this club, and to Annika, Carwyn and Chris for being such kind and supportive age managers since day one, I don't know what we would have done without you.

**Lauren Goodacre, Club Captain**

My journey at this club began in 2010 when I was just 7. I remember always arriving quite early & getting excited for the captains to go through the stretches, the warm up lap wasn't considered a warm up, it was a who-can-make-to-the-end-the-fastest.

Now 9 years on, I have made so many lifelong friends, learnt many life lessons & I would never have imagined back then to have been given the honour of being 'club captain' during my last season here at this fantastic club.

All of this would not have been possible if not for all the club members, the club presidents & sponsors over the years. On behalf of Lauren & myself I would like to take this opportunity to thank each and every one of you, I am so grateful for all the time & effort you guys put into this club.

I would like to thank Fergus for the hundreds of hours he has devoted to this club, for all of the age managers and parent helpers who gave up their own valuable time to help us achieve our personal best each week.

I would also like in particular to thank my dad, every Saturday morning for the last nine years he helped out in every way possible & for the last 4 years he has managed my age group, giving lots of words of encouragement, tips & tricks to master various techniques on each event & loads of support. He also made lots of dad jokes, which dad I might add some were actually funny. I wouldn't be who I am today if it wasn't for you, cheers dad.

Whilst this is sadly the end of one chapter for the 17's at this club, it is merely the beginning of something greater to come.

I would like to wish all the 17's best of luck for all future endeavors, I hope you can take away many different skills you have learnt during your time at this club & use them.

For the rest of the young athletes at this club, continue to try your best in every event & most importantly have lots of fun with your friends.

Thank you all for creating a place that I can call my second home and for setting up such a great legacy for me to continue on myself. Good luck & farewell.

**Dylan Owen, Club Captain**