



NORTH ROCKS CARLINGFORD LITTLE ATHLETICS CENTRE

ABN: 17 973 688 665

Fergus Tilt | PRESIDENT

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ANNUAL REPORT 2017/2018 SEASON

PRESIDENT'S REPORT

Congratulations on a successful 2017/18 season for North Rocks Carlingford Little Athletics Centre. To put some numbers on this season: we had 411 members, including 31 Multi-Class athletes. Together we achieved 7,765 PBs, breaking 49 club records. We sent 152 athletes to Zone Championships, where we broke two records, had two relay teams win medals, and organised Multi-Class events at Zone for the first time. We had 101 athletes qualify for Regional Championships, 30% more than last season, where we won medals in two relays and broke 3 records. We had 28 athletes qualify for State Championships, where we won 11 medals.

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**, Samantha Dale and Mandela Sutherland.
- **Coaching Co-ordinator**, Ben Waldron.
- **Club Coach**, Shannon Kavanagh.
- **Starters**, Kieron McKeown (Chief), Rohan Primrose, Greg Smart, Chris Barker, and Jenny Drury.
- **Time Keepers**, Adam Boyd (Chief), Janet Lawrence, Anita Boyd, and Fiona Gathercole.
- **Qualified Officials**, Jenny Drury (Starter), Les Nagy (Throws), Ben Waldron (Throws), Joe Shahla (Throws), Adam Boyd (Time Keeping), Greg Smart (Starter), Rohan Primrose (Starter), Kieron McKeown (Starter),

- Nigel Leverett (Jumps), John Nilon (Walks), Ben Jamieson (Jumps), Clint Bridges (Walks), Sankaran Loganathasundaram (Throws), Pia Fenson (Track), Chelsea Woodhouse (Track), and Bernard Rowe (Throws).
- **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.

In particular, I'd like to thank our Committee for all their work. This season we welcomed new Committee members; Drew Hazon, Kathryn Khiroya, Liz Parlevliet, Janet Lawrence, Amanda Primrose, and Fiona Gathercole.

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

- At the AGM we amended the Constitution to ensure gender equality on the Committee.
- We built a new website.
- We awarded new Club Captains, Samantha Dale and Mandela Sutherland.
- A visit from Dr Geoff Lee, Member for Parramatta in the NSW Government
- We were awarded NSW Community Club of the Year at the NSW Sports Awards.
- We won a grant from Sydney Water.
- We qualified 11 new Coaches through the ITCC.
- A visit from Councillor Andrew Jefferies, from the City of Parramatta Council.
- We instigated free fruit in the canteen.

- We initiated a parent's walking group at training.
- We bought a new HJ set, Tot's equipment, and new tents.
- We raised \$191 for a charity, the Australian Indigenous Mentoring Experience.
- We initiated a collection of historical club photos from the 80's and 90's.
- We stopped competition for a minute's silence on Remembrance Day.
- We qualified 6 new Officials to help at Zone and Regional Championships.
- We nominated Club Co-Captain, Samantha Dale for a LANSW scholarship.
- We won a grant from City of Parramatta Council.
- We've had the Honour Roll Shield refurbished.
- We've added former club member and Australian 2018 Commonwealth Games Triple Jumper, Emmanuel Fakiye, to the Honour Roll.
- Dr Geoff Lee dedicated a six-minute speech to NRCLAC in NSW Parliament.
- We've instigated a new award, the Garry Dennis Encouragement Award, for 11-17s, in honour of Life Member and immediate past-President, Garry Dennis.

Our season culminated with a successful Presentation Day on April 8th. It was my pleasure to welcome the distinguished guests who attended:

- Dr Geoff Lee, Member for Parramatta, Parliament of NSW.
- Councillor Andrew Jefferies, City of Parramatta Council.
- NRCLAC Life Members; Brian Crews, Glenys Atkins, Tony and Dee Kish, Ivan and Jenny Drury, Mary O'Byrne, Rob and Margaret Ramsay, and Garry Dennis.
- NRCLAC Honour Roll member, Heidi See.

Thank you for your continued support of the club, helping with the BBQ, and presentations on the day.

I'd like to acknowledge and thank Helen Sutherland, who was awarded an Outstanding Service Award at Presentation Day. Thank you for your contribution over many years.

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

SECRETARY'S REPORT

Following the Annual General Meeting (AGM) in May 2017 a new Committee was formed, and we welcomed new Committee members Kathryn Khiroya, Fiona Gathercole, Janet Lawrence, Liz Parlevliet, Amanda Primrose, and Andrew Hazon, in addition to Fergus Tilt (President), Ben Waldron (Vice President), Carwyn Potbury (Treasurer), Chelsea Woodhouse (Registrar), other Committee members Adam Boyd, Russell McKenzie, and Bernard Rowe. I took on the position of Secretary and the Club's Public Officer.

During the 2017/2018 season, Committee meetings were held regularly, commencing from June 2017 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 6th May 2018 and calling for nominations for Committee positions. Emails were sent to our Life Members inviting them to the AGM.

We collected gold-coin donations from members on our Group Photos day to raise \$191.50 for the charity the Australian Indigenous Mentoring Experience (AIME). By matching Indigenous high school students with university student mentors, AIME is an educational program that gives Indigenous high school students the skills, opportunities, belief, and confidence to finish high school. AIME also connects students with post Year 12 opportunities, including further education and employment.

The Club was awarded the 2017 Community Club of the Year by Sport NSW at an Awards ceremony held in June 2017 at NSW State Parliament House. The Club was recognised for its dedicated Special Needs Group, giving kids an opportunity to get involved in athletics. The award also honours the many volunteers who make a valuable contribution to Community sport.

I would like to thank the Committee for their support during the 2017/2018 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

TREASURER'S REPORT

Please find attached the 2017/2018 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 the 2017/2018 season of \$82,351 which represents a decrease of \$41,925 on the previous year. The main factor for this significant decrease was the reduction of Government Grants and sponsorship this season that the Club received. Additional Government Grants were received last season specifically for the new Long Jump Pits and Timing Gates. This season, the Club received Government Grants and sponsorship of \$10,231 and this was to predominantly support our AWD athletes and to purchase new scissor High Jump mats for the junior athletes. I would like to thank our President, Fergus Tilt, for all his time applying for the grants and sponsorship that help to make our Club the success it is today.

There was a slight increase in Canteen sales this season - \$15,950. We had new managers looking after the canteen this season and there was a seamless transition from last season to this. Phillipa Gately and Catharine Schneider took on this task and made it their own and because of this, the canteen has continued to thrive. I would personally like to thank Phillipa and Catharine for their work in managing and running the Canteen. We also had some changes with the BBQ with new suppliers for the meat and bread and this showed in the continuity and quality of the food provided. More effort was made to ensure that the Club was cooking quality produce and the introduction of bread rolls has been a success. I would like to thank Chris Schneider who was our head chef on the BBQ and the work he put in making sure everything was right.

Our Uniform sales of \$9,666 (this includes Merchandise sales) is a decrease of \$2,116 on the previous season. Due to the Clubs' consolidation of suppliers for the athletes uniforms last year, a lot of

returning athletes used their uniform from the previous season. The online PayPal facility set up on the NRCLAC website has also been a positive addition to the Club facilities and has offered a positive outcome for our members.

The Club initiative of the Gold Coin donation for training continued this season and \$1,774 was collected.

The Club incurs considerable expenses to keep operational. The major expense for 2017/2018 is the \$23,370 fee paid to LAANSW for registration and insurance of our athletes.

In addition to this:

- \$7,714 - was spent on trophies, medals, ribbons and other rewards presented to the athletes at our Presentation Day;
- \$11,622 - was spent on stocking the canteen;
- \$8,383 - in uniform cost of sales including Merchandise;
- \$5,385 - for Region Shirts and State Rain Jackets;
- \$7,275 - for Equipment purchases and repairs;
- \$3,683 - new Laptops for the timing gates; and
- \$1,666 - for 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 AWD athletes;
- Gift vouchers for Age Group Managers and Parent Helpers’;
- Paddle Pop Weekly Prize;
- NRCLAC branded Athlete Clothing for Region and State Representatives; and
- Weekly Sausage Sandwich and drink for Age Group Managers.

Our bank balance remains healthy with an end of season balance of \$58,189.

All known 2017/2018 expenses have been captured into these accounts.

So, for season 2017/2018, working as part of a new 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. It is a really positive Club to be a part of.

Carwyn Potbury, Treasurer

NORTH ROCKS CARLINGFORD LITTLE ATHLETICS CENTRE INCORPORATED

BALANCE SHEET
AS AT 31 MARCH 2018

	31/03/2018	31/03/2017
<u>Assets</u>		
Bank Account	58,189	56,109
Term Deposit		0
Petty Cash	167	0
Uniform Clothing Stock	14,679	10,583
Total Assets	73,035	66,692
<u>Liabilities</u>		
Accruals		
- AGM & Presentation	905	0
- Canteen Purchases		0
- Carnival Entry Fees		0
- Registrations		0
- Repairs & Maintenance		0
- Uniform Purchases		0
- Electricity		0
- Oval Hire		2,000
- Medals & Trophies		0
Total Liabilities	905	2,000
<u>Membership Equity</u>	72,130	64,692

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 2018 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 2017 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 2018

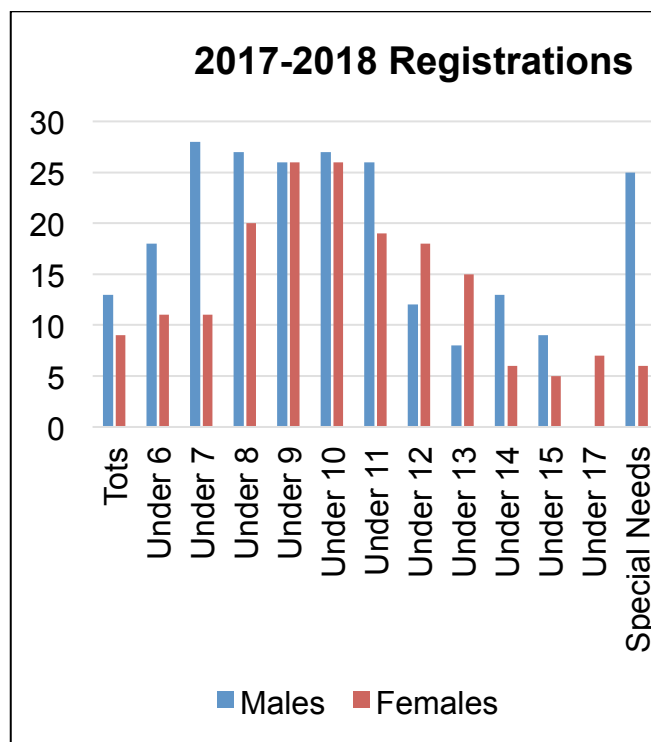
NORTH ROCKS CARLINGFORD LITTLE ATHLETICS CENTRE INCORPORATED

STATEMENT OF INCOME AND EXPENDITURE
FOR THE YEAR ENDING 31 MARCH 2018

	Year to 31/03/2018	Year to 31/03/2017
<u>Income</u>		
Registrations	44,730	45,388
Canteen sales	15,950	15,604
Uniform sales	9,666	11,682
Grants & Loyalty	10,231	50,451
Interest	0	11
Sundry	1,775	1,141
Total Income	82,351	124,276
<u>Expenditure</u>		
Advertising		
AGM Expenses	0	0
Bank Fees	1,173	1,095
Canteen Cost of Sales	11,622	9,100
Carnival Entry Fees	1,666	696
Computers, Recording & Website	3,683	1,520
Conference Fees	0	0
Electricity	0	0
Equipment Purchases & Repairs	7,275	32,933
General Expenses	1,313	1,067
Ground Maintenance & Consumables	2,161	4,074
LAA NSW Registration & Entry Fees	22,492	23,164
Oval Hire	1,083	2,000
Printing & Stationery	298	1,941
Ribbons, Trophies & Medals	13,099	6,587
Training & Coaching	665	680
Uniform Cost of Sales	8,383	17,946
Website		
Total Expenditure	74,913	102,801
Operating Surplus/(Deficit)	7,438	21,476

REGISTRAR'S REPORT

NRCLAC had 411 registrations for the 2017/2018 season, consisting of 232 boys and 179 girls. The junior age groups (Tots – 11's) were once again the largest groups, with 70% of registrations being registered in 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 popular program that continues to grow, with 31 athletes registered in the group this year – a 41% increase on last season. The Committee would like to thank the group's managers, Natalie Portes, Paul Parsons and Jason Schofield, for another wonderful season with the athletes and we look forward to seeing the group develop further 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, 68% of athletes were returning registrations. We look forward to welcoming back all our athletes in the 2018/2019 season.

Chelsea Woodhouse, Registrar

OFFICER FOR TECHNICAL & EQUIPMENT REPORT

2017/2018 was another great season!!!!

This year I started the hand over process of the role of Equipment Officer to Drew. It was his first year and I would like to thank Drew for all his help.

Firstly we had no major purchases but we had some improvement works around the senior Long Jump pit. Thank you Parramatta Council for rectifying the list of issues that you inherited.

We will continue with small purchases of equipment over the next few years as the bulk of the club's equipment is in fairly good condition.

I would like to thank Johnson's Transport, who has assisted this year with the storage of our bulky equipment in the offseason.

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. 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 & 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 fitness on Wednesday and more technical event training on Thursdays.

The club is very lucky to have the support of a number of parents who have assisted with training this year. I would like to thank Michael, Matthew, Chelsea, John, Carwyn, Garry, Fergus and Drew for your assistance this year. With the support of these coaches we again ran training during December and January for region athletes and I think this assisted with the great results at region.

This year Darren Wensor was again on board and he did some private training on Tuesday through the year, 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 for Technical & Equipment, and Officer for Coaching

TEAM MANAGER'S REPORT

Carwyn and I again worked together as Team Managers for the club. I would like to thank him for his support, hard work, companionship, sense of humour and attention to detail with the major carnivals we attended in season 2017-2018.

There is a lot of planning that goes into allocating athletes for events, organising parent helper duty rosters and attending Zone and Region Meetings. I would like to thank Fergus for his support and his many hours spent helping the carnivals run smoothly.

I would also like to thank Michael Reynolds for his assistance with training the relay teams.

Thank you also to Adam Price for his help with the data entry process for the initial athlete entries.

Zone Championships, Barton Park

There were 152 athletes in 534 events representing NRCLAC at Zone Championships this year, which is slightly fewer than last season. This season we were allowed extra athletes per club in individual events, which meant our younger athletes had up to 4 heats in their events, which did make qualifying for the finals difficult.

The carnival ran very well as usual. The weather was great and it wasn't too hot. Again our North Rocks Tent City was very impressive. Thanks to Ben and Drew for helping to set up and pack away our area for the weekend.

Zone Championships also had its inaugural Multi-class athlete events. Congratulations to Jonathan, Emily, Joel, Harrison, Ben, Keira, Angelina, and Loki for participating.

Our athletes achieved:

- Zone record CJ Nilon 9B 700m walk
- Zone record Benjamin Woodhouse 9B 800m
- Junior boys relay gold
- Junior girls relay silver
- 101 athletes qualified for Region

Regional Championships, SOPAC

This season our usual track at Narrabeen was being resurfaced so it wasn't available for our Region carnival. We were very fortunate to be able to compete at SOPAC on the "big blue track". This was the first time for the majority of our athletes to compete at such a wonderful international standard venue. The shorter travel time to SOPAC was also a welcome relief for all families, many families being able to come and go over the weekend. North Rocks had a great vantage point in Bay 6 to watch our athletes compete.

Our regional team shirts arrived the week before the competition and the NRCLAC team looked great in the navy and sky blue.

We had 101 athletes compete over the weekend and there were some outstanding results.

Our athletes achieved:

- 11 gold medals
- 15 silver medals
- 15 bronze medals
- Junior girls relay bronze
- Junior boys relay gold
- Regional record Samantha Dale in 17G LJ

State Multi-Event Championships, Wagga Wagga

15 athletes travelled the 5 hours to Wagga Wagga this year. All the athletes had a fantastic time with their families and friends. Thank you to Wagga Wagga LAC for hosting a very well run event on a lovely green grass track. We were well represented in the age groups and all the athletes achieved many PBs and had a fun time meeting kids from all over the State. We would like to encourage other families to attend the carnival next year, which will be held in Dubbo. Thankyou to our parents who helped out at the field events on the weekend and especially to Ben Waldron who backed up for multiple throws events.

Our athletes achieved:

- Silver medal Benjamin Woodhouse 9B
- Bronze medal Samuel Price 9B and Lily Tilt 13G

State Track and Field Championships, SOPAC

The weekend of State Championships coincided with the start of the Easter show and some major football games in the precinct, which made parking difficult at SOPAC at times.

North Rocks were very well represented with 28 athletes in 50 events. We as a club are very proud of all of them. The standard of our State athletes and their competition was outstanding. Carwyn and I were lucky to witness athletes on the track and field who will no doubt be wearing the green and gold in the near future. I am also pleased that so many athletes and their families stayed after their own events to support and encourage their friends in their events. Thank you to all the parents that helped out with our duties at the triple jump pits for the club over the weekend. It was exciting to be so close to the action.

Our athletes achieved:

- 4 gold medals Samantha Dale, CJ Nilon, Benjamin Woodhouse
- 2 silver medals Sophie Kavanagh, Samantha Dale
- 2 bronze medals Lauren Goodacre and Junior Boys relay
- There were many athletes who achieved top 5 and top 10 placings

I'd like to thank all the parents for signing up and doing their parent helpers duties, there would be no carnival if we didn't have so many volunteers as it is a mammoth task to hold so many events over the weekend.

Thank you also to the dedicated coaches and committee for ensuring the athletes were receiving the training they required,

weekly competition, and extra specific events training over the season.

Carwyn and I are excited to see what we can achieve next season. NRCLAC is becoming a club that people want to bring their kids to and we are building a very strong and competitive club in our Zone and Region.

Annika Tilt, Team Manager

CLUB CAPTAINS' REPORTS

I've been at this club for 11 years now, since I was 6 years old and it has honestly been one of the best experiences of my life. Although the weekend sleep-ins are tough to give up I reckon it's definitely worth it, being surrounded by friends, sometimes family, and encouraging Age Managers who inspire you to always achieve your best. Over the past 11 years, I've not only improved my fitness and learned some cool throws and jumps, but I've also gained some crucial life skills and ethics. For example, it really doesn't matter where you placed or how fast you ran - it only matters that you tried your best.

It has also been an absolute pleasure leading this incredible club alongside Sam, and growing up alongside the other under-17 girls. I'd also like to thank Fergus and the other committee members for giving me this amazing opportunity.

If there were one message I'd like to put out there to encourage all the younger athletes, it would be to go out there and, even if you're a little nervous, give things a go because you never know what the outcome might be. I am a really great example of this, as I was never the top athlete and I never believed I had much potential. I never chose to compete at Zone until my last two years, where I

thought "what's the worst thing that could happen - I may as well go for it." So last season I decided to compete in the 1500M at Zone and ended up making it through to Region, which was a big confidence booster. So this season, I competed in 1500M and triple jump at Zone and somehow made it to Region again, even placing 6th in triple jump, which is a massive achievement for me.

So with that, I'd just like to say, "give things a go", because you might just surprise yourself.

Mandela Sutherland, Club Co-Captain

I have now been at this club for 9 years and have loved every minute of it. I have made many new friends and memories that I will treasure for a long time.

Little Athletics has helped me achieve many things that I thought I would have never achieved and this wouldn't be possible without Little Athletics and the people that have supported me throughout the years that I have been here.

To have been named Club Captain for the 2017/18 season is something I would have never of thought of getting when I first started. I remember always looking up to the Club Captains and now to have had the opportunity to represent the club as Captain is definitely a big achievement for me.

To be able to watch and cheer on everyone in the Club and celebrate achievements that everyone has made big or small and watching people never give up has been something that I have loved being a part of.

To Fergus, Gary, Helen and all the Committee, I would like to thank you for supporting me throughout my 9 years at the Club. To all the parents who volunteer at Kingsdene every Saturday and other events throughout the season thank you for being there, we could not compete without you.

I will miss Saturday mornings at Little A's, but hope to see many of you at senior athletics events over the coming years.

Samantha Dale, Club Co-Captain

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 via phone this year. While there were some issues with the interface being 'clunky' on the phone, the results were accurate and it considerably reduces the workload of the results team. A laptop was set up in the recording room as an alternative to the use of a phone for these entries. Timing Solutions was also used to host our results for this season. The interface for parents provided similar access to results and added some additional graphs and information about athlete progress with PBs.

On average we had 266 athletes (from U6 to U17) compete each Saturday morning and 146 compete at our January Friday night competitions. Our busiest competition day saw 302 athletes in attendance.

As established last year, 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 1st 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.

CHAMPIONSHIP REPORT

PB's Achieved

Of the 359 registered U6 to U17 athletes, 338 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	59
25	Silver Medal	69
20	Bronze Medal	76
15	Certificate	71
10	Certificate	63

Records Broken:

Age	Athlete	Event	Record	Date
6B	Tejas Sankaran	Shot Put	4.76m	03-03-18
6G	Julia Perry	Shot Put	3.17m	18-11-17
8G	Evana Butler	Shot Put	6.07m	03-03-18
8G	Rachel Fenson	Discus	14.87m	03-02-18
9B	Benjamin Woodhouse	800m	2:35.07s	10-03-18
9B	Benjamin Woodhouse	400m	1:11.97s	02-12-17

9B	Christopher Nilon	700m Walk	3:53.90s	25-11-17
10B	Tyler Boyd	1100m Walk	7:53.00s	03-03-18
11B	Cristian Kastelan	1100m Walk	7:50.00s	03-03-18
12B	Kai Schofield	Javelin	27.62m	11-11-17
12G	Isabelle Nilon	1500m Walk	8:34.80s	11-11-17
13G	Sophie Kavanagh	Javelin	26.17m	17-03-18
13G	Lily Tilt	Triple Jump	10.54m	17-03-18
13G	Sophie Kavanagh	Long Jump	4.76m	24-02-18
13G	Sophie Kavanagh	High Jump	1.51m	24-02-18
14B	Joseph Boyd	3000m	11:24.58s	17-03-18
14G	Emily Gathercole	Triple Jump	10.32m	17-03-18
14G	Emily Gathercole	1500m Walk	11:16.09s	10-02-18
15B	Conor Smith	300m Hurdles	51.28s	10-03-18
15G	Lauren Goodacre	300m Hurdles	49.95s	10-03-18
15G	Lauren Goodacre	Long Jump	4.93m	18-11-17
15G	Lauren Goodacre	Triple Jump	10.78m	28-10-17
17G	Samantha Dale	Triple Jump	11.59m	25-11-17
17G	Samantha Dale	Long Jump	5.77m	18-11-17
17G	Alannah Kuka	Shot Put	10.17m	28-10-17
17G	Samantha Dale	High Jump	1.58m	21-10-17
17G	Alannah Kuka	Javelin	32.77m	07-10-17

Adam Boyd, Officer for Championships & Results

North Rocks Carlingford Little Athletics Centre 2017-18 Awards

Age Group Awards

Age Group	Age Champion	Runner Up	Most PBs	Age Managers Award
6 Girls	Julia Perry	Elizabeth Perry	Sophie Minard	Heidi Waddell
6 Boys	Tejas Sankaran	Hamish McBain	Flynn Radford	Nimal Mendis
7 Girls	Summer Dyson	Ella Hazon	Kya Walker	Rachel Goh
7 Boys	Billy Radford	Neo Parlevliet	Alexander Song	James Bishop
8 Girls	Evana Butler	Rachel Fenson	Mackenzie McBain	Lithara Devjani Alwis Samarakoon
8 Boys	Joshua Tilt	Oliver Leivesley	Jamie Kastelan	Matthew Lawrence
9 Girls	Annika Mathie	Carys Byrnes	Zoey Loo	Maddison Minard
9 Boys	Benjamin Woodhouse	Samuel Price	Brandon Goh	Benjamin Lawrence
10 Girls	Lani Khroya	Chloe Leivesley	Aoife Murdock	Rithaja Sankaran
10 Boys	Finn Parlevliet	Ethan Fajemisin	Tyler Boyd	Zacharie Touchard
11 Girls	Hayley Reynolds	Eliza Matthews	Amelia Nagy	Olivia Radford
11 Boys	Lachlan Tilt	Max Byrnes	Marcus Milat	Riley McKenzie
12 Girls	Isabelle Nilon	Abigail Goodacre	Chloe Thurston	Jasmine Loh
12 Boys	Nicholas Woodhouse	Jacob Taylor	Marley Lepp	Kai Schofield
13 Girls	Lily Tilt	Sophie Kavanagh	Amelia Milat	Sofia Gately
13 Boys	Joshua Tse	Patrick Largo	Stamford Liu	Sudhish Bheemreddy
14 Girls	Emily Gathercole	Chelsea Smith	Skye Grosvenor	Amy Fajemisin
14 Boys	Tate Mahony	Rishi Bajpai	Joseph Boyd	Kale Burton
15 Girls	Lauren Goodacre	#N/A	#N/A	Genevieve McKeown
15 Boys	Nathan Dabs	Dylan Owen	Arthur Ziogas	Conor Smith
17 Girls	Jade Pond	Samantha Dale	Josephine Vu	Karina Bessis
17 Boys	#N/A	#N/A	#N/A	#N/A

Tony Kish Award

Rithaja Sankaran

Wally Pamplin Award

Tate Mahony

Garry Dennis Award

Lachlan Schneider

Athlete of the Year

	Boy	Girl
Junior (U6- U9)	Benjamin Woodhouse	Evana Butler
Intermediate (U10-U12)	Finn Parlevliet	Hayley Reynolds
Senior (U13-U17)	Rajan Ravintran	Samantha Dale

NRCLAC McDonald's Scholarship Nominee

Samantha Dale

New Centre Records

Age	Athlete	Event	Record	Date
6G	Julia Perry	Shot Put	3.17m	18 Nov 2017
6B	Tejas Sankaran	Shot Put	4.76m	03 Mar 2018
8G	Evana Butler	Shot Put	6.07m	03 Mar 2018
8G	Rachel Fenson	Discus	14.87m	03 Feb 2018
9B	Christopher Nilon	700m Walk	3:53.9	25 Nov 2017
9B	Benjamin Woodhouse	400m	1:12.0	02 Dec 2017
9B	Benjamin Woodhouse	800m	2:35.1	10 Mar 2018
10B	Thomas Schneider	1100m Walk	8:59.7	10 Feb 2018
10B	Tyler Boyd	1100m Walk	7:53.0	03 Mar 2018
11B	Matthew Gough	1100m Walk	10:13.0	14 Oct 2017
11B	Hugo Matthews	1100m Walk	10:01.0	28 Oct 2017
11B	Cristian Kastelan	1100m Walk	7:50.0	03 Mar 2018
12G	Isabelle Nilon	1500m Walk	8:34.8	11 Nov 2017
12B	Kai Schofield	Javelin	27.62m	11 Nov 2017
13G	Lily Tilt	Long Jump	4.74m	18 Nov 2017
13G	Sophie Kavanagh	Long Jump	4.76m	24 Feb 2018
13G	Sophie Kavanagh	Triple Jump	10.05m	28 Oct 2017
13G	Lily Tilt	Triple Jump	10.54m	17 Mar 2018
13G	Sophie Kavanagh	High Jump	1.51m	24 Feb 2018
13G	Sophie Kavanagh	Javelin	26.17m	17 Mar 2018
14G	Emily Gathercole	1500m Walk	11:16.1	10 Feb 2018
14G	Emily Gathercole	Triple Jump	10.32m	17 Mar 2018
14B	Joseph Boyd	300m	11:24.6	17 Mar 2018
15G	Lauren Goodacre	Long Jump	4.93m	18 Nov 2017
15G	Lauren Goodacre	Triple Jump	10.78m	28 Oct 2017
15G	Lauren Goodacre	300m Hurdles	49:95	10 Mar 2018
15B	Suraj Nagaraj	300m Hurdles	55:71	16 Sep 2017
15B	Conor Smith	300m Hurdles	51:28	10 Mar 2018
17G	Samantha Dale	High Jump	1.58m	21 Oct 2017
17G	Samantha Dale	Long Jump	5.77m	18 Nov 2017
17G	Samantha Dale	Triple Jump	11.59m	25 Nov 2017
17G	Alannah Kuka	Javelin	32.77m	07 Oct 2017
17G	Alannah Kuka	Shot Put	10.17m	28 Oct 2017

10 Years NRCLAC Service

Sophie Kavanagh
Eliza McKenzie
Thea Prasetya

5 Years NRCLAC Service

Elina Banerji	Lani Khroya	Mia Rogers
Tyler Boyd	Jasmine Khroya	Cooper Rundell
Joseph Boyd	Matthew Lawrence	Emily Rundell
Briony Bridges	Benjamin Lawrence	Thomas Schneider
Lauren Goodacre	Joshua Lawrence	Conor Smith
Brinleigh Grosvenor	Isaac Lee	Jerome Solomonides
Taylor Jamieson	Hugo Leung	Henry Tieste
Cooper Jamieson	Oliver McNicol	Alexander Vu
Aidan Kafkis	Maddison Minard	Rory Wilson
Abigail Kafkis	Henry O'Neil	Benjamin Woodhouse
	Joshua Reynolds	

North Rocks Carlingford Little Athletics Centre 2017-18 Awards

State Athletes

William Basha	Eliza Matthews	Rithaja Sankaran
Samantha Dale	Amelia Nagy	Lachlan Schneider
Sofia Gately	Christopher Nilon	Kai Schofield
Emily Gathercole	Isabelle Nilon	Jacob Taylor
Lauren Goodacre	Finn Parlevliet	Lachlan Tilt
Skye Grosvenor	Samuel Price	Lily Tilt
Sophie Kavanagh	Arabella Price	Caitlin Waldron
Lani Khiroya	Rajan Ravintran	Benjamin Woodhouse
Alannah Kuka	Hayley Reynolds	Nicholas Woodhouse
Chloe Leivesley		

Region Athletes

Diana Attinger	Charlie Hoqben	Aoife Murdock
Rishi Bajpai	Lucas Hosking	Henry O'Neil
Nathaniel Basha	Ayden Huynh	Levi Palfrey
Karina Bessis	Jasmine Khiroya	William Perry
Sudhish Bheemreddy	Nicholas Klamer	Sophie Polkinghorne
Lucas Bishop	Nischal Kollipara	Liam Price
Joseph Boyd	Tomas Koo	Isabella Primrose
Cody Burton	Isaac Kuka	Alessandra Primrose
Kale Burton	Alyssa Lamprianidis	Joshua Reynolds
Anesha Busingye	Christina Lamprianidis	Krittiq Sathiaselan
Evana Butler	Joshua Lawrence	Lily Scahill
Carys Byrnes	Oliver Leivesley	Thomas Schneider
Max Byrnes	Jasmine Loh	Chelsea Smith
Jordan Cocks	Goran Luketic	Ellie Stephen
Ethan Fajemisin	Skye Mahony	Mandela Sutherland
Amy Fajemisin	Tate Mahony	Joshua Tilt
Rachel Fenson	Annika Mathie	Zacharie Touchard
Abigail Gathercole	Hugo Matthews	Ethan Touchard
Charlotte Gathercole	Eliza McKenzie	Stella Whitaker
Pia Goradia	Genevieve McKeown	Marcus Wong
Matthew Gough	Holly McLennan	Lewis Wong
Justin Guo	Oliver McNicol	Isaac Wong
Jake Hardwick	Maddison Minard	Charlotte Woods
Alexander Harrison	Riyon Mudannayake	Luke Yin
Kara Hazon		

Zone Athletes

Angelina Attinger	Madison Huynh	Seth Olivier
James Bishop	Taylor Jamieson	Neo Parlevliet
Tyler Boyd	Cooper Jamieson	Zoe Parlevliet
Briony Bridges	Jamie Kastelan	Mary Powell
Sasha Bridges	Cristian Kastelan	Billy Radford
Hugo Burness-Cowan	Josiah Kuka	Ava Radford
Zara Carruthers	Hannah Lambert	Olivia Radford
Summer Dyson	Matthew Lawrence	Sienna Rowe
Daniel Yanrui Feng	Benjamin Lawrence	Ella Samaha
Zara Goran	Kirby Xili Li	Isaac Samaha
Andrew Gough	Ella qiaoyi Lin	Charlie Schneider
Brineigh Grosvenor	Benji Loh	Nikita Smith
Dane Grosvenor	Tejodvaya Mallampati	Alexander Song
Ella Hazon	Preethika Mathan	Sophie Taylor
Eden Hosking	Riley McKenzie	Kevin Yin
Hunter Hosking	Max Minard	Huey Yin
Jiayu Hu	Rhys Olivier	Zaara Yip

North Rocks Carlingford Little Athletics Centre 2017-18 Awards

Gold Medals 30+ PBs

S.P. Alwis Samarakoon	Chloe Leivesley	Michael Perry
L.D. Alwis Samarakoon	Marley Lepp	Mary Powell
Rishi Bajpai	Kirby Xili Li	Samuel Price
Risha Bhatia	Stamford Liu	Alessandra Primrose
Joseph Boyd	Zoey Loo	Hayley Reynolds
Tyler Boyd	Tate Mahony	Alessandria Richardson
Tia Brady	Annika Mathie	Thomas Schneider
Anesha Busingye	Eliza Matthews	Alexander Song
Max Byrnes	Mackenzie McBain	Jacob Taylor
Carys Byrnes	Hamish McBain	Chloe Thurston
Jasmin Collier	Isabelle McCaffrey	Lily Tilt
Sofia Gately	Amelia Milat	Zacharie Touchard
Charlotte Gathercole	Marcus Milat	Joshua Tse
Brandon Goh	Sophie Minard	Heidi Waddell
Kaitlyn Ilic	Aoife Murdock	Caitlin Waldron
Daniel James	Amelia Nagy	Kya Walker
Jamie Kastelan	Isabelle Nilon	Lewis Wong
Lani Khiroya	Christopher Nilon	Benjamin Woodhouse
Jasmine Khiroya	Finn Parlevliet	Nicholas Woodhouse
Isaac Lee	Elizabeth Perry	

Silver Medals 25-29 PBs

Elna Banerji	Sithuka Kannangara	Maya Okada
Nathaniel Basha	Cristian Kastelan	Myla O'Neill
Alexia Bressa	Sophie Kavanagh	Dylan Owen
Thomas Buchanan	Nicholas Klamer	Zoe Parlevliet
Hugo Burness-Cowan	Olivia Kriletic	Julia Perry
Kale Burton	Jackson Lambeth	Ayushi Poudel
Cody Burton	Harrison Lawler	Flynn Radford
Evana Butler	Caitlin Le Lievre	Olivia Radford
Nathan Debs	Evelyn Lee	Matthew Raish
Daniel Yanrui Feng	Oliver Leivesley	Joshua Reynolds
Olivia Flanagan	Addison Lepp	Sebastian Richardson
Emily Gathercole	Ella qiaoyi Lin	Tejas Sankaran
Abigail Goodacre	Benji Loh	Charlie Schneider
Lauren Goodacre	Jasmine Loh	Lachlan Schneider
Pia Goradia	Rorie Loo	Saskia Skwarko
Skye Grosvenor	Goran Luketic	Sammi Smith
Sofina Hoskin	David Mabery	Chelsea Smith
Anneka Hoskin	Skye Mahony	Ellie Stephen
Eden Hosking	Hugo Matthews	Henry Tieste
Jiayu Hu	Riley McKenzie	Lachlan Tilt
Adam Ilic	Eliza McKenzie	Thomas Trujillo
Bronte Jamieson	Maddison Minard	Roger Wang
Taylor Jamieson	Lucinda Murphy	Anjun Wu

Bronze Medals 20-24 PBs

Anika Banerji	Ayden Huynh	Isabella Primrose
William Basha	Madison Huynh	Ava Radford
Lucas Bishop	Mia James	Rajan Ravintran
James Bishop	Cooper Jamieson	Marc Rohlfing
Marcus Brown	Lucas Kriletic	Nathan Sarah
Joe Burke	Hannah Lambert	Krittq Sathaseelan
Oliver Chen	Benjamin Lawrence	Lily Scahill
Caitlyn Collier	Matthew Lawrence	Koby Schofield
Ana Maria Costea	Holly McLennan	Kai Schofield
Evan Crandell	Oliver McNicol	Angelina Schofield
Rachel Crandell	Samanthi Mendis	Isabella Snow
Summer Dyson	Nimal Mendis	Mandela Sutherland
Milla Elaro	Samantha Munoz	Sophie Taylor
Jessamy Facer	Zara Naidoo	Joshua Tilt
Stirling Facer	Adelle Naidoo	Nikayla Tucker
Ethan Fajemisin	May Okada	Mitchell Valenzuela
Amy Fajemisin	Henry O'Neil	Josephine Vu
Rachel Fenson	Benjamin Parsons	Michael Wang
Isaac Flanagan	William Perry	Marcus Wong
Rachel Goh	Angelina Perry	Isaac Wong
Zara Goran	Nigel Ping	Jay Yang
Matthew Gough	Sophie Polkinghorne	Kevin Yin
Gabriela Greenfield	Sam Polkinghorne	Luke Yin
Justin Guo	Joshua Portes	Junmo Zheng
Keziah Hoskin	Arabella Price	Matthew Zhuang
Ethan Huang		