



# ANNUAL REPORT 2020/21



**CANTERBURY LITTLE ATHLETICS CENTRE**

## 20/21 Committee

### Executive Committee Positions

Stephen Greaves	Treasurer
Jenny Greenhalgh	Registrar
Philip Martin	Vice President
Rosa Reitano	Secretary
Mandy Verdon	Centre Manager
Amy Winters	President

### General Committee Positions

Bronwyn Amy	Training Coordinator
Amanda Bartlett	Assistant Canteen Manager
Jenny Greenhalgh	Championships Officer
Jenny Long	First Aid Officer
Amil Pagliasso	Equipment Officer
Venessa Reidy	Timing and Results Coordinator
Venessa Reidy	Uniforms
Lesley Rodgers	Club Historian
Jackie Speak	Canteen Manager
Mandy Verdon	Parent Duty Coordinator
Mandy Verdon	Communications Officer
Amy Winters	Communications Officer

### Age Managers

Jenny Greenhalgh	Tiny Tots
Julianne Laws	U6
Paul Manners	U7
Ilkay Chironi	U8
Sean Glover	U8
Brian Flatley	U9
Venessa Reidy	U9
Lisa Cremasco	U10
Michael Dawson	U11
Steve Laws	U11
Henry Milewski	U12
Melissa Veitch	U13
Katherine O'Brien	U14-17



## President Report

It's been an honour to serve as the CLAC President over the past 12 months. There have been many challenges and lots of learnings during this time but most importantly, lots of ideas and opportunities have been identified which I'm excited by.

Overall, Canterbury has had a successful season across many areas of our operations. We completed 16 of our 20 scheduled weekly competitions, which is a good result when compared to the most recent two seasons which were hampered by rain and smoke haze.

A focus on participation is at the core of the Little Athletics ethos and one I believe we deliver on at Canterbury. The introduction of the "Season PB Awards" this year strengthens our commitment to encourage athletes to be their best and to focus on personal improvement rather than competition alone. We've been blown away by our athletes who have collectively achieved a total of over 2500 personal best performances this season. That's a phenomenal effort and congratulations to you all.

This year we replaced our traditional Club Championships with the Club Multi Championships. It's hoped that this introduces our athletes to the combined events format and with some encouragement, we increase our numbers at the LANSW State Combined Event Championships. Combined events are an event group on its own with a competitive pathway available, and I'm happy that we provide this opportunity to our athletes.

COVID hit our representative competition opportunities hard this year, and when some of the COVID restrictions finally lifted, we had to scramble to make sure our athletes weren't disadvantaged in the revised qualification processes. To provide our athletes with the best opportunity to qualify, CLAC partnered with Inner West LAC to present a competition at The Crest, Bankstown. Although organised and held in the busy pre-Christmas period, the meet was successfully run and achieved our objective. Again, the team learnt a lot and we look forward to perhaps hosting an interclub meet in the new season.

Our representative performances this season have been outstanding, with our athlete's performances at the Littles and Youth State Championships a real highlight. It was great to see our proven performers represent us again, alongside athletes who had performance breakthrough's this season. It's truly exciting for us to follow your progress and support you along the way.

In addition to the details listed in the championship report, we had 10 of our athletes compete in the Australian Championships in April. Two silver medals, ten top 10 performances and valuable experience were gained and we're incredibly proud of your achievements.

An enormous thanks to our team on the Committee and our Age Managers in particular. You've all committed to being a part of this club week in, week out and delivered in your roles with great skill and enthusiasm. We say goodbye and thank you to a number of Committee Members and Age Managers who won't be returning to us next year: Bronwyn Amy, Jo Doughty-Roberts, Sean Glover, Steve Greaves, Jenny Long, Phil Martin, Sandra Mulder and Lesley Rogers. We thank you all for your time, effort, skills, experience, enthusiasm, and commitment. Collectively, your contributions have added enormous value to CLAC and to our athletes. Thank you.

Finally, I want to thank all the parents and carers who jumped in to volunteer throughout the season. Little A's is, and always has been, a volunteer-based sport. It simply can't function without your commitment, so thank you for your efforts. In particular, your support through the COVID-imposed restrictions was amazing.

We have a wonderful community here at CLAC and I can promise you the 2021-22 season will be bigger & better than ever!

*Amy Winters*  
President



## Secretary Report

What a year it has been!

No sooner had we completed our 2019/2020 season we all found ourselves in lockdown... no doubt each of us adapting to the new way of things.

I believe the Committee adapted extraordinarily well. For example, like many other organisations we continued our monthly meetings via ZOOM and instead of our annual half-day planning day, we held multiple planning sessions (all via Zoom of course!) across a number of weeks, each session focussing on a specific topic - the biggest topic being COVID and how to safely continue with athletics.

This meant the development of a COVID Safety Plan including appointing a COVID Safety Officer – we have two - and I'd like to thank Mandy Verdon and Jenny Long for leading the way in ensuring the Club complied with the guidelines set by NSW Health.

Of course, whilst we were planning, there was still a level of uncertainty as to whether we would be able to forge ahead with the 2020/2021 season.

Thank goodness we could – albeit it with some adjustments.

Alongside most sporting associations, clubs, the hospitality industry etc, CLAC needed to start the season by developing new processes that fell within the COVID-19 Safety Plan, with one of the major items being a need to limit the number of athletes who could register. Sadly, this meant a few of our regular athletes missed out this season BUT we hope to see you all back next season – FINGERS CROSSED!

Whilst some other 'adjustments' included the cancellation of several athletics competitions such as Zone and Regional, athletes were able to participate in the Littles and Youth State Championships. Congratulations to all our athletes – from all reports, I hear you all gave 110%!

This season also saw the introduction of the Club Multi Championships, an event that replaced our previously run Club Championships. I was fortunate enough to be able to attend this evening and was so excited to see so many athletes participating whole-heartedly in each event. From memory, there was music in the background and the atmosphere was buzzing with energy and I left that evening extremely glad that I had attended.

To explain.

As my children were not interested in continuing with athletics this season, I 'resigned' from the Age Manager role and found myself volunteering for the Secretary position. It was a way of continuing my association with the club, without being away from my family every Friday night – which is home-made pizza and movie night!

I'll admit to being a little hesitant in taking on this role and it has not come without it's rather busy periods, but I am proud to be a member of the Club. The Club's Committee members, both 'newbies' and 'old-hands' have worked extremely hard to make this season work within the guidelines set due to COVID. Thank you for all the time and energy.

Thank you also to all the Age Managers and parent volunteers who without fail, turned up every competition night and whose efforts meant each athlete could participate and enjoy the sport.

I look forward to seeing you next season.

*Rosa Reitano*  
*Secretary*



## Registrar Report

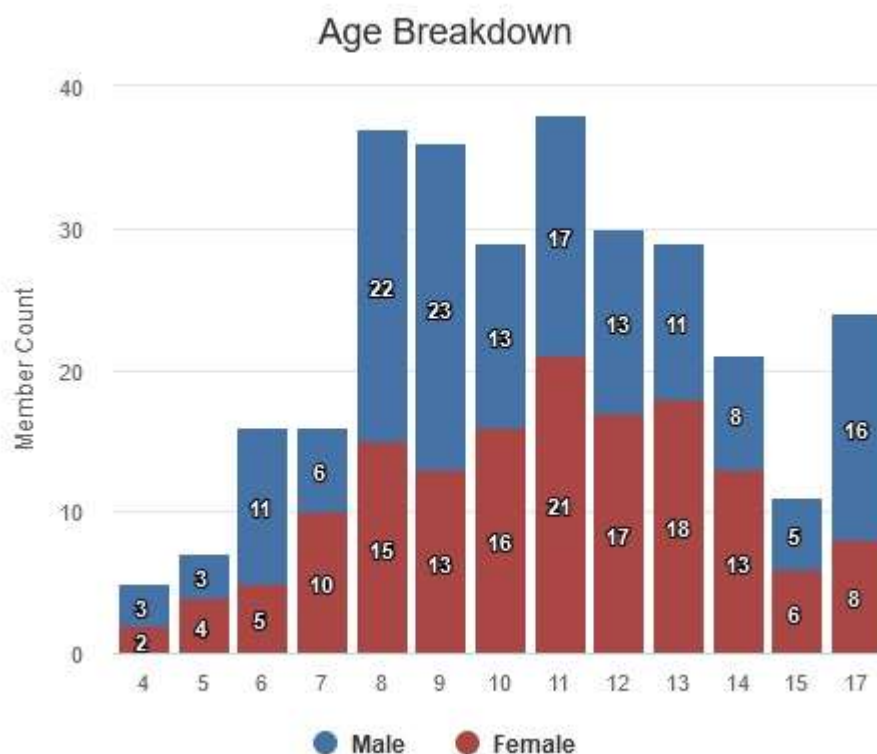
It really is exciting that we were able to open up registrations for the 2020/2021 season, with lock downs and restrictions always just peering around the corner. The behind the scenes work that went into creating COVID safe plans that allowed the maximum number of athletes the ability to compete was a mammoth task. A huge thank you must go to the committee for all the work they put in to make this season possible. I must also thank Jo Doughty Roberts who was in the registrar role at the beginning of the season and was able to allow 299 registrations the ability to compete this season. Whilst we can see this number is down from previous seasons, we had to operate in a COVID safe way and lower athlete numbers were crucial for us to operate safely and within the government regulations of a 500 person capacity.

We very much hope the 2021/2022 season will have no restrictions on the number of registrations we are able to take. With training in full swing, stunning results at a club and representative level and a strong committee we can be assured our registrations will be on the rise.

COVID did allow some new approaches to the registration process, including posting registration packs out to all athletes. This added a new level of convenience for our families.

We are very much looking forward to next season with many more registrations available, meaning more athletes competing on the field.

*Jenny Greenhalgh*  
Registrar



## **Treasurer Report**

Despite the undoubted challenges of this season, the club has maintained a healthy financial position. Our main sources of income have remained strong, with healthy registrations, the canteen, and some significant grant success at a time of austerity. While we had to rein in some of our expenditure to cope with the direct and indirect effects of the pandemic, we were still able to add some significant equipment purchases, particularly the high jump shed. Behind the scenes, we invested in new financial management software, which provided greater transparency and accountability for our operations.

On a personal note, after 10 years at CLAC, I will (sadly) be moving on as my son Jack, completes his final year. Little A's and CLAC have been a major part of our lives and provided many great memories, adventures and friendships that both of us will cherish for many years to come.

I wish all current and future CLAC athletes all the best, follow your dreams and most importantly have fun!

*Stephen Greaves*  
*Treasurer*

# CANTERBURY LITTLE ATHLETICS CENTRE 20/21 ANNUAL REPORT

<b>Profit and Loss</b>		
<b>For the year ended 31 March 2021</b>		
	<b>2021</b>	<b>2020</b>
<b>Account</b>	<b>\$</b>	<b>\$</b>
<b>Trading Income</b>		
Canteen	15,000	21,470
Duty Bonds	8,728	20,775
Equipment Hire Income	1,100	15,025
Grant Income	9,989	20,365
Interest Received	-	961
Other	-	1,087
Rego Fees	24,695	22,169
Timing Solutions	-	2,534
Uniforms	5,423	17,980
<b>Total Trading Income</b>	<b>64,935</b>	<b>122,366</b>
<b>Operating Expenses</b>		
Admin Expenses	1,677	2,000
Bank Fees	27	-
Canteen COGS	9,234	16,196
Committee Expenses	2,475	1,515
COVID	1,249	-
Duty Bond Refunds	-	8,255
Education and Training	1,585	-
Equipment & Asset Purchases	5,036	19,586
Equipment Hire Costs	275	6,657
LANSW Fees	20	160
Marketing & Promotions	1,491	-
Other Costs	404	-
Postage & Freight	1,126	1,000
Repairs & Maintenance	515	1,198
Trainers	6,125	16,463
Trophies & Medals	10,473	11,919
Uniform COGS	4,881	16,182
Venue Hire	1,235	-
Website Maintenance	600	657
<b>Total Operating Expenses</b>	<b>48,428</b>	<b>101,788</b>
<b>Net Profit</b>	<b>16,508</b>	<b>20,578</b>
Previous Years Surplus Funds Carried Forward	\$250,002	\$229,424
<b>Surplus Funds Carried Forward</b>	<b>\$266,510</b>	<b>\$250,002</b>



## Centre Manager Report

A report on our 20/21 season would not be possible without mentioning COVID-19 and the impact it placed on our Friday night competitions. Early in the season we had to impose a strict 1 spectator per family rule in order to comply with the NSW Health directives regarding the size of gatherings, which made the practicalities of attending competition particularly challenging for many families (myself included!).

I'd like to take this opportunity to thank Jane Cooper for taking on the undesirable task of monitoring numbers at the gate in those early weeks. Thank you to those families who respectfully adhered to the restrictions in place - it was a most welcome relief when they were eased on 8 December and we were able to welcome back all spectators!

We anticipated this would have a positive effect on our volunteer sign up, which had had a low uptake week on week, however, we continued to have to request parent helpers on a regular basis. New this season was the process of checking in for duties via QR code, which proved successful, and aided the bond return reconciliation at the end of the season. A huge thank you to those parents who went over and above their duty requirements to assist us each week. Particular thanks to Bec Rumens, Tracy Hayden, Tara Andrews, Adam Greaves and Mary McMahon.

Another new initiative, not necessarily obvious, was the implementation of a timetabled run sheet which facilitated efficient use of all our track and field areas and minimised clashes between age groups and unnecessary waiting between events. While waiting for events is something that is inevitable in athletics, there was a noticeable improvement in flow and considerably less announcements over the loud speaker! Thank you to our wonderful age managers for showing up each week, taking our athletes through their events and posting the weekly field results.

All in all, we had a very successful season with minimal cancellations compared to previous seasons. We can't wait to get back to Campbell Field in September! Thank you to all our wonderful CLAC families and athletes for making 20/21 a success!

*Mandy Verdon*  
*Centre Manager*



## Equipment Officer Report

Year 2020, a VERY DIFFICULT one, but at the end we are pleased we managed a reasonable season even if with fairly reduced numbers.

So, the equipment was enough for the occasion but for a few bits that need attention. We will endeavour to have more (or better) field equipment like markers, flags, measuring tapes, medicine and javelin training balls and turbo javs.

Of course, solving the issue of the permanent site for the Olympic High Jump mats (to manage the condition of the grass) is a priority at the moment.

Also, lets say the shed is at full capacity, which makes thing a "bit" more difficult.

We also need to mention the disruption the year brought to the schools carnivals which in turn had an impact in the promotion of our Club (we only had four schools that were brave enough to have their athletics meet instead of the fifty plus we would have on a normal year).

Through it all our parents show their usual determination to learn the setting up and helping with the equipment. To mention just one out of so many; Letizia Di Noi, who was in charge of the setting and packing up of our tricky Hurdles trolleys. To Letizia and each one of you a big THANK YOU!!

Finally, a special THANKS to our dedicated Council grounds man, Mr. John Thompson, who strives to keep our natural grass field in perfect condition.

Now we will try to make things better for next year. I am ready to do it, hope you are too.

*Amil Pagliasso.*  
*Equipment Officer*

## Championship Report

At the start of our season we are usually gearing up for State Relays, closely followed by our Zone Championships. It was a difficult year to have to announce that both of these competitions were cancelled. However, as the season continued and restrictions eased championships were able to happen. We are very proud of all of the athletes who competed hard each week to try and reach qualifying standards.

### Bankstown Qualifying Meet 16<sup>th</sup> December 2020

This event was a first for our club. One that was created to provide our athletes a chance to gain entry for the State Qualifying Carnival. A huge thank you to the committee and volunteers that created such a well run event with Inner West LAC. We hope to make this a regular inter club competition on our calendar.

### Region 8 State Qualifying Meet 5<sup>th</sup>-6<sup>th</sup> February 2021

With news that the Zone and Regional carnivals were cancelled, it was exciting to hear that a State Qualifying Meet was going to occur for the 9 to 12 year age groups. 64 Athletes competed at the State Qualifying Meet at Sylvania Waters. We are very proud of all the athletes that achieved the standards to allow them to compete. It was a weekend of great competition and we are proud of each of the athletes that competed over the weekend. A special mention to all the athletes who made the Walks. This has become an area we have focused on to improve technique, we are looking forward to further improving this discipline next season. Of the 64 athletes that competed 11 were selected, for 20 different events, for the State Championships.

### LANSW Littles State Championships 20<sup>th</sup> -21<sup>st</sup> March 2021

The Littles State Championships had 11 Canterbury athletes competing. It was a weekend that saw torrential rain for most of the two days. This did not deter our athletes who showed sheer determination to achieve impressive results.

Our medallists over the weekend were:

1 <sup>st</sup> Place Tallara Joseph- Riogi: U12 G Javelin	2 <sup>nd</sup> Taj Ramtel: U11 B 100m
2 <sup>nd</sup> Patrick McMahon: U11 B 1500m	3 <sup>rd</sup> Patrick McMahon: U11 B 800m
3 <sup>rd</sup> Khalil Ogle: U10 B 800m	3 <sup>rd</sup> Tallara Joseph-Riogi: U12 G Discus

Many of our athletes gained PBs and had strong finishers, congratulations to you all.

### LANSW Youth State Championships 27<sup>th</sup>- 28<sup>th</sup> March

We had 19 athletes qualify for the Youth State Championships. This season, athletes gained entry through submission of their PBs from the current season. It was good to see Canterbury so well represented across both the track and field.

Our Medallists over the weekend were:

1 <sup>st</sup> Rekha Levine: U13 G Long Jump	1 <sup>st</sup> Aspen Lambert: U14 G 3000m
1 <sup>st</sup> Niamh McMahon: U17 G 3000m	3 <sup>rd</sup> Niamh McMahon: U17 G 1500m
3 <sup>rd</sup> Siena Mace: U14 G Javelin	3 <sup>rd</sup> James Stewart: U17 B Javelin

Congratulations to all the athletes that competed at this meet, there were many PBs and finals made by our athletes.



## Training Report

With a change in training personnel, we were fortunate to have Bronwyn Amy join us as training coordinator for the first part of the season. Bron is a Level 3 Distance coach who brings a wealth of experience to CLAC both as a coach and as a distance runner herself.

Our coaching team this season was:

- Ben Austin (Throws)
- Henry Milewski (Sprints)
- Amil Pagliasso (Jumps & Throws)
- Paul Raptis (Sprints/Middle Distance, until January)
- Cas Riogi (Throws)
- Bec Rumens (Middle Distance, from January)
- Amy Winters (Sprints)

Given the interruption to the LANSW competitive pathways this season, we focused our training on skill acquisition and development. We also introduced a “one event per session” rule which enabled both athletes and coaches to remain focused for the training session.

Due to time constraints in our mid-week program, we introduced a Sunday high jump session during November/December which was well attended.

In November we introduced a booking system for training. One of the challenges has always been the tracking of attendance at CLAC training. Thank you to everyone who helped us by booking in for their training sessions. We know the process wasn't perfect and we hope to refine this for next season.

Not surprisingly, attendance hit its peak the week prior to the Region 8 Littles State Qualifying Meet (SQM). As encouraging as this is, it's important to understand that improved results and success in athletics comes from consistent and regular training.

We also adjusted training times to maximise the number of events we could offer across our training sessions, particularly in this pre-SQM period.

Deegan O'Brien-Kratiuk (U15) provided our walkers with a technique crash course prior to the SQM and we facilitated two “Introduction to Walks” clinics with coach Anne Saville in February which were well attended.

CLAC offered training and support for members who have expressed interest in becoming a coach. In August, we hosted a LANSW “Introduction to Coaching Course” for our Age Managers. So far in 2021, we have supported five coaches to achieve their Level 1 Community Coach accreditation. We look forward to supporting and encouraging our developing coaches along the coaching pathway.

Sincere thanks to all of our coaches for the time and effort they put into working with our athletes. We look forward to further developing our training programs for the season ahead.

## First Aid Report

During the 2020-2021 season, first aid was given to 65 athletes, mostly for minor injuries. Two spectators were also treated for minor injuries.

The club's first aid facility was well prepared, with a defibrillator, EpiPen and junior EpiPen, asthma relievers and other first aid supplies including ice and strapping tape. Most first aid was able to be administered in a small open-air area set up aside outside the first aid room, or on the field, which reduced the risk of COVID transmission.

Fortunately there were only a small number of injuries needing follow up with a doctor, dentist or physiotherapist, as further treatment was required.

Athletes were treated for injuries related to taking part in events, as well as many incidents that were unrelated to athletic events. A summary of injuries is provided below for the information of age group supervisors and parents/caregivers.

Type of injury	Athletics events-related injuries	Non events-related injuries
Minor allergies/insect bites		4
Facial injury (teeth)	1	
Muscle strain	4	
Ankle sprain	9	
Bruise or abrasion	8	16
Contact with high jump bar	7	
Injury from own spikes	1	2
Exacerbation of existing injury	2	4
Bleeding nose		1
Joint dislocation/abduction	1	
Suspected knee injury	1	
Fracture	1	
Heat/dehydration	2	
Other		2

I would like to particularly thank Jenny Lonergan who provided first aid a number of times during the season. Your time and effort were very much appreciated.

This was a particularly challenging year due to COVID, but we were able to continue to run the sport for the health and wellbeing of our children. For this I would like to especially thank the Club Executive, Committee and Age Managers for their extraordinary effort in keeping Canterbury Little Athletics running and providing a fun, inclusive and supportive developmental opportunity for our junior athletes.

*Jenny Long*  
First Aid Officer

## Tiny Tots

Becoming the Tiny Tots Age Manager for the 20/21 season has been a wonderful, fun and energetic experience. The energy they all bring each Friday night has kept me on my toes and definitely improved my fitness levels.

One of the most exciting things happening each week is the skill level each child has developed. Through playing games, running, jumping, throwing, leaping and even singing they have developed an impressive skill set. This will allow many of the Tiny Tots to leap into the Under 6 age group ready to go and others do another amazing year of Tiny Tots with even more skills developed.

The season began with some tears and feeling overwhelmed at the prospect of many new activities. However, that only made the finish more exciting, to see kids let go of Mum and Dad's hand and just run to join in displays the successful nature of Canterbury's Tiny Tots programme.

To watch friendships created between the kids and even the parents really captured the essence of what Little Athletics is truly about.

We had many challenges to overcome due to COVID and we all worked together to sanitise hands and equipment each week. A huge thankyou to the parent volunteers who cleaned and completed all the crazy activities I came up with.

It truly was a team effort to make the season work. To all the Tiny Tots, congratulations on a wonderful season and to the parents' thank you for your willingness to make Tiny Tots run each week.

*Jenny Greenhalgh*  
*Tiny Tots Age Manager*





## U6

### U6 - The Super 6's

Well, it was a very different season starting off in a year like none we have experienced before.

I am super proud of all the children, each of them tried really hard each week. They learnt to run, jump and throw in events they have never done before.

I enjoyed teaching them the correct technique in Long Jump (my favourite), Discus and Shot Put and by the end of the season they all said "I know how to do it, you don't need to show me!"

Each of them improved with their skills in Athletics and we saw many PB's by everyone and a new record by Fuad Ogle for the Boys 300m!

All of the children's success could not have happened without the wonderful parent helpers. Thank you all for helping out each week, especially when I was away when Archie had his operation in December.

It was great to see the fun and excitement the children had with each other and the determination they had to achieve fantastic results in each event, so rewarding!

I called them the SUPER 6's and that is what they were, and I hope they continue to love all the fun of Athletics.

Hope to see you all again for U7's where they will be the Magnificent 7's.

Cheers,

*Julianne Laws*  
*U6 Age Manager*



## U7

March 12, about 7:00pm. It's humid and the last night of competition at Campbell Field. Our athletes are fired up, ready to go and queued across the track at the 500m mark; Mary holds the start gun. Ready, set...but instead of the traditional sound, we get a thunderclap; and our athletes are off. We never finish this race. By the time our athletes get to the finish line, most of the club are up under cover as the rain beats down on us.

What I remember most about this moment, just prior to the start, were the cheeky smiles, the looks of determination to try their best, the comradery and spirit of competition. This encompasses Little Athletics for me. It's about our children.

It has been a delight and privilege to work with our little athletes and see them thrive this year. Every one of them saw a marked improvement in time, distance and confidence as the season progressed and they should all be proud of their personal achievements.

I would also like to acknowledge and thank the parents who were on the field every week helping coach, measure, record or offering encouragement. When our children see we're on the field and cheering them on, the smiles broaden, confidence lifts and run ups into the Long Jump pit get faster, the air time longer and distance further. The final week of competition and the sheer quantity of PB's is evidence enough for me!

Additionally, thank you to the on field officials and club managers who helped slot us in and amend scheduling to improve our flow. High five!

I'm looking forward to seeing our athletes return again next season.

*Paul Manners*  
*U7 Age Manager*





## U8

Well done to all our U8 athletes for their efforts this year!

And what a year it was. From COVID right through to the monsoon of our last evening, it was an always eventful season.

We loved watching the kids strive for a new PB every week, and we've really enjoyed watching them grow.

Whether it was pushing themselves to complete the (much hated) 700m on hot days or competing for the first time over the Hurdles and the Long Jump (complete with quite a few different techniques!), everyone gave their best.

Congratulations to our **Club Multi Championship medallists** for this year;

- Girls - Mala Britto (1<sup>st</sup>); Edie White (2<sup>nd</sup>); & Taya Ingram (3<sup>rd</sup>).
- Boys - Rafael Misko (1<sup>st</sup>); Leo Smith (2<sup>nd</sup>); & Max Cooper (3<sup>rd</sup>)

We also wanted to congratulate the two athletes that we awarded our **Sportsmanship Award** to:

- Elizabeth Aoun & Logan Manners

Both of these athletes were a joy to work with every week, and real role models.

Lastly, we want to say thank you to all the parent helpers, who help make our job easier every week. Being one of the largest age groups we couldn't do it without you!

Looking forward to seeing you next season.

*Way Chironi & Sean Glover*  
*U8's Age Managers*



## U9

Wow, what a start we had to this season! We went from not knowing if we would get the go ahead to having to work out how we could go ahead and thankfully we did get the go ahead for the kids to return to community sport.

It was great to see so many returning athletes as well as new members, in what was a very different season. Due to COVID-19, the annual Zone and State Relay Championships were cancelled but LANSW arranged for a Regional Competition for the kids to compete in to qualify for State, from the Under 9 Age Group we had 21 athletes compete across 38 events. Adam Secanski qualified and went on to represent CLAC at State in the U9B 700m Walks and finished in 8<sup>th</sup> position in incredibly challenging weather conditions on the day. James Aoun competed as part of the Mixed Boys 4x100m relay, where the boys ran a flawless race with perfect changes in a well contested race at the State Qualifying Meet. They came second but 1<sup>st</sup> place was disqualified due to two exchanges completed outside of the lanes, which meant the boys went on to State, and they narrowly missed out on 3<sup>rd</sup> place but they ran a great race.

Our regular Friday night competition was also different to previous years, but the kids still had plenty of fun running, jumping, and throwing. The scissors High Jump was extremely popular this year as the kids now have their jumps recorded and all are keen to keep jumping and clear the bar. Seeing the kids support each other, try their best and strive to improve their PBs each week is the essence of CLAC. While it is great to see our athletes represent the club at competition, making friends and having fun is what is important for all the kids, sportsmanship, and community.

I would also like to give a big thanks to Brian Flatley for running competition on Friday nights. It is great for the kids to have an AG Manager with so much track and field knowledge to share with them. To our parents, thank you for all your help this season but most of all thank you for your patience as the club navigated through some difficult and unsure times. We did not get to say goodbye to each other as our last competition night was brought to an abrupt halt by mother nature, but I hope to see many returning athletes to continue their journey with us at CLAC next season. In the meantime, hopefully the kids will get watch some Australian (and Irish for Brian and I) athletes run jump and throw at the Olympics and Paralympics.

*Venessa Reidy*  
*U9 Co-Age Manager*





## U10

Wow, what a different season we have had! First half of the season we were checking in, sanitising all equipment and hands between athletes, and most competitions outside of our Friday night point score competition were cancelled. I have to give it to the U10's though, what an amazing team.

Replacing Rosa's 4 year reign was never going to be easy but with the help of some parents we made it through. I would like to say a very special thank you to Ashley Weise who took over when I was not available and was always keen to help out whenever needed. Also, a big thank you goes to Lagi, Phil, Karl, John, Ian, Mel, and Jo - without their help nearly every Friday I would not have been able to manage and co-ordinate our Friday nights. Once again, THANK YOU.

To our fabulous U10's - so very proud of your strength, determination and resilience. I have had the opportunity to see you grow over the past few years and you should be proud. So many friendships and great sportsmanship, so eager to do well and beat your PB's but also encourage your fellow teammates. Well done.

Who made it to regionals – Francesca Gordon, Georgina Simmons, Gregory Tranxidis, Hannah Weise, Jasmine Pastorelli, Khalil Ogle, Khloe Ikonomou, Levi Kama, Lucas Massey, Maggie Kilbane, Mali Stevens, Maya Ramtel, Sophia Durham, Taylor Verdon, Tilly Cooper, Thomas Baker and William Gotsis. Well done to all competitors, you have done the club proud.

To those who made it through to Little State Championships – Taylor Verdon, Khalil Ogle and Gregory Tranxidis. Great result regardless of the terrible weather conditions - Taylor coming 6th in High Jump, Khalil coming 3rd in 800m, 4th in relay and 10th in High Jump, and Gregory coming 11th in Shot Put - CONGRATULATIONS.

Even though we had some late nights thanks to High Jump, we have had a great season.

Finally, I would like to say THANK YOU to Amy Winters, Mandy Verdon and the committee who do so much work behind the scenes to make our Friday nights possible.

*Lisa Cremasco*  
*U10 Age Manager*





## U11

Congratulations to all under 11 athletes! Everyone improved in concentration, behaviour and athletic ability.

From day one there were many PBs and everyone tried really hard. A big effort was shown at the State Qualifying Meet with Patrick McMahon, Taj Ramtel and Ibrahima Yade all going on to State.

As **U11's** you all took on the **NEW** challenges of 1500m, Javelin, Triple Jump and High Jump (backwards) "*The Fosbury Flop*" and all of your parents noted your commitment. WELL DONE EVERYONE!

During the season Canterbury Little Athletics puts money into training, please come and use it! Training builds your child's confidence, enjoyment, sportsmanship, fitness. Well let's just say, "*All of the traits you want your child have/learn*"

Thank you to all of the parent helpers, especially all of the parents that jumped in at the last minute.

Remember to join up early this year, as we normally get extra athletes in an Olympic and Paralympic year.

Thank you

*Stephen Laws & Michael Dawson*  
*U11 Age Managers*



## U12

Well done to all the U12 athletes for a great season. It was my first year with this age group and they were wonderful. They were a nice bunch of kids, well behaved and respectful of each other. I am very proud on how they conducted themselves each week.

There were huge improvements and personal best performances from all our athletes over the season; I was particularly pleased with improvements across the group in the events of Javelin and Triple jump. Congratulations to any of our U12 athletes that posted a best time, longest jump or furthest throw this season.

All the U12 athletes should be enormously proud of their achievements this year. Well done to our athletes who represented the club at the Regional trials and at State level, we had some outstanding results. A special mention must go to Tallara Joseph-Riogi who represented Canterbury at State in 3 events, winning Gold in Javelin and Bronze in discus. Well done Tallara!

I would like to thank all the parents who stepped up and attended to help out the U12 age group this season without your help competition would not happen.

A special thanks to the Canterbury Little Athletics committee all the timekeepers and helpers who make Friday nights possible. See you all next season

*Henry Milewski*  
*U12 Age Manager*



## U13

Well done to my fabulous U13s.

We had a wonderful year, with many athletes improving their PBs week on week in competition and honing their social skills in the downtime.

Congratulations to our Multi Championship winners Hunan Ali and Rekha Levine, and our record breakers, Adelena Wright in 400m and Harrison Veitch in Discus. Although the representative format was a bit different this year, we had some qualifiers for State Championships – Amy Barker, Rekha Levine, Grace McMahon and Adelena Wright– well done girls! A special shout out to Rekha, who took home gold at for Long Jump, smashing her PB in an outstanding effort.

Thank you to all parent helpers, volunteering with the group, and also in all of the other roles around the ground, we couldn't do it without you, and I hope that you had some fun with us.

I will not be back as Age Manager next year, but I really have enjoyed spending the time with your kids and watching them develop into great young people over the past few years. Good luck to everyone for next year!

*Melissa Veitch*  
*U13 Age Manager*





## U14-17

Congratulations to all the U14-U17 athletes on a wonderful season.

My age group this year was a very social bunch and it was great to see the friendships blossom and the great sportsmanship shown to each other. Every one of you should be very proud of your achievements and numerous PB's.

It was a very different season this time around with limited representative opportunities, but when we did get to compete at the representative level we had some spectacular results. Well done to Uchenna Egbu, Ledia Ekoue, Jack Greaves, Benjamin Iveson, Aspen Lambert, Janice Leelapatra, Siena Mace, Niamh McMahon, Jonathan Meaker and James Stewart who all achieved selection in the NSW team for the Australian Track and Field Championships.

Congratulations also to Jonathan Meaker, Marcus McGeary, Niamh McMahon, Deegan O'Brien-Kratiuk, Siena Mace, Aspen Lambert, Oscar Martin and Aurora Doherty who all broke club records this season.

Sadly, we say goodbye to our U17 athletes, some of whom have been at the club for many years. I hope you have all loved your time at Canterbury as much as we have loved having you. I wish you all the very best for the future.

I would like to say a big thank you to the parents who gave their time week in and week out to help me so that our athletes could compete. Karen, Silvana, Sherry and Alan, I couldn't have done it without you all! A special thanks to the committee and volunteers who do so much behind the scenes.

See you all next season.

*Katherine O'Brien*

*U14-17 Age Manager*



**Centre Records 20/21**

Adelena Wright	U13G 400m
Aspen Lambert	U14G 1500m
Aurora Doherty	U14G 1500m walk
Benjamin Iveson	U17B 300m Hurdles
Deegan O'Brien-Kratiuk	U14B 1500m Walk
Fuad Ogle	U6B 300m
Harrison Veitch	U13B Discus
Jonathan Meaker	U17B 3000m, U17B 800m and U17B 1500m
Ledia Ekoue	U15G 400m and U15G 200m
Lizzie Ellis	U11G 80m Hurdles
Marcus McGeary	U17B Triple Jump
Mohammed Ahmed	U12B 80m Hurdles
Niamh McMahon	U17G 1500m, U17G 3000m and U17G 800m
Oscar Martin	U17B 400m
Patrick McMahon	U11B 800m and U11B 1500m
Sarah Leiva	U12G 80m Hurdles
Siena Mace	U14G Javelin
Taj Ramtel	U11B 400m and U11B 80m Hurdles
Tallara Joseph-Riogi	U12G Discus and U12G Javelin

**State Qualifiers 20/21**

Adam Secanski	James Stewart
Adelena Wright	Janice Leelapatra
Aleko Korras	Julia Meaker
Alexander Volonakis	Khalil Ogle
Amy Barker	Ledia Ekoue
Antton Pagliasso	Niamh McMahon
Aspen Lambert	Oscar Martin
Benjamin Iveson	Patrick McMahon
Charlie Barker	Rekha Levine
Daniel McMahon	Siena Mace
Grace McMahon	Taj Ramtel
Gregory Tranxidis	Tallara Joseph-Riogi
Ibrahima Yade	Taylor Verdon
Jack Greaves	Tilly Iveson
James Auon	Xavier Milewski