



ANNUAL REPORT 2022/23



CANTERBURY LITTLE ATHLETICS CENTRE

22/23 Committee

Executive Committee Positions

Jenny Greenhalgh	Registrar
Henry Milewski	Vice President
Shihan Ramasundara	Treasurer
Melissa Veitch	Secretary
Amy Winters	President

General Committee Positions

Stephen Laws	Training Coordinator
Stephen Laws	Championships Officer
Amil Pagliasso	Equipment Officer
Nikki Ramtel	First Aid Officer
Venessa Reidy	Timing and Results Coordinator
Jackie Speak	Canteen Manager
Mandy Verdon	Parent Duty Coordinator
Mandy Verdon	Communications Officer
Amy Winters	Communications Officer
Greg Levine	
Claire White	
Keiran White	
Mark Wright	

Age Managers

Adriana Celic-Bonin	Tiny Tots
Asimina Samolis-Small	Tiny Tots
Jenny Greenhalgh	U7
Julianne Laws	U8
Jacek Lipiec	U8
Andrew Evans	U9
Virginia Maguire	U9
Ilkay Chironi	U10
Laura Smith	U10
Brian Flatley	U11
Aengus Moran	U11
Ljiljana Sentas	U11
Lisa Cremasco	U12
Ashley Weise	U12
Michael Dawson	U13
Stephen Laws	U13
Henry Milewski	U14
Katherine O'Brien	U15-17

President Report

It was fantastic to have a mostly uninterrupted season, enabling our season to get off to a great start with good momentum pre-Christmas.

The introduction of skills sessions for our U6-U11 age groups helped with the flow of activities and athlete management on competition nights. As with anything new, there's a process to review and adjust where necessary. Thanks to the Age Managers who adjusted and adapted to the change with great results.

Training continued to race ahead with excellent attendance and further development of a number of our younger coaches. Retention of athletes who age out of Little Athletics into other roles is important for the sustainability of our club. It was very pleasing to have Marcus McGeary join us almost every week as a volunteer, jumping in as a starter or Age Manager or any other role that was needed to be filled. A true role model for others.

Marcus was joined by another of our senior athletes, Antton Pagliasso, as Jumps Officials at both the Inner-City Zone Carnival and the Region 8 Championships. Their involvement (their excellent capability as officials) and our strategy was complimented by other clubs and we'll continue to develop these relationships as time goes on.

This season presented many highlights for our athletes which are summarised as follows:

- An astonishing 7934 personal best performances at club competitions
- 23 Centre Records broken (up from 15 last year)
- 109 athletes competed at the Inner-City Zone Championships (62% increase on 2021)
- 67 athletes qualified for and competed at the Region 8 Championships (14% increase on 2021)
- 21 athletes qualified for and competed at the LANSW State Championships, collecting two gold, two silver and five bronze medals
- Seven athletes represent Canterbury Athletics Club at the Athletics NSW Junior Championships for the first time (instead of competing for a different senior's club) with a silver medal to Janice Leelapatra in Pole vault
- Our first NSW Masters Champion, Brian Flatley in Pole Vault

Congratulations to all.

Outside of athlete performances, I am proud by the completion of two projects.

1. Our affiliation with Athletics NSW and move from Canterbury Little Athletics Centre to Canterbury Athletics Club, and;
2. The installation of the equipment room garage door.

The background work for both projects took around two years and were more difficult than needed, and I'm very pleased to have them ticked off the to-do list!

Thanks to 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.

A final thanks to our team on the Committee and our Age Managers for their efforts in running our club. Without you all, Canterbury Little Athletics couldn't operate. I encourage and welcome new faces to join our committee in whatever capacity you can. Running our club is just like running a business, and we need many people to share the load so we can make Canterbury the best club it can be.

This will be my last report as President as I have resigned from the role. However, I will remain on the Committee to assist with the handover for the next 12 months. Whilst a new President won't be elected until our annual general meeting in May, I encourage you to help and support them on the journey ahead.

We'll see you back at Campbell Field in September for the 2023/24 season!

Amy Winters
President



Secretary Report

It was so good to see this season up and running smoothly and without the barrage of rain outs that we had experienced last year. Canterbury is a great club, run by a dedicated group of volunteers who really go above and beyond to give our athletes a solid, meaningful, and fun competition.

The committee was vibrant and engaged in our monthly Zoom meetings, planning and coordinating the weekly activities including competition and training. Additionally, organising our teams for Zone, Regional, State and National competition. Congratulations to all athletes who wore the blue and white in these competitions. It was wonderful to see such great representation and success from our little club at these high level events.

Thank you to all of the Committee, Age Managers, Coaches and parents who volunteered on the field on competition nights and representative events. Your commitment allows our athletes to participate and feel supported to try their very best and get great results.

I look forward to next season, and all the personal achievements that our athletes will have, as they push towards greater success.

Melissa Veitch
Secretary

Registrar Report

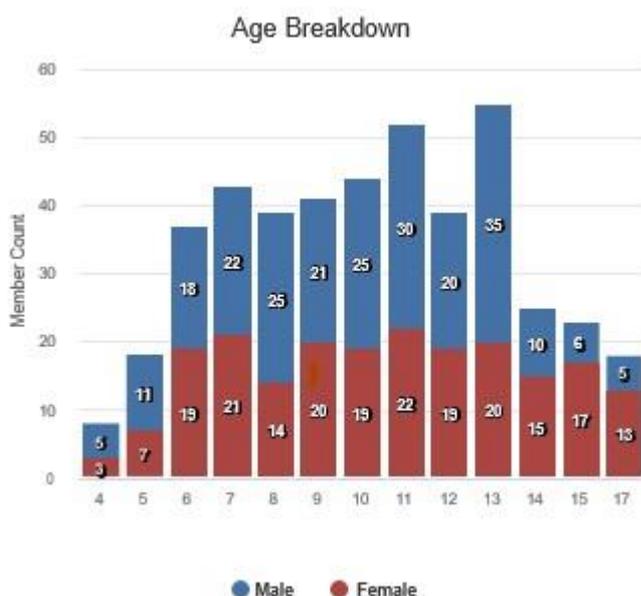
The 2022/2023 season has been hugely successful in terms of registrations for each age group. It was exciting to be able to ask for more age group volunteers so that we could increase our numbers further.

A huge thankyou to Age Managers who were very generous in allowing extra athletes into their age groups; even when the number caps had been reached.

This season we had 442 athletes registered, an increase of more than 100 from our previous season. Our Under 11 and Under 13 age groups were our largest groups, it is interesting to note that our older age groups often start to dwindle in numbers. We are excited to see the Under 13 age group is still increasing and we hope it continues into next season. With our ability to add skills components to each age group and more parent helpers we are hopeful that our numbers can increase further in the seasons to come.

It was wonderful to hand out registration packs face to face again this season and meet so many families before we began the season. I look forward to registering you all for the new season, check your email and our social media pages from late July for registration information.

Jenny Greenhalgh
Registrar



Treasurer Report

This financial year we have increased accumulated assets and funds by \$10,481.

Our first full season without the significant challenges of COVID in 2 years and some luck with the weather has seen the club further strengthen its financial position.

Our main sources of income, primarily grants, registrations, school athletics carnivals, uniforms and the canteen continue to stay strong. This is a testament to all our committee members and volunteers who support the club. Thank you!

Throughout the year there have been numerous upgrades to facilities and equipment, and further expansion of our coaching initiatives and continued support of our athletes with subsidised entries to Zone, Region, State and National competitions and recognition for all athletes at the year-end presentation day.

Thank you to the CLAC community for your ongoing support and look forward to seeing you back next season.

Shihan Ramasundara
Treasurer

Financials

Profit and Loss		
For the year ended 31 March 2023		
Account	2023	2022
	\$	\$
Trading Income		
Canteen	29,404	6,946
Duty Bonds	22,425	6,125
Equipment Hire Income	9,440	8,850
Grant Income	14,990	33,250
Liittle Athletics Rego Fees	23,761	23,106
Senior Rego Fees	200	-
Timing Solutions	1,505	1,099
Uniforms	11,526	9,534
Total Trading Income	113,251	88,910
Operating Expenses		
Admin Expenses	3,057	3,606
Asset Write-Off	26,000	35,000
Athlete Sponsorship	1,750	-
Bank Fees	15	12
Canteen COGS	18,571	6,283
Coaches	11,147	5,337
Committee Expenses	622	225
Competition Expenses	5,476	2,768
Education and Training	-	554
Low Value Equipment Purchases	6,821	1,624
Equipment Hire Costs	1,465	3,075
LANSW Fees	-	65
Marketing & Promotions	290	43
Other Operating Costs	10,279	30
Postage & Freight	112	132
Repairs & Maintenance	1,504	2,470
Trophies & Medals	4,662	4,045
Uniform COGS	10,382	12,168
Venue Hire	617	794
Total Operating Expenses	102,770	78,231
Net Profit	10,481	10,679
Previous Years Surplus Funds Carried Forward	276,800	266,121
Surplus Funds Carried Forward	287,281	276,800

Statement of Accumulated Funds		
As at 31 March 2023		
	2023	2022
	\$	\$
Assets		
Comm Bank Cheque Account	177,578	140,266
Accounts Receivable	2,930	-
Uniforms on Hand (est)	3,881	12,640
Equipment (at replacement cost)	111,130	131,529
Total Assets	295,519	284,435
Liabilities		
Duty Bonds	7,600	7,575
Accounts Payable	639	60
Total Liabilities	8,239	7,635
Total Accumulated Funds	287,280	276,800

First Aid Report

After such a weather impacted season for 2021/2022 it was fabulous to return to Campbell Field to enjoy the lovely Friday evenings at Little Athletics.

Canterbury Little Athletics Club is well equipped with a defibrillator, epi pen, junior epi pen, asthma relievers and anti-histamines. Other First Aid supplies such as band aids/bandages, strapping tapes, wound sprays and of course ice are also in good supply.

During the 22/23 season 33 episodes of First Aid were given to our athletes. A spectator and committee member were also given First Aid. Thankfully, most injuries were minor, most actually occurring on the cement after the competition had finished! No injuries sustained were serious enough to warrant follow up with a doctor or physiotherapist.

A table outlining the type of injuries is below

Type of First Aid Required	Athletic Event Related Injury	Non-Event Related Injury
Graze/Abrasion	11	
Blister		2
Muscle Sprain	3	
Contact with Hurdle	2	
Contact with High Jump Bar/Mat	3	
Treatment of existing injury		2
Insect Bite	4	
Ankle sprain	3	
Exacerbation of Asthma	3	
Elbow/Knee Injury	2	

I would like to thank Jane Cooper who provided First Aid a number of times during the season. Your time and efforts were greatly appreciated.

I would also like to thank the Executive Committee and the Age Managers for their dedication to our athletes, making Friday nights fun, exciting and full of friendly competition. Without them, we would not be able to run our competition on a Friday night.

Nikki Ramtel
First Aid Officer

Tiny Tots

What an amazing year of growth and fun our Tiny Tots had this season!

Our littlest athletes grew in confidence, skill and perseverance throughout the season. Through highly interactive games our kids practised their jumping, running and throwing and showed immense growth in these fundamental athletic skills by the end of the season.

Some of the season favourites were Fishy Fishy where our super-fast tots worked on their sprint run to get past the nasty shark. And who could forget Crocodile Crocodile where the Tiny Tots protected their house by throwing balls at the angry crocodile in the river.

The highlight for the families was seeing their little ones participate in a fun 50m sprint at the end of each session. The smiles of the kids and families as they crossed the finish line was priceless.

Thank you to all the parent helpers who ensured the season was a success. Whether it be stepping in as Age Manager, being a parent helper, or helping to pack up and collect our equipment, the assistance was invaluable and true reflection of the wonderful community at CLAC.

Best of luck to our Tiny Tots heading to u6 next season and we look forward to seeing our younger Tots back for another season!

Adriana Celic-Bonin and Asimina Samolis-Small Tiny Tots Age Managers



U6

This year was our first with the club and it was great to share it with such a lively bunch - and that was just the parent helpers.

The attendance was reasonably consistent throughout the season where our U6 athletes jumped, threw and ran their way to many fun and funny moments.

The events completed this season included Long Jump, Shot Put, Discus, 300m, 200m, 70m and 50m. The 300m and discus were my favourite events where everyone joined in the fun - even a few big kids.

Each week we also added some games for skill development where tug-of-war and duck duck goose were by far the favourites.

Well done to all the U6 athletes, you all did really well.

Thalia Frost and Justin Hoyer
U6 Age Managers



U7

What a wonderful age group this truly is. Under 7's put their hearts into each event, they chatter to each other and laugh, a lot. Friday evenings are always full of each athlete trying their very best, many PBs and loads of encouragement.

The skill development component that was introduced this year for our age group has been highly beneficial. To see athletes learn correct techniques, be willing to try new things and have parents on board has been a real highlight for me.

This year saw our first time at the Zone Championships, it was exciting to see many athletes competing at Zone. We had a medal in the Shot Put, congratulations to Reuben Manners. We also had many athletes gain a PB and make the finals in track and field events. I look forward to seeing many more athletes at Zone next season where we will have the opportunity to progress to the Regional Championships.

This season saw our age group progress to running in lanes for the 200m and completing a 500m pack start. At the start of the season, you would see me in the bright orange vest running a 200m and a 500m to get all our athletes to the end. I am very proud to say that by the end of the season I was not seen running alongside any of the athletes. They have all made incredible progress this year and I very much hope to see them as under 8s next season.

I have the most wonderful parents and I was never short on volunteers; I sincerely thank each of the parents who came along each week to help. You made age managing very enjoyable.

Jenny Greenhalgh
U7 Age Manager



U8

Well what a great season we had this year with the U8's also known as the SUPER 8's!!

All the children were ready and raring to go each week. They were enthusiastic (and sometimes OTT!) often giving our parent helpers a challenge whilst they played and learnt at the skills stations before their turn in the field or track events.

Without my fellow Age Manager Jacek Lipiec each week, the season would not have run so well. Thank you for making each week a great experience for all the children.

It was so rewarding to see everyone improve their skills in all the Athletic events each week, and by halfway through the season they would say "You don't need to show me how to throw or jump or run, I know what to do".

We had some great results for those children who attended the Zone Carnival at The Crest Athletics Centre in December 2022.

It was lovely to see how much fun they had competing against children from other clubs.

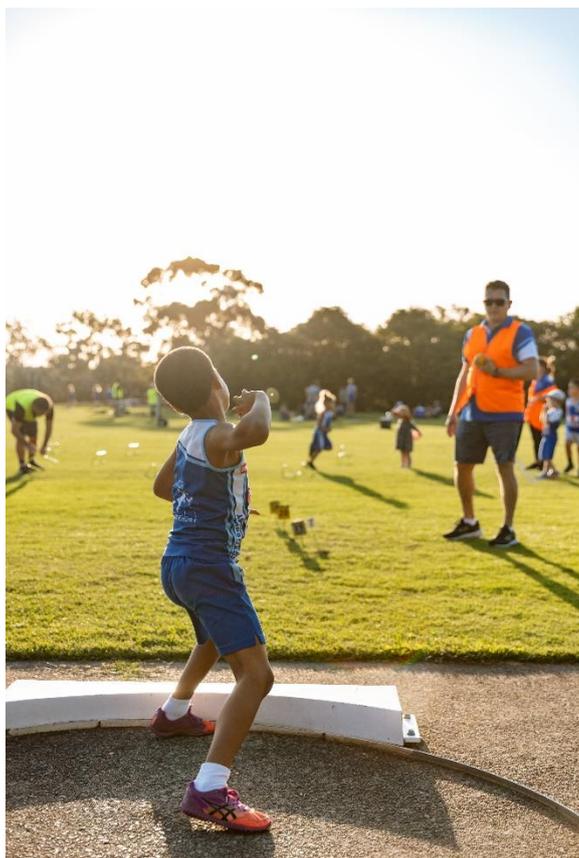
For those that qualified, Regionals was the next step (again at The Crest) in February for two very hot days of competition. The children gave it their all and were rewarded with fantastic results and PB's!!

Proud moments for parents and Age Managers.

A huge Thank You to all the parent helpers each week, without you supporting and helping with all the events each week the season would not be the success it was. Your children really enjoyed having you there to encourage and support them whilst they had fun improving their Athletic skills.

I hope you all enjoyed being part of your children's sporting success and hope to see you again next season.

Julianne Laws and Jacek Lipiec **U8 Age Managers**



U9

What an awesome season for our Under 9 athletes this year! There were lots of new families joining the group which meant lots of learning, and lots of new friends were made. We were also new to the role of Age Managers, and we learnt a lot too.

We were very grateful to Mandy and Amy who spent many hours pulling together skills activities and timetables that helped everything run a lot smoother.

The kids loved learning the High Jump for the first time this year – some of the most exciting evenings were spent cheering our team mates to jump higher and higher! And we admired the enthusiasm in the walk event which was also new to us – remember kids, we're always watching... don't run!

A sincere thank you to the many parents and relatives who volunteered to help every Friday night. A special shout out to Steve Harris who turned up most competition nights to volunteer.

We look forward to seeing families return next season for more fun and skill development.

Andrew Evans and Virginia Maguire
U9 Age Managers



U10

With interesting seasons prior, affected by nature and COVID we have come back with sunshine and great sportsmanship from all the children this year.

When asked the best part of being an age manager. It's watching the children grow into amazing athletes year after year. It's always great to see new faces join us on this journey. We are so proud of U10 achieving PB every competition night. Attending Zone and Regionals and trying their best.

Zone and Region were a lot more competitive this year after COVID affected years. Mara made it through in the 800m and 1100m Walk, showing her stamina. Leonardo ran a great leg in the Junior Boys Relay against quality opposition. Edie's commitment to training paid off by making the finals in the 60m Hurdles and State selection.

Next season will be exciting with new events like 1500m, Javelin, Triple Jump and new style of High Jump (no more scissor jump). We can't wait.

We couldn't do it without the parent helpers, thank you for your support.

Looking forward to seeing you next season.

Ilkay Chironi & Laura Smith
U10 Age Managers



U11

The 2023 season saw a number of athletes returning for their 7th year as well as some new to Little Athletics. We went with an Age Manager committee of 3 (Ljiljana, Aengus & Brian) as we had just over 40 athletes registered.

U11 sees the introduction of three new events, 1500m, Javelin and Triple Jump. This excited many of the kids and they were keen to dive in and try them.

We entered a girls and boys 4x100m relay team, as well as a girls and boys Throws and Jumps teams in the State Relay competition that was held in November at Sydney Olympic Park. It was a great opportunity for these athletes to experience a Little Athletics meet outside of the Canterbury centre.

We also had a good turn out at the Zone championships. Emily, Molly & Lauren qualifying for Regionals for the girls along with Adam, Khaled, Nessian, Sanou & Thomas qualifying for the boys.

Emily was the lone flag bearer progressing to State in the 800m.

Thank you to the parent helpers who assisted each week, sometimes in challenging weather. It was great watching athletes enjoy their Friday nights and set and then improve their PB's throughout the season. It is a rewarding feeling every time someone sets a new PB and every night of the 2022/2023 we got to experience this feeling.

Brian Flatley, Aengus Moran and Ljiljana Sentas U11 Age Managers



U12

After a very poor season last year the Under 12's had a much more enjoyable time this year, reuniting with friends and further developing their athletic abilities.

New events last year that didn't get much practice like the Triple Jump and Javelin had to be re-learnt, and the skills built on over the course of the season. We also saw a few new athletes join the group and settle in nicely over the season which was great to see.

There was great representation for CLAC at Zone and Regional carnivals, with several qualifiers for State competition. A special mention goes to Taylor, Khalil and Gregory who progressed to State – what a great achievement, well done!

Also, congratulations to both Asya and Reuben who both set new centre records for U12 80m Hurdles.

Thanks must go out to Amy, Mandy and the rest of the Committee, who have done a terrific job and without which none of these nights would be possible.

Finally, thank you to the parent helpers for their support on competition nights and weekend events, the more the merrier here and it certainly helps make things more enjoyable for all.

We are looking forward to a sensational 2023/24 season with the under 13's!

Lisa Cremasco & Ashley Weise U12 Age Managers



U13

Here comes the Sun, doo-doo-doo-doo, Here comes the Sun and I say, It's all right...

After the wash out last season, it was fantastic to welcome everyone back for a mostly sunny season.

As well as the regulars, we were delighted to welcome some new athletes to the fold.

As always, we had some stiff competition, some great rivalries and lots of PB's throughout the season. It was rewarding to witness the camaraderie between the athletes. To see everyone be so supportive of one another and pushing each other to reach their potential is fantastic to see. You should all be proud of your Little Athletes!

It was great to see so many athletes register for the Zone Championships. Many made it to the Regional Championships, and a few special athletes proudly represented Canterbury at the State Championships.

Special mention to Daniel Kidane, Patrick McMahon, Taj Ramtel, Sebastian Sentas, and Jessica Laws who qualified and took part in the State Championships.

Steve and I will be back for the U14 next season. We'd love to see you all back to join us!

Until then, enjoy the off season and keep on running!

Michael Dawson and Steve Laws U13 Age Managers



U14

Henry Milewski
U14 Age Manager



U15-17

Congratulations to all the U15-U17 athletes on a wonderful season.

My age group this year was a very close-knit bunch and it was great to see the comradery and the great sportsmanship shown to each other. All the athletes were striving to do their best and beat their personal best times and distances. There were huge improvements and numerous PB's from all our athletes over the season because they didn't give up and kept giving their all. All the U/15-U17 athletes should be very proud of their achievements this year.

Well done to Deegan and Siena who both broke club records this season.

We had some fabulous results at the Zone, Regional and State Championships. Adelena, Aleko, Caleb, Deegan, Janice, Grace, Rekha, Siena and Ledia also did us proud at the NSW State Junior Champs. Congratulations to Deegan and Siena who competed at the Australian Junior Championships in Brisbane this April.

Sadly, we say goodbye to some of 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 up their time, week in and week out to help me so that our athletes could compete. Karen, Silvana, and Sherry I couldn't have done it without you! A special thanks to the Committee and volunteers who make Friday nights possible. See you all next season.

Katherine O'Brien
U15-17 Age Manager



Centre Records 22/23

Event	Record	Athlete	Age Group
300m Hurdles	51.57	Adelena Wright	Female 15
80m Hurdles	16.96	Asya Muzaffer	Female 12
100m Hurdles	16.69	Deegan O'Brien-Kratiuk	Male 17
1500m Walk	8:28.39	Deegan O'Brien-Kratiuk	Male 17
200m	27.77	Ledia Ekoue	Female 17
300m	1:16.80	Nawal Ogle	Female 6
3000m	10:00.74	Patrick McMahon	Male 13
1500m	4:53.39	Patrick McMahon	Male 13
Long Jump	4.99	Rekha Levine	Female 15
80m Hurdles	16.62	Reuben Winkler	Male 12
3000m	10:04.31	Sebastian Sentas	Male 13
Javelin	39.49	Siena Mace	Female 17
3000m	10:37.97	Taj Ramtel	Male 13
Javelin	43.70	Tallara Joseph- Riogi	Female 14
Discus	32.94	Tallara Joseph- Riogi	Female 14

State Qualifiers 22/23

Ledia Ekoue	Tilly Iveson
Tallara Joseph-Riogi	Daniel Kidane (T20)
Aleko Korras	William Laveta
Jessica Laws	Siena Mace
Grace McMahon	Patrick McMahon
Deegan O'Brien-Kratiuk	Khalil Ogle
Taj Ramtel	Emily Sentas
Sebastian Sentas	Caleb Simmons
Cadell Speak	Gregory Tranxidis
Taylor Verdon	Edie White
Adelena Wright	