



Hornsby District Little Athletics Centre Inc.

(Established in 1970)

*52nd Annual Report
2021-2022*

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President's Report

My first year as Club President was filled with a multitude of external challenges. These included: a delayed and unpredictable start to the season, with COVID isolation rules taking out committee members; torrential rain which impacted our facilities; reduced registrations seen by all centres and all sports; lobbying of HSC and Westleigh to develop a tartan track at the proposed site; and the threat of our home clubroom being demolished mid-season. Despite all these, the strength of our Committee, our club culture and engagement across all age groups saw continued innovation to manage these pressures and deliver another highly successful season. This was most evident at our pack-up day which had a fantastic turn-up and we finished in around 90 minutes, despite having to clear the entire building.

Our Club Captains and Junior Coaches continued to create a welcoming environment for all younger participants on both Saturday mornings and mid-week training. I've really enjoyed seeing our older athletes develop while supporting others in the club, and witnessing their passion grow for the sport. This in turn has seen our U14-U18 age group grow and improve across a range of abilities, from social to high performance, with all standards feeling welcome and included. This was best observed at the end of season presentation night which had a great vibe and attendance by this age group.

We saw good attendance at the LANSW Zone carnival, despite COVID isolations knocking out some athletes. Most pleasing was seeing the team of Track Officials include two of our senior athletes, which put a smile on all our little athletes faces as they approached their events. Despite being the smallest club in attendance, we were certainly the noisiest and I enjoyed seeing the bemusement on the Manly President's face as the entire camp erupted to cheer U8 Ethan home in the 800m, despite not chasing down a podium position.

Our reputation as an emerging senior club continues to grow, and we have welcomed several Dual athletes from neighbouring little athletics centres. Our focus into the next three years is to support these athletes as 'our own' and make them feel welcome and valued regardless of their performance achievements. We had a number of teams compete in the NSW State Relays at the start of the season and had 8 athletes achieve National qualification and represent NSW at the Australian championships. Congratulations to all those athletes.

While our Masters Interclub events were hit with dreadful conditions, our membership base continued to grow and we attracted new members with no prior connection to our little centre. Mid-week training attendance has been strong despite the conditions, and we had solid representation at Cross Country and Track Relays, State Masters and National Masters, collecting plenty of medals along the way. We also had two masters athletes compete in the first LANSW combined events carnival which, while poorly attended by Open athletes, we hope showed the way for more parents to participate in their child's sport into future years.

As we continue to build out our senior and masters membership, it is critical we retain focus on our little athletes as the foundation and entry point into our sport. Experience from observing other clubs that followed this path is that we must continue to operate as one leadership team and remain connected across the pathway from Tots to Masters. Similarly, as we start to see high performance success as a result of our coaching framework, we must not devalue our skill development and multi-event focus for the younger years, nor allow athletes to feel discouraged when they don't reach high performance standards year after year.

Our vision as a club remains to promote lifelong enjoyment of all sports for all the athletes who participate with Hornsby District Athletics.

Alice Clayton
HDLAC President

Vice President's Report

Despite a number of challenges presented from COVID and the weather, I believe we managed to deliver a fun, innovative and constructive season for all our athletes. A big commendation goes to Alice in her first season as President as she very effectively helped us navigate these challenges and kept things moving along with her passion for the sport.

This season I enjoyed seeing the sense of community in our club continue to increase as we saw athletes mixing between age groups and continuing to support each other at all events. I am extremely proud of the club culture that is being built and the athletes and parents that are helping to make it happen. I hope we can continue in this direction next season.

Because of a late start to the season due to COVID, a large number of weeks impacted by bad weather and significant uncertainty around what facilities would be available due to the clubhouse development, we were able to try some different events and approaches this season including:

- Running 4 non-competition rounds at the start of the season where we delivered a series of coaching clinics for athletes to help them learn the basic skills they require and build up some fitness coming out of COVID lockdowns. These were very successful and well received by the athletes and parents and should be considered in some form for next season. Further improvements would be to gradually include some minor racing to build up towards the standard competition weeks and to find a way to share the load of preparation across more coaches and volunteers
- Holding small scale road runs or 800/1500m runs on weeks with poor weather – these were moderately attended, but enjoyed by those that came, including parental participation. These were a good way to keep getting some fun and exercise in when we couldn't do a standard program
- Expanding our junior coaches to include a larger number of our senior athletes and allowing them to take more responsibility for running their training sessions. This was mostly successful, however would benefit from ongoing training for the coaches to help them refine their skills
- Having our end of season celebration on a weekday night at The Verandah rather than the normal mid-winter Saturday presentation day. This was a great event and a good way to celebrate the season without having too much down time for the kids. This should be considered for future seasons

All these innovations, and ones from previous seasons, should be considered for retention in future seasons as we continue to find ways to better prepare our athletes for a lifelong participation in the sport and move away from the idea that it is all about competing and results. I hope that with a less disrupted season next year, we will be able to consolidate the great steps forward we have made and be able to plan and deliver with fewer challenges.

We once again have had support from a committed committee and a number of volunteers from within the club, however, as always, this has required a lot of time and input from a small number of people and we have not been able to give the full attention to all aspects of the club as we would like. This season we particularly noticed difficulty planning and delivering for the seniors and masters. This resulted in a loss of momentum for the Masters and limited emphasis for our seniors (while it is exciting to note we had a group of several 18+ athletes attending our Saturday competitions and competing with the U17 age group). To continue our growth, we should consider how we can best provide for these athletes at training, club competition and ANSW events.

As a little athletics club, it remains important for our focus to be on the large volume of little athletes, however as we evolve with our ANSW affiliation and build out the senior and masters aspects of our club, it is important to make sure we have enough volunteer support and emphasis on these athletes (without compromising the little athletics components). To help remedy this, I believe we should consider broadening the committee roles and establishing sub-committees for each of the main age categories (Little As, Seniors and

Masters) to help make sure there are dedicated groups of people helping run and drive each important part of the club.

In summary, another great season with some new ideas we should continue to develop with increased volunteer support across all age categories within the club. I enjoyed my first season as Vice President and look forward to next year.

Grant Carlton
Vice President

Treasurer's Report

The 2021-22 season was another successful year ensuring ongoing financial health of the club, enabling continual growth of the club's coaching programmes for members and extension into providing athletics to all age groups. The financial health of the club also continues to allow progressive replacement of key equipment such as new high jump mats.

Total income fell slightly to \$40,500 reflecting a large drop in Government grant funding compared to the previous year. Operating costs increased slightly to \$28,186 but this was offset by reduction in cost of sales (\$9,213).

Membership fees remained strong totalling \$26,818 for little athletics members and a further \$5,956 from our senior members. Athletics fees grew this year to \$2,855 reflecting the resumption of regional, zone and state competitions.

Presentation day costs increased to \$8,800 due to the resumption of in-person events after the removal of COVID restrictions. The event held at The Verandah was a great success and offers a new model going forward.

The Centre invested \$7,455 in new high jump mats, which was assisted through a Government award received in the previous financial year.

Luke van Hooft
HDLAC Treasurer

Hornsby District Little Athletics Club Inc.

Income & Expenditure Report

April 2021 - March 2022

	2022	2021
Income		
ANSW Income	\$5,956	\$5,395
Canteen	\$4,259	\$7,824
Coaching Fees	\$173	\$0
Fun Fridays	\$675	\$1,152
Govt and Sponsor	\$1,000	\$20,782
Holiday Camp	\$0	\$225
NSW Little Athletics Funds	\$26,818	\$23,166
Sundry Income	\$0	\$1,449
Uniforms	\$1,620	\$2,616
Total Income	\$40,500	\$62,609
Cost of Sales		
Canteen supplies	\$1,247	\$2,538
LANSW fees	\$2,855	\$490
Uniform expenses	\$5,111	\$7,701
Total Cost of Sales	\$9,213	\$10,730
Gross Profit	\$31,287	\$51,879
Expenses		
Accounting	\$1,065	\$1,045
Advertising & marketing	\$416	\$0
Badges	\$930	\$0
Bank charges	\$128	\$133
Gifts and donations	\$31	\$0
Ground rental	\$7,700	\$7,764
Medical supplies	\$9	\$163
Postage & shipping	\$330	\$412
Presentation day costs	\$8,800	\$4,230
Printing, stationery & supplies	\$19	\$0
Registration and insurance	\$47	\$99
Repairs and maintenance	\$1,025	\$3,042
Wages	\$6,270	\$9,440
Subscriptions	\$361	\$129
Telephone & internet expenses	\$1,055	\$1,173
Total Expenses	\$28,186	\$27,630
Other Expenses		
Depreciation	\$5,417	\$20,679
Total Other Expenses	\$5,417	\$20,679
Net Surplus/(Deficit)	(\$2,316)	\$3,571

Hornsby District Little Athletics Club Inc.

Balance Sheet Comparison

As of March 31, 2022

	<u>2022</u>	<u>2021</u>
Assets		
Current Assets		
Cheque Account (9859)	\$817	\$1,338
Cheque Account (9867)	\$59,365	\$61,954
Inventory (Uniforms)	\$0	\$1,553
Total Current Assets	<u>\$60,182</u>	<u>\$64,844</u>
Non-Current Assets		
Equipment		
Original Cost	\$187,731	\$179,967
Accumulated Depreciation	(\$176,066)	(\$170,649)
Total Equipment	<u>\$11,666</u>	<u>\$9,319</u>
Total Non-Current Assets	<u>\$11,666</u>	<u>\$9,319</u>
Total Assets	<u><u>\$71,847</u></u>	<u><u>\$74,163</u></u>
Liabilities and shareholder's equity		
Shareholders' equity:		
Net Income	(\$2,316)	\$3,571
Retained Earnings	\$74,163	\$70,592
Total shareholders' equity	<u>\$71,847</u>	<u>\$74,163</u>
Total liabilities and equity	<u><u>\$71,847</u></u>	<u><u>\$74,163</u></u>

Auditor's letter



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12th May 2022

**THE MEMBERS OF
HORNSBY DISTRICT LITTLE ATHLETICS CENTRE INC.**

I have audited the books and other financial records of Hornsby District Little Athletics Centre Inc. in respect to the year ended 31st March 2022 and report to members that in my opinion the Income and Expenditure Statement gives a true and fair view of the Association's operating results for the financial year ended 31st March 2022.

A handwritten signature in blue ink, appearing to read 'Neil Thomson', with a horizontal line underneath.

NEIL THOMSON
Fellow Certified Practising Accountant



Registrar's Report

HDLAC opened 2021/2022 summer registrations on 11 October 2021 prior to the late commencement of the season on the 1 November. The season commenced later than the expected August start due to the extended lockdown of NSW due to the COVID outbreak.

We anticipated that would have slightly lower numbers when compared to the previous season (2020/21) / seasons with around 250 athletes across all age groups. 267 athletes actually registered, which is slightly above expectation. When comparing the registrations to previous seasons, Figure 1 demonstrates that a strong uptake in membership occurs in the first few weeks after opening. The strong trend of the 2021/22 season follows a similar trajectory to the 2018/19 season which is a positive sign for athletics. Seasons where numbers have been lower than 300 are most likely due to COVID uncertainty as well as prolonged poor weather (washed out and postponed competition days) that may have contributed to lower numbers.

Although the numbers are down, a strong training squad continues to grow, leading to a stronger club ethos and welcoming environment. This is also reflected in a high conversion rate of over 50% of our trialists converting to full membership (29 converted from 53 trialists). It was also noted that enquiries for trialists continued up until the close of registrations.

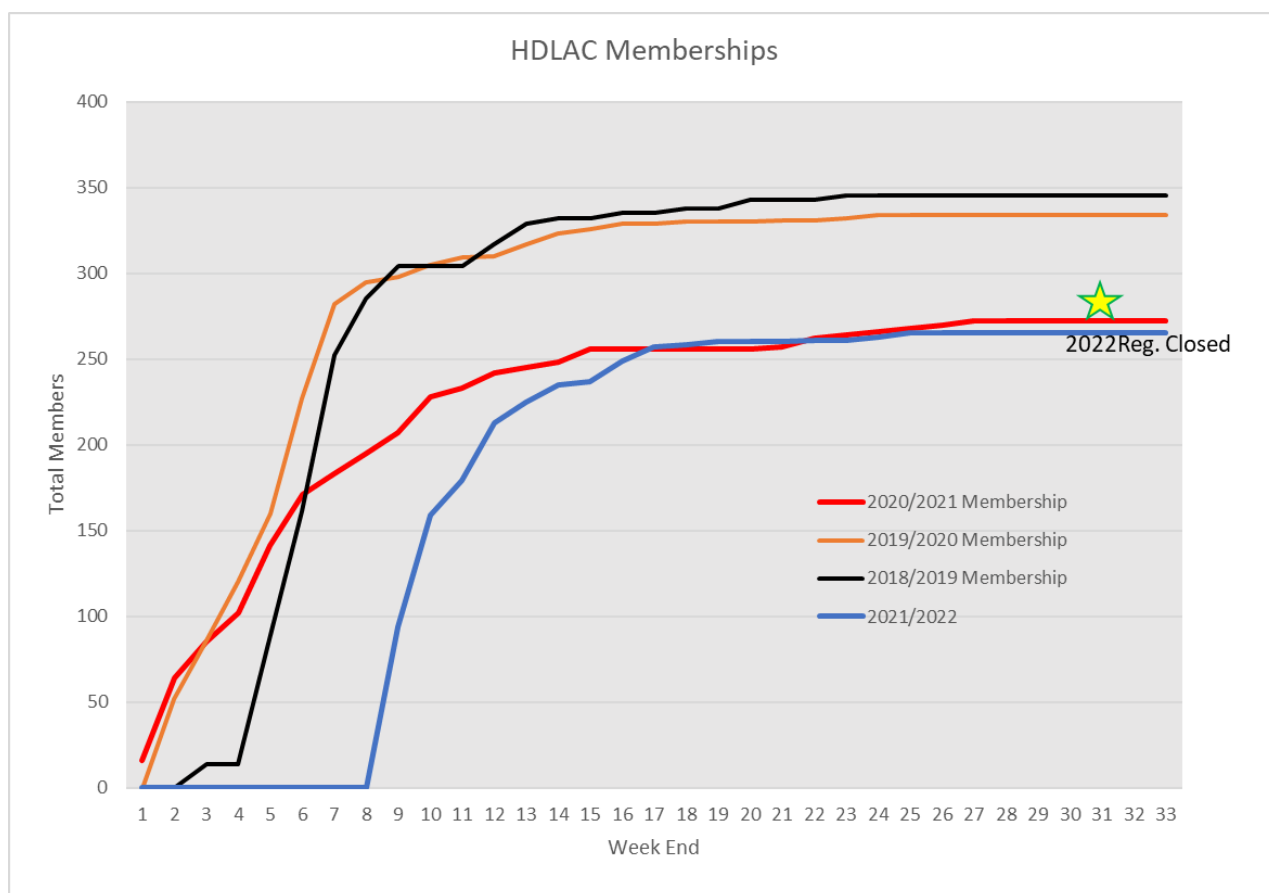


Figure 1. Weekly memberships

HDLAC registration has more females than males. This is a significant change from 2022 where the ratio was reasonably 50:50 as shown in Table 1.

Table 1. Age Group Summary

Group	Male	Female	Total
<i>Tiny Tots</i>	10	10	20
<i>U6</i>	9	11	20
<i>U7</i>	12	16	28
<i>U8</i>	12	16	28
<i>U9</i>	11	21	32
<i>U10</i>	10	21	31
<i>U11</i>	8	21	29
<i>U12</i>	10	16	26
<i>U13</i>	6	13	19
<i>U14</i>	9	7	16
<i>U15</i>	6	7	13
<i>U17</i>	2	3	5
Totals	105	162	267

Yearly Registrations from 1999/2000 to 2021/2022

Yearly registrations since 2000 have remained constant as observed in Figure 2, with peak numbers (450) being achieved in 2001 and 2012 prior to a downward decline in total memberships from 2013. As the Olympic years approach (2000, 04, 08, 12, 16, 21) an uptake in new members is observed followed by a slight decline towards the completion of each Olympic cycle. A significant decline in numbers is recently observed however, the past two seasons have been severely impacted by COVID and it is expected to contribute towards downward trend bias.

It is expected that 2021/22 membership numbers are anomalously low with 2022/23 expected to return to around 330 members off the back of the winter cross country and planned advertisement of HDLAC for the start of 2022/23.

A breakdown of the individual age groups and genders is show in Table 2.

2022				2021			Current - Previous		
Group	Male	Female	Total	Male	Female	Total	Delta m	Delta f	Delta T
Tiny Tots	10	10	20	18	10	28	-8	0	-8
U6	9	11	20	8	9	17	1	2	3
U7	12	16	28	16	14	30	-4	2	-2
U8	12	16	28	14	18	32	-2	-2	-4
U9	11	21	32	15	17	32	-4	4	0
U10	10	21	31	11	21	32	-1	0	-1
U11	8	21	29	9	17	26	-1	4	3
U12	10	16	26	11	15	26	-1	1	0
U13	6	13	19	11	6	17	-5	7	2
U14	9	7	16	6	10	16	3	-3	0
U15	6	7	13	1	4	5	5	3	8
U17	2	3	5	6	5	11	-4	-2	-6
Totals	105	162	267	126	146	272	-21	16	-5

Table 2. Age Group Summary comparing current season against previous in order to track changes in athlete numbers by age group and gender.

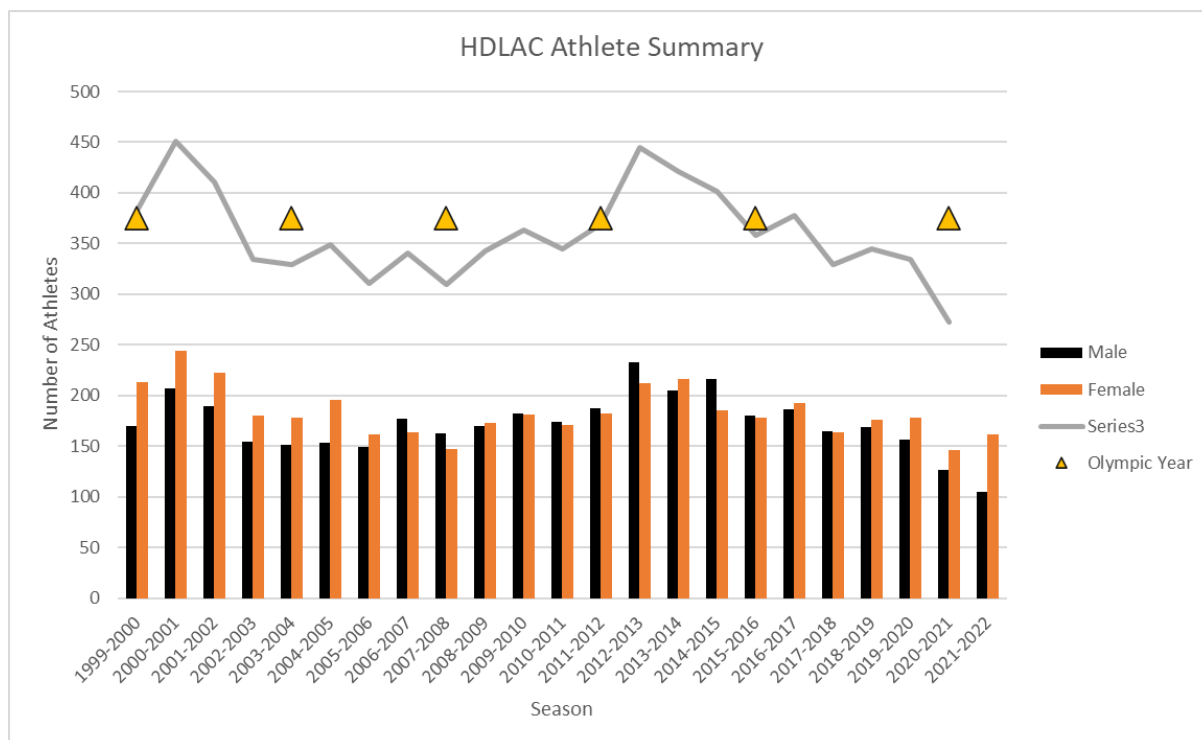


Figure 2. Yearly registration trends since 2000.

Senior Membership

HDLAC successfully opened as a Senior Club during the 2020/21 season and saw slight growth to 117 senior members during the 2021/22 season. There are 46 members in the 'Dual/Little Athletics' age brackets with the remainder being part of our community, training or open memberships. Figure 3 shows strong participation among the dual athletes with growth in the roaring 40s as parents re-engage with activities.

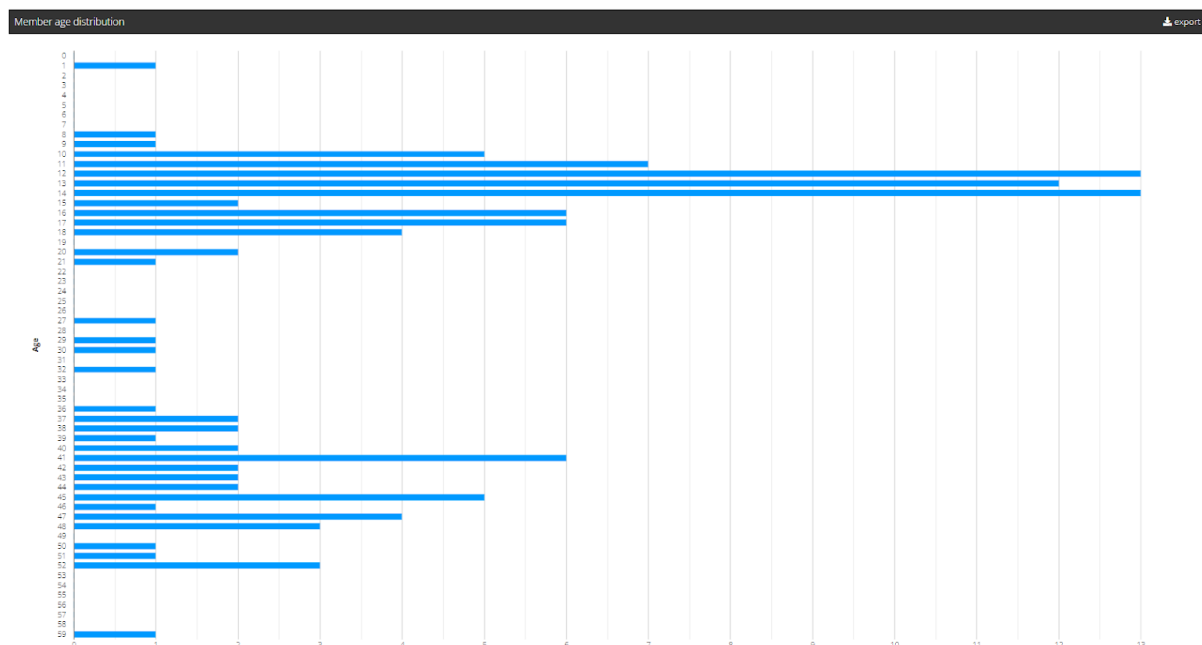


Figure 3. Senior Membership growth of the Hornsby District Athletics Club.

Season 2021/22 was significantly impacted by a delayed start due to mandatory lockdowns and COVID restrictions in addition to a very wet season. This combination of factors contributed to lower than expected participation, however this was offset by some very strong growth and development in our training squads. This contributed to one of our most successful and enjoyable seasons for our athletes at Zone, Region and State. The passion

shown by our young (and now older 'rediscovering') is commended, and it is special and enjoyable to see is the pride our members show in displaying our club colours.

The values all our members display is a credit to the organisation and participation of the club as a whole and it is an excellent foundation from which to build on.

In closing, thank you to all Committee members, age managers, parents and athletes for all the support and assistance received as registrar throughout the season and for assisting the registrar throughout 2021/22. I look forward to assisting the club in the next season.

Matt Dubsky
HDLAC Registrar

Secretary's Report

This is my sixth year as HDLAC Secretary and I also continued as secretary for North East Met Zone and was the HDLAC's representative on the Region 5 committee.

The Secretary's role is a busy one; managing the business affairs of the Centre, acting as Public Officer for the Centre (an appointment registered each year with the NSW Department of Fair Trading and with Little Athletics NSW) and being primarily responsible for the email addresses info@hdlac.org.au and secretary@hdlac.org.au. The Secretary is also the first point of contact with Hornsby Shire Council and is responsible for booking all council grounds for competition, registration day and training.

I also continued as the grants and sponsorship officer this season. We maintained our relationships with our sponsors Stone Real Estate Beecroft, Active Spine and Hills Orthodontic. Thanks also to Louis's ice-cream and Mike's coffee. We cannot do without our sponsors and supporters and offer them heartfelt thanks.

We also closed out the following grant applications during this season:

- Coles LA Community Grant 2021 – \$2830 for new HJ bars and stands
- Community Building Partnerships 2021 – \$5000 for new safety HJ mats

Committee meetings continued via Zoom and were held on the following dates, below, with the AGM at WPHSC on 17 May 2022. Additional meetings were held to arrange the SOPAC meet and awards, but these are not noted as formal committee meetings and not listed here.

22 June 2021	31 August 2021	9 November 2021
20 July 2021	28 September 2021	30 November 2021
3 August 2021	12 October 2021	25 January 2022
17 August 2021	28 October 2021	22 February 2022

Fran Dorey
HDLAC Secretary

Championships Officer's Report

COVID continued to have an impact on Championship events for a third year, however, although the season began late, the impact was less than in previous years.

A late start to the season meant that State Relays was cancelled, and Zone moved to January 2022. Most 2022 events proceeded, but a number of athletes were unable to compete due to COVID isolation rules.

This year we had success with several HDLAC athletes competing at Nationals (Athletics NSW) and masters also competed in a number of events (see Masters Report). Following the pattern of previous years, the majority of athletes competing in Championships Events are now training at HDLAC. Athletes are competing in a large range of events – sprints, hurdles, distance, jumps and throws. Increased focus upon skills has seen a strong improvement in throws events in recent years.

Little Athletics Events

Overview:

- State Relays (2021) – cancelled due to COVID and a late start to the season.
- Zone Championships were moved to 2022, meaning a two week turnaround between Zone and Regionals.
- Combined Events and State went ahead

NEM Zone Championships, 29-30 January (Narrabeen)

84 athletes in 278 events entered for Zone, however a number of athletes were unable to compete due to COVID. Given there was no Zone last year, many athletes were competing for the first time at Zone. The numbers competing were down on previous years as we averaged about 110 participants in 2017-2019. This reflects a smaller number of participants at the club level. 54 athletes qualified for Regionals in 136 individual events, plus the Senior Boys and Girls relays. Hornsby athletes placed 1st in 10 events.

Region 5 Regional Championships, 12-13 February (Narrabeen)

54 athletes qualified in 136 events, plus Senior Girls and Boys relays, although not all athletes were able to compete due to COVID. Again, this is less than in pre-COVID years where we averaged 60-70 qualifiers at Regionals. Nonetheless, it was a very successful weekend for Hornsby with many athletes achieving Personal Bests and/or making it through to State.

Athletes achieving a top 3:

- James Bissaker (9B) – 1st 200M, 3rd 100M and 400M
- Huxley Richardson (8B) – 3rd LJ
- Sean Ng (10B) – 3rd discus
- Alexandros Tsaousidis (10B) – 3rd SP
- Amy Campbell (11G) – 3rd discus
- Joel Ramsay (11B) – 2nd javelin
- Daniel Sims (11B) – 2nd discus, 3rd SP
- Leisel Walsh (12G) – 2nd LJ
- Makayla Ariyan (13G) – 2nd javelin
- Eden Herring (13G) – 1st TJ, 2nd 80H, 2nd 200H
- Wol Albino (14B) – 2nd 100M, 2nd 200M, 2nd 400M
- Sam Ive (14B) – 3rd 100M
- Nathanael Ramsay (15B) – 1st 400M, 3rd javelin, 3rd 100M, 3rd 200M
- Bella Kachel (17G) – 3rd 400M
- Senior Boys Relay – 3rd

State Track and Field Championships, 19-20 March (SOPAC)

Although Zone and Regional qualifications were lower than previous years, this was reversed at the State level with 21 athletes qualify in 36 events – our largest team in recent years. This compares to 16 in 29 events (2020/21), 17 in 20 events (2019/2020), 16 in 26 events (2018/2019) and 19 in 31 events (2017/2018). Unfortunately, a number of athletes were unable to compete due to broken arms and isolation rules. It was an excellent carnival with some outstanding results. Yet again, the event was partially impacted by rain on the Saturday morning with delays on LJ pits due to flooding.

Top 10 results included:

- Wol Albino (14B) – 1st in 100M, 200M and 400M
- James Bissaker (9B) – 5th in 400M
- Juliet Erickson (10G) – 6th in 800M
- Eden Herring (13G) – 6th 80H, 8th 200H
- Andy Rio (11B) – 7th 200M
- Lochlann Neilan (14B) – 7th 3000M
- Amy Campbell (11G) – 9th in discus
- Grace Carlton (10G) – 9th in 60H
- Bella Kachel (17G) – 9th javelin
- Samantha Campbell (9G) – 10th in discus

State Combined Events Carnival: 5-6 March (Maitland)

Hornsby had 12 Little Athletes attend the Maitland Carnival. Natalie and Andrew Sims competed in Masters.

- Eden Herring (13G) – 4th
- James Bissaker (9B) – 5th
- Luke Woods (14B) – 7th
- Nathanael Ramsay (15B) – 7th
- Andy Rio (11B) – 8th

Athletics NSW events

ANSW Junior Championships, 25-27 February (SOPAC)

Hornsby participation at State Juniors continues to grow, with 14 athletes in 26 events in 2022. This was despite a tight timeframe with State Juniors just a week before State LAs. Hornsby had athletes in the pole vault for the first time. 5 athletes were from other centres but competed at ANSW events for Hornsby (in italics). Gold medallist in the pole vault, Daniel Photios was one of 130 athletes selected in the 2022-23 NSW Target Talent Program.

Top 10 results included:

- Daniel Photios (16B) – 1st pole vault
- Mae Herring (13G) – 2nd pole vault
- Wol Albino (15B) – 3rd 400M, 3rd 100M, 3rd 200M
- Nathanael Ramsay (16B) – 3rd javelin, 6th 400M
- *Isabelle Cruikshank (17G) – 3rd javelin*
- *Arabella Lewis (13G) – 4th 100M, 6th 200M*
- Eden Herring (14G) – 5th in 80H, 9th LJ, 6th TJ
- *Shayla Gleeson (17G) – 5th HJ*
- Luke Woods (15B) – 7th LJ
- *Charles Barker (14B) – 9th 100M*
- *Felicity Stewart (18G) – 9th SP, 9th javelin*

National Athletics Championships, 26 March – 3 April (SOPAC)

Hornsby had the following athletes qualify to compete for NSW at the National Athletics Championships and it was very exciting to see athletes gaining medals.

- Daniel Photios (16B) – 2nd pole vault
- Wol Albino (15B) – 3rd 400M, finalist 100M, 7th 200M
- Nathanael Ramsay (16B) – 5th javelin
- *Isabelle Cruikshank (17G) – 11th javelin*
- *Arabella Lewis – 100M, and competed in NSW 4x100 relay (14G)*
- Eden Herring – DNS Hurdles
- Mae Herring (14G) – pole vault
- Annie Magnussen (U20G) – 800m

Joanne Kachel
Championships Officer

Results Officer's Report

This season we continued the 'Results Officer Lite' model but started to receive assistance from John Blackwell during Saturday mornings, which was greatly appreciated. We continued to learn about minor bugs and nuances in the results system, but once again results were collected reliably over the season.

With the high number of disruptions to the season and 'non-competition' weekends, it is difficult to properly measure attendance, particularly on a weekly basis, however looking at the 9 standard meets we were able to hold (including the NDLAC Friday night event), we estimate attendance at around 54% for the season. This is below prior seasons, however not unexpected due to the impact of COVID and weather making it a very disjointed season.

Some additional points to note for the season include:

- we started the season with three skills based coaching events rather than jumping straight into competition. These events were well received by the athletes and parents and something to consider for future seasons
- We continued the annual SOPAC event in December, which once again was well attended and received significantly positive feedback
- Masters events were limited due to weather causing a lot of cancellations
- 9 centre records were broken during the Little Athletics season, which is lower than previous seasons, but consistent with the reduced number of competition weeks

Data recording was once again done using Timing Solutions' electronic timing gates and the CompHQ / ResultsHQ recording system. This was the sixth season using the electronic gates for track events, and the fifth using ipads to enter field event results on the field for automated data upload.

There were, unfortunately, still occasional issues with these systems, such as timing gates failing to start correctly or record results and requiring races to be re-run or results being missed altogether, and ongoing issues with the results app not working on Android phones for recording field events. These will continue to be worked through with Timing Solutions.

During the last two seasons (without a full time results officer) we have considered the responsibilities of this role and based on our experience believe this could be picked up by a willing volunteer and combined with providing support for the calculation of awards during and at the end of the season. This should be considered in future committee roles.

Grant Carlton

On behalf of a Records and Rankings Officer

Website Coordinator's Report

This season again operated without a dedicated website coordinator which has started to impact the relevance of our LANSW web page and inability to migrate over to the Revolutionise platform provided by ANSW. This will be a critical role to fill at the AGM.

The Revolutionise platform continued to be used for event management, from the SOPAC Christmas Special to the End of Season celebration.

Our Little Athletics Facebook page followers increased from 370 to 540, and our Masters page from 38 to 79 followers, including a number of athletes from other clubs.

The little athletics page was primarily used for training updates and sharing of photos, and the masters page for photos and sharing of upcoming events.

We added an Instagram account in November 2021, which currently has 115 followers, after 29 posts.

Alice Clayton
On behalf of a Website Coordinator

Technical and Equipment Report

Equipment maintenance has been manageable this year with only a few repairs required and little new equipment purchased or replaced.

Timing solutions

- further upgrades were performed and the system works well when adequately charged
- multipole charge stations added
- old laptop with aging battery replaced after several episodes using an extension cable
- spare parts obtained for next year

Web site and Google workspace

- background processes to improve handover and emergency access to accounts

Plans to be made

- WiFi / Internet access changeover for new rooms
- Charging and storage area yet to be finalised
- Improvements to other equipment storage yet to be finalised

John Magnussen
Equipment Officer

Coaching Report

Despite the challenges presented to us, this was potentially the strongest year we have had for our coaching team since we refreshed our coaching plans.

We started the season with a “coach the coach” session for our keen junior coaches. We thank Maddy for the preparation and delivery of this course which set up our junior coaches for a great season. This year we had Bella, Karina, Tali, Nathan, Finn, Riley and Charlotte deliver our skills training on a Monday and Thursday, with Annie picking up the Monday fitness squad, which was highly popular. Next season we are keen to continue with our junior coaches and see how we can help them to further develop their coaching skills.

We began our Saturday mornings with skill training for three weeks which meant all kids received some coaching across all events before we began any measurement. This was a lot more interactive for the kids and lots of fun. It took a huge effort to facilitate, and we thank Dan R, Tim C, Dave F, Sarah C, Grant C, Tom C, Rakeli A, Fran D, Kerri C, Alison H and other parent helpers for the delivery of this alongside our junior coaches. We will look to repeat this in some format for future years to teach fundamentals before measuring performance.

Our squads continued with hurdles and sprints delivered by Zoe and Alison and we saw a number of athletes qualify for State and Nationals which was fantastic to see and inspiring for our junior members. The age participation started to creep a little young for hurdles which is something we will consider for next season, whereas our sprint squad saw a number of over 18s attend which was very pleasing.

Our jumps and throws were heavily impacted by the rain and lost some momentum this season which was unfortunate but something to work toward next year. Despite this, we had several athletes qualify for State and Nationals in javelin. We also added a 'come and try' pole vault session with Else Way which was attended by four senior athletes who really enjoyed the taster session.

Joe Burgess has continued to support the club with distance coaching and inspire our athletes along the way. We thank Joe for his continued engagement with the club.

Our Masters training continued on Mondays and Thursdays. The Monday 5:30 session continued to be popular, however the earlier 4:30 session and Thursday session were less well attended. Again, the rain meant we got fewer new-comers brave enough to face the conditions and we hope to rebuild this next season.

Over winter we continue with Monday training and thank Pennant Hills Soccer for allowing us to use the space. The clubroom development will have a minor impact on this however Epping AC have also offered to host us if required. We will begin monthly Thursday training at SOPAC from May to provide an opportunity to run on the tartan.

As our training attendance continues to grow, we are looking to consider how to best meet the needs of our mix of athletes and help encourage athletes to attend the training that will most benefit them at their given stage.

Alice Clayton
Coaching Coordinator

Age Manager Coordinator Report

We had a somewhat disrupted season for our Age Manager Coordinators. It started well with Lance and Belinda Erasmus taking joint responsibility and initiating some changes in response to the event management scheme. These changes included asking experienced age managers from previous years to consider taking on event management given their subject knowledge or to assist with new age managers. We recruited a number of new age managers as a result. Unfortunately, the Erasmuses then moved to Queensland in December, leaving this role vacant.

An unfortunate impact on this loss of this role was oversight of the revamped star awards, particularly for younger age groups, as we continue to roll out skill-based star awards. Many of our new age managers did not feel comfortable with judging some of the award standards, and additional strain was put on committee members to assist.

Thanks to all those who helped cover this loss and took on additional responsibilities. Thanks also to our band of age managers, who continue to play a significant role in improving athletes' skills and developing their ongoing interest in the sport. We hope to find a replacement for next season in this important role.

Fran Dorey
For the Age Managers Coordinator

Awards Manager Report

Awards operated relatively smoothly this season, with the only challenge being regular interruptions from weather reducing the number of weeks available for athletes to achieve their star awards and to collect data for end of season awards. This challenge was embraced by the committee and pragmatic solutions were implemented.

Star Awards

Due to the low number of competition weeks during the season, it was very difficult for athletes to achieve their stars with this season and accordingly stars took a bit of a back seat. A number of athletes achieved up to the red level, but it was difficult to complete enough events to go beyond this.

Andrew Sims was able to provide some assistance in running the weekly star calculations and got a good understanding of the process (and assisted by writing a helpful user guide for future users). A big thank you to Andrew for helping with this and we look forward to your ongoing assistance.

At the start of the season, we continued to develop the material and approach for skill-based star awards for the U6 and U7 age groups (and retained the skill-based approach for new events for U11s), however due to the regular disruptions and lack of available support, it became difficult to implement these with the level of rigour required. To help make this sing next season, it would be beneficial to include 3-4 committed 'skill assessors', who can rotate weeks helping coach and assess the athletes and to upskill the age managers to take on these roles themselves as well.

Septathlon

Our annual Septathlon event was held on 19 February and despite some wet weather, was successful. Septathlon points were calculated and collated leveraging the ResultsHQ data, with some backend analysis and medals presented at Presentation Day. Due to the weather, high jump as not completed and was treated as the lowest scoring event for those impacted and deducted from their scores. Whilst this was not ideal, it was the best possible solution given the limited number of wees available and we do not believe unfairly impacted any athletes.

The Junior and Senior Septathlon winners and place getters for each age group are presented in the tables below.

Most PBs at Septathlon	Oscar Zalloua
Junior Septathlon Champion - Girls	Amy Campbell
Junior Septathlon Champion - Boys	Andy Rio
Senior Septathlon Champion - Girls	Eden Herring
Senior Septathlon Champion - Boys	Nathanael Ramsay

Girls				Boys		
U6						
1	Elizabeth	Hannaford	2,114	Mel	Rio	2,539
2	Iliana	Tsaousidis	1,603	Krishav	Gupta	1,655
3	Emmeline	Liava'a	1,594	Owen	Howell	1,503
U7						
1	Nalinga	Albino Bolton-	3,013	Harrison	Tye	3,502
2	Isabelle	Huttlestone	2,874	Alistair	Fierens	3,022
3	Phoebe	de Carvalho	2,717	Eric	Colgan	2,915
U8						
1	Sophia	Chammaa	3,240	Huxley	Richardson	4,088

2	Elodie	McInnes	2,932	Louis	Behrens	3,464
3	Isabelle	Gouws	2,571	Ethan	Carlton	3,462
U9						
1	Samantha	Campbell	3,398	James	Bissaker	3,816
2	Sophia	Tye	3,031	Alexander	Sorensen	3,534
3	Lucy	Fenton	2,686	Henry	Davis	3,493
U10						
1	Grace	Carlton	3,110	Sean	Ng	3,317
2	Juliet	Erickson	2,979	Zachary	Lawrence	3,161
3	Samantha	Fong	2,805	Angus	Martin	2,806
U11						
1	Amy	Campbell	3,575	Andy	Rio	4,089
2	Anna	Tye	3,087	Daniel	Sims	3,805
3	Jessinta	Howard	2,364	Joel	Ramsay	3,484
U12						
1	Tara	Gilkeson	3,298	William	Carroll	2,791
2	Liesel	Walsh	2,967	Luka	MATRLJAN	2,399
3	Sophia	Tsaousidis	2,812	Ezekiel	Pola	2,346
U13						
1	Eden	Herring	3,779	Luke	Photios	2,726
2	Makayla	Ariyan	2,928	Manning	Johnson	2,575
3	Tiffany	Fong	2,825	Matthew	Sims	1,851
U14 - U17						
1	Bella	Kachel	3,063	Nathanael	Ramsay	3,745
2	Leila	Broadley	2,330	Daniel	Photios	3,245
3	Karina	Bassett	2,238	Luke	Woods	3,190

End of Season Awards

The plaques, age group awards and perpetual trophies remained unchanged this season.

The end of season awards presentation was held at The Verandah as a dinner and bowls function and was a great success, with a combination of fun and celebration had by all. Thanks to Rachel and Alice for organising this event.

Summaries of the club award winners and age group awards are provided below.

Arnold Hunt Award - best middle and long distance	Luke Woods
Brett Carkeet - walking and middle distance	Juliet Erickson
Genevieve Train - sprints	Wol Albino
HDLAC Hurdles	Eden Herring
HDLAC Jumps	Liesel Walsh
HDLAC Throws	Daniel Sims
Clint Shaw - Outstanding Junior Athlete	Huxley Richardson
Marion Mitchell - Most improved	Isabelle Gouws
Walkley Award - Junior Sportsmanship Award	Alexandros Tsaousidis
Binning Award - Senior Sportsmanship Award Girls	Michaela Couper
Binning Award - Senior Sportsmanship Award Boys	Wol Albino
Spirit of Masters Award	Fran Dorey & Rog Canizales Perez

Age Group	Best All Round Athlete	Most Improved	Best and Fairest
U6G	Madeline O'Byrne	Isabella Rodriguez Fraysse	Sia Monaghan
U6B	Mel Rio	Xinzhe Li	William Halime

U7G	Nalinga Albino	Phoebe de Carvalho	Alexandra Bissaker
U7B	Harrison Tye	Bryce Hodgkiss	Shlok Bhagwan
U8G	Elodie McInnes	Isabelle Gouws	Xinyao Li
U8B	Huxley Richardson	Louis Behrens	Aidan Warren
U9G	Samantha Campbell	Sophia Tye	Saheli Dissanayake
U9B	James Bissaker	Finn McPherson	Henry Davis
U10G	Grace Carlton	Grace Lean	Grace de Carvalho
U10B	Sean Ng	Zachary Lawrence	Luke Davis
U11G	Amy Campbell	Isla Johnston	Zara Hill
U11B	Daniel Sims	Joel Ramsay	Andy Rio
U12G	Tara Gilkeson	Liesel Walsh	Camila Iorio
U12B	William Carroll	Luka Matrljan	Lucas Beven
U13G	Eden Herring	Tiffany Fong	Catherine Tang
U13B	Manning Johnson	Matthew Sims	Cade Harries
U14G	Michaela Couper	Eleanor Schwarz	Ava Windross
U14B	Luke Woods	Lachlan Blackwell	Lochlann Neilan
U15G	Charlotte Clayton	Leila Broadley	Emily Loughran-Fowlds
U15B	Nathanael Ramsay	Daniel Photios	Sidney Gosschalk
U17G	Bella Kachel	Alyssa Reyes	Karina Bassett
U17B	Finn Walsh	William Tye	

Grant Carlton
Awards Manager

Track and Field Officer's Report

We didn't get to use the track as much as we would like to this year given the late start and then the summer rain! The track was in good condition but the excessive rain and the clubhouse building development has caused flooding in the north corner. The long jump pits have issues with moss and dirt build up but Council have been contracted and will clean them post-season.

The new clubhouse build was expected to impact the end of our season, but we were lucky that this did not occur, and we were able to get to pack up day and move into the new temporary shipping containers. The build will now happen over winter and should be ready for us to move into from the start of the season.

Once we move into the new facility we can reorganise our storage and separate Saturday equipment from training equipment to be more efficient and less likely to lose things.

Alice Clayton
For the Track and Field Officer

Cross Country Report

We started the cross country season in a strong position, fielding 8 teams (32 athletes) at the State NSW Cross Country Relays at North Ryde Common. The highlight of the day was our 30-39 Men picking up the bronze medal. Other results were:

- U12 Girls - 4th
- U14 Girls - 12th
- U16 Boys - 10th

- U20 Mixed team - 8th
- 30-39 Women - 4th
- 40-49 Women - 7th
- 30-39 Men - 3rd
- 40-49 Men - 11th

We also managed to run two of our Trail Cross Country events before we went into lockdown. Our event held on the 16 May 2021 had 24 athletes taking part and our second event, just before we went on to lockdown, had 48 athletes. Both events had a range of ages from U6 to Masters taking part.

During the lockdown period, we also held two virtual relays. Virtual relay 1 had 5 teams (20 athletes) compete, and relay 2 we had 10 teams compete (40 athletes). We had runners from Australia, Germany and the UK take part in the event.

Maddy Smith
Cross Country Co-ordinator

Tiny Tots Report

The Tots were enthusiastic participants again this season. This year we decided to encourage the older tots and newer tots to practice semi-proper shot put and discus stances when throwing the bean bags, balls, frisbees and discs. For shot put, this involved holding their preferred pointing arm out straight like superman (straight and firm), standing side on and pushing the object, rather than throwing it out of their hands. For discus, we stood side on, holding the object with our fingers faced down and swinging it gently before letting it loose! The kids learnt quickly and with a bit of reminding every week were able to demonstrate their skills.

We also practised our long jump this year by running up to a rope and jumping over it, landing in our motorcycle/bicycle stance leaning forward. Again, the kids were fast learners, and many were taking off on one leg and jumping further each time.

We practised our running starts by saying 'on your marks, get set, go' and blowing a whistle. The kids learnt to be focused when we said 'on your marks' with one foot on the line, to crouch a little lower into a ready position when we said 'get set' and then to go as soon as they heard 'go' or the whistle. By practising this every week, the kids were super-prepared when we went to the big track and ran the full way in their own lanes, straight through the finish line. Unfortunately, due to the weather, the Tiny Tots didn't manage to venture to the big track much this season to run the 50m or use the long jump pit. They loved the opportunities they did have to go to the big track and demonstrated the skills we had been practising every week.

We continued to bring in new objects to the obstacle course and throwing area so every week was slightly different. Our bubble break before the relays was still the highlight, as was our regular 'what's the time mister wolf' games and parachute with flying chickens.

Thank you to all the parents that helped with activities and packing up the many objects we used! Good luck to all the graduating tots and we look forward to seeing the 3-year-old tots return next year for their last year in the 'little league'.

Rhian Richardson
Tiny Tots Coordinator

First Aid Report

A big thanks to all those who helped as First Aiders at Centre competitions. A major cleanout and re-stock were undertaken before the start of season which should mean very little re-stocking should be required for next season. Thankfully, we didn't have any major injuries this year, only a few minor scrapes requiring bandaids.

Unfortunately, the battery in the defibrillator has died. I have contacted the supplier and we are waiting on a replacement as it is still under warranty. Hopefully it comes before the start of next season.

Kerri Campbell
First Aid Coordinator

Masters Report

This season has been a challenge for the Masters with storms washing out two of our Thursday interclub events. Despite this, we have had a strong attendance at both our Monday and Thursday night training sessions with over 20 attending on Monday nights and 15-20 on Thursdays. Thanks to Joe and Alice for coaching us this year and setting training sessions that suited a wide range of fitness levels.

The combined event at Sydney Olympic Park with the Little Athletics kids was well received. It was great to see the kids encouraging the Masters in their events. While not running against masters athletes from other clubs, this day is a highlight of the year for the masters.

Two Masters Interclub events were held. The January event was well attended and club records continued to be set. It was great to have athletes from other clubs attending. In March we combined with Northern Districts to run an event in Mt Colah. While attendance was down, those who participated from Hornsby held their own against the hosts. Big thanks to Alice for dragging all the equipment north.

Hornsby Athletes attended a number of events throughout the season including the State Relays, State Pentathlon in Canberra, State and National championships. For a small club, we punched well above our weight with a number of gold, silver and bronze medals in each event.

At the NSW Masters State Championships 12 athletes came home with a total of 18 medals:

- Gold - 5
- Silver - 7
- Bronze - 6

Five masters athletes went to Brisbane to compete in the National Championships and came home with:

- Gold - 1
- Silver - 2
- Bronze - 6

A big thanks to all the masters athletes who gave it a go this year. While not everyone was able to win a medal or do a personal best, everyone tried their best and, most of all, enjoyed running. We look forward to a less disrupted year next season.

Kym Schwarz
Masters Coordinator

Uniform Report

While there were many disruptions to this season, it was a relatively smooth process for uniforms this year. Sports Magic attended the first week of competition and sold uniforms directly to club members which reduced some of the order load this season. Through liaison with Sports Magic, I was able to arrange for orders be sent out weekly and earlier in the week to ensure they were received prior to the weekly competition.

Thanks to Liz Tye and Anne Neilan for assisting with the uniform stand this season when I was unable to attend or demand was high.

A Nationals Representative T-shirt was designed by Nathan Ramsay and has been ordered for those senior athletes who qualified for Nationals.

We began the collection of second-hand uniforms and shoes however this concept needs further development and advertising among club members. Anne Neilan has volunteered to assist in developing and handling the second-hand uniform project next season

Cathy Carlton
Uniform Officer

Canteen Report

Such a wonderful group of volunteers served and fed our energetic athletes this year. Many thanks to all our generous helpers with special mention to this year's wonderful core team of Brittany, Fatin, Stephenie, Nicky, and Lyndal. Covid isolation rules brought on many last-minute logistical issues so many thanks to everyone who jumped in/swapped shifts and helped to ensure our canteen opened every session.

The BBQ stand ran supreme as Sydney's temperatures were cooler than the average. The highlight of the BBQ stand was one speculator Saturday morning when our treasurer donned on his pinny, adding to the many reasons why everyone should head direct to the BBQ stand for their Saturday morning protein-packed brekkie.

Surprisingly the mixed lolly bags were a huge customer favourite and each one sold brought about nostalgia for the carob and mixed lollies days of the canteen crew.

With Sydney's record-breaking rain that fell for most of the second half of the season, not even the kookaburras wanted to get wet and there were only two minor incidents of the sausage sizzle tussle, for which our eagle-eyed and well-versed committee members took control. The out-of-form kookaburras will undoubtedly need to use the off season to work on their tactics.

Rachel Ive
Canteen Coordinator