

WILLIAMSTOWN LITTLE ATHLETICS CENTRE INC



2022/23

ANNUAL REPORT,
ANNUAL GENERAL MEETING &
PRESENTATION – SUNDAY, APRIL 2



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COVER IMAGES: Credit to Victoria Entwistle-Hardeman.

INSIDE IMAGES: Victoria Entwistle-Hardeman (Centre Championships), Belinda Dellit, Anna Sztendur, Rebecca Urban, and LAVic.

2022/23 SEASON SUMMARY

Williamstown Little Athletics Centre (WLAC) acknowledges the Bunurong People of the Kulin Nation as the Traditional Owners of the land on which we meet, and pay our respects to Elders past and present.

After two years of COVID-19 disruptions, it was pleasing to get the 2022/23 track and field season underway on time and knowing that a full schedule of LAVIC events, including relays, were planned. Membership numbers soared early, and by the end of November, the Centre had already surpassed its 2021/22 tally by approximately 100 members.

Season 2022/23 delivered many highlights, both at Newport - with "PB Days" proving immensely popular - and away at various external carnivals and championships.

Congratulations to all for making this a fantastic season!



2022/23 SEASON HIGHLIGHTS

RECORDS FALLING!

The 2022/23 track and field season started with a bang and by week two the records were falling. Ella Leith (pictured below) claimed the Under 14 javelin record, Jeeva Vijayagopal set a new benchmark for the Under 16 100m and Aydin Metin broke the Under 16 long jump record.

INAUGURAL "PB DAY" NOVEMBER 11, 2022

Little Athletics isn't about winning - it's about trying one's hardest. WLAC has long encouraged athletes to aim for Personal Best (PB) performances and this year we took celebrations to a whole new level, launching official "PB Days". Athletes who scored a PB got to strike the custom-made ceremonial gong and collect a Zooper Dooper!



2022/23 SEASON HIGHLIGHTS

STATE COMBINED EVENTS CHAMPIONSHIPS, LAKESIDE

A total of 31 WLAC athletes registered for the State Combined Events Championships held at Lakeside on November 12-13, 2022. Athletes competed in five to seven events, depending on their age division, in an ultimate test of speed, strength, power, endurance and determination. For the Under 9s, this was their first experience competing alongside athletes from other centres from across the state. Six athletes finished in the top 10 for their age divisions - congratulations to Emilia Rossi, Armani Mauriohooho, Ella Leith, Macy Parks, Mackenzie Leith and Zach Sandison!



2022/23 SEASON HIGHLIGHTS

CELEBRATING COLES, OUR MAJOR SPONSOR

It was all about the selfie as WLAC athletes went bananas celebrating the Coles community round on November 19, 2022.



2022/23 SEASON HIGHLIGHTS

RELAYS ACTION

Who says athletics isn't a team sport? Williamstown relay runners participated at the Box Hill Centre relay day, regional relays, and the State relay Championships, with 27 teams qualifying! Cross-country relays were also held in winter and proved very popular with WLAC entering 12 teams - the most of any centre.



2022/23 SEASON HIGHLIGHTS

PB PROGRAM

The WLAC PB program is designed to encourage all athletes to try their best and feel a sense of achievement at their growing accomplishments. PBs are tracked throughout the season and prizes are awarded at various milestone points, including Zooper Doopers, sausage in bread, and merchandise such as the super-fashionable Williamstown sweatbands!



2022/23 SEASON HIGHLIGHTS

ON-TRACK

Our youngest athletes - the Under 6s - take part in the On Track program that is designed to introduce track and field skills (some of which are quite complex) in a fun, age-appropriate way. By the end of the season, they are running, jumping and hurdling like pros!



2022/23 SEASON HIGHLIGHTS

REGIONALS AND STATE CHAMPIONSHIPS

More than 80 athletes signed up to participate in the WMR Region Carnival held over the weekend of February 18-19, 2023, with 38 qualifying for the State Championships held in March. Many athletes rose to the occasion, beating their own PBs, while multiple outside records were also broken. Also, a special congratulations to our youngest members, the under 9s, taking to the big stage for the first time - Banjo Kane, Lachlan Kelly, Jarvis Sullivan, Filip Franjic and Kiara Frimston!



2022/23 SEASON HIGHLIGHTS

"PB DAY" AND GOOD FRIDAY APPEAL FUNDRAISER, MARCH, 2023

WLAC, members and families raised more than \$2000 for the Royal Children's Hospital Good Friday Appeal just by putting in their best efforts on the track and field. The Centre donated \$1 for every PB result achieved on the final "PB Day" of the season and invited families to also match that donation. Some families went above and beyond in their contributions, meaning we doubled our initial target of \$1000, raising \$2076 at the time of writing (making us the second most successful fundraising centre statewide).



2022/23 SEASON HIGHLIGHTS

CENTRE CHAMPIONSHIPS, MARCH 18, 2023 (OUR GRAND FINAL)

About 250 athletes took part in Centre Champs and they certainly brought their A Games! A whopping 533 PBs were achieved and eight Centre records were broken. Athletes were awarded with Gold, Silver and Bronze medals for their efforts, while PB medals were handed out to those athletes who didn't score a top-three finish but achieved a new personal benchmark.



2022/23 SEASON HIGHLIGHTS

CROSS-COUNTRY SEASON 2022

Not for the faint-hearted, cross-country athletes competed over the winter months, over distances ranging 500m to 3km, at our "home" course, Newport Lakes. Our membership continued to grow over this period and athletes enjoyed some super results at both regional events, relays and State Championships.



RECORDS

INSIDE CENTRE RECORDS 2022/23

GIRLS

- E. Leith, U14G Javelin, 33.25m, 15/10/22
- M. Parks, U10G Turbo, 13.01m, 29/10/22
- M. Cosentino, U10G Turbo, 13.79m, 10/12/22
- M. Tomlinson, U9G Turbo, 12.38m, 17/12/22
- E. Vanderloo, U8G High Jump, 0.95m, 14/1/23 (tied record)
- M. Tomlinson, U9G High Jump, 1.08m, 21/1/23 (tied record)
- T. Williams, U10G High Jump, 1.21m, 11/2/23
- M. Cosentino, U10G Turbo, 13.89m, 25/02/23
- K. Kuzman, U8G High Jump, 1.00m, 4/3/23
- K. Kuzman, U8G High Jump, 1.01m, 18/3/23
- M. Galloway, U10G Turbo, 15.97m, 18/3/23
- M. Parks, U10G 400m, 1.09.21s, 18/3/23

BOYS

- J. Vijayagopal, U16B 100m, 11.65s, 15/10/22
- H. Ninnis, U10B Turbo, 22.17m, 5/11/22
- G. Lafaialli, U16B 400m, 54.28s, 26/11/22
- C. Rossi, U16B 400m, 53.73s, 14/1/23
- L. Dawson, U10B High Jump, 1.20m, 21/1/23 (tied record)
- Z Sandison, U14B Shot Put, 11.33m, 11/2/23
- A. Metin, U16B Long Jump, 6.14m, 11/2/23
- B. Kane, U9B 800m, 2.34.09, 25/02/2023
- L. Kelly, U9B Javelin, 18.70m, 4/3/23
- L. Kelly, U9B Javelin, 19.03m, 18/3/23
- F. Sandison, U11B Discus, 34.92m, 18/3/23
- C. Rossi, U16B 200m, 24.08s, 18/3/23
- A. Metin, U16B Long Jump, 6.22m, 18/3/23

Results in red denote current record

RECORDS

NEW OUTSIDE CENTRE RECORDS 2022/23

GIRLS

- E. Leith, U14G Javelin, 33.32m, 18/2/23
- L. Rogers, U11G Discus, 19.06m, 19/2/23
- M. Parks, U10G HJ Scissors, 1.22m, 19/2/23
- E. Fumberger, U14G Triple Jump, 10.35m, 11/3/23
- M. Parks, U10G 800m, 2.40.84, 11/3/23
- M. Parks, U10G 400m, 1.08.31, 12/3/23

BOYS

- A. Metin, U16B Long Jump, 6.38m, 18/2/23
- F. Sandison, U11B Discus, 33.42m, 18/2/23
- Z. Sandison U14B Javelin, 38.17m, 19/2/23
- C. Rossi, U16B 400m, 54.45s, 19/2/23
- A. Metin, U16B Triple Jump, 12.68m, 19/2/23
- C. Rossi, U16B 400m, 53.10s, 12/3/23
- F. Sandison, U11B Discus, 35.48m, 11/3/23

Results in red denote current record

EXTERNAL EVENTS RESULTS

STATE CROSS-COUNTRY RELAY CHAMPIONSHIPS CRUDEN FARM, LANGWARRIN, JUNE 4, 2022 WLAC TOP 10 PLACINGS

U14G

3x3km (Emilia Rossi, Isla Briggs-Kennedy, Brooke Meek) 1st

U9G

3x1km (Ivy Raff, Milla Galloway, Macy Parks) 3rd

U14B

3x3km (Riley Parks, Mitchell Parks, Keilan Galloway) 1st

U13B

3x2km (James Lynn, Cooper Dmytrenko, Harry Lynn) 7th

U10B

3x1km (Lachlan Vartuli, Bailey Piper, Axel Szalay) 1st

U9B

3x1km (Flynn Clenick, Thomas Kelly, Lenny Dawson) 5th

REGIONAL CROSS-COUNTRY CARNIVAL LAKE DEWAR, JULY 16, 2022 WLAC TOP 10 PLACINGS

U14-U16G

3000m Emilia Rossi, 3rd; Maya Eastwood, 3rd

U13G

3000m Miller Szalay, 5th; Brooke Meek, 6th

U12G

2000m Valentine Ninnis, 7th

U11G

2000m Cecilia Nahm, 4th; Sarojin Wortley, 6th

U10G

1500m Pearl Stephenson, 10th

EXTERNAL EVENTS RESULTS

REGIONAL CROSS-COUNTRY CARNIVAL (CONTINUED)

U9G

1500m Macy Parks, 1st; Ivy Raff, 3rd; Milla Galloway, 6th;
Adelaide Nahm, 10th

U14-U16B

3000m Mitchell Parks, 6th; Riley Parks, 7th

U13B

3000m Finn Kane, 1st; James Lynn, 3rd; Harry Lynn, 4th;
Zach Sandison, 6th; James Vartuli, 7th

U12B

2000m Cooper Dmytrenko, 2nd; Anthony Hine, 10th

U11B

2000m Finn Stafford, 5th

U10B

1500m Axel Szalay, 2nd; Lachlan Vartuli, 3rd; Bailey Piper, 5th

U9B

1500m Lenny Dawson, 5th; George Lethborg, 6th

STATE CROSS-COUNTRY CHAMPIONSHIPS LAKE DEWAR, AUGUST 6, 2022 WLAC TOP 10 PLACINGS

U14G

3000m Emilia Rossi, 4th

U9G

1500m Macy Parks, 3rd

U13B

3000m Finn Kane, 1st

TEAMS

U9G (Macy Parks, Ivy Raff, Milla
Galloway) 2nd

U13B (Finn Kane, Harry Lynn,
James Lynn) 1st

U9B (George Lethborg, Thomas
Kelly, Lenny Dawson) 3rd

EXTERNAL EVENTS RESULTS

STATE COMBINED CHAMPIONSHIPS LAKESIDE, NOVEMBER 12-13, 2022 WLAC TOP 10 PLACINGS

Emilia Rossi, U15G, seven events, 2942 points, 9th
Armani Mauriohooho, U14G, six events, 1775 points, 3rd
Ella Leith, U14G, six events, 1732 points, 4th
Macy Parks, U10G, five events, 956 points, 4th

Mackenzie Leith, U17B, seven events, 4815 points, 1st
Zach Sandison, U14B, six events, 2031 points, 5th

WMR REGION CARNIVAL, CORIO, FEBRUARY 18-19, 2023 WLAC TOP 10 PLACINGS

U15G

400m: Emilia Rossi, 3rd
800m: Emilia Rossi, 2nd

U14G

100m: Armani Mauriohooho, 2nd; Astrid Bishop, 7th; Amelie Norton, 8th
200m: Ella Leith, 1st; Armani Mauriohooho, 3rd; Astrid Bishop, 9th
400m: Eve Fumberger, 2nd
1500m: Isla Briggs-Kennedy, 4th
80m Hurdles: Armani Mauriohooho, 1st; Astrid Bishop 6th; Isla Briggs-Kennedy, 8th
200m Hurdles: Amelie Norton, 4th; Isla Briggs-Kennedy, 5th
High Jump: Armani Mauriohooho, 1st; Eve Fumberger, 2nd; Ella Leith, 5th
Javelin: Ella Leith, 1st; Isla Briggs-Kennedy, 8th
Long Jump: Eve Fumberger, 1st; Armani Mauriohooho, 2nd
Shot Put: Astrid Bishop, 4th; Amelie Norton, 9th;
Triple Jump: Ella Leith, 3rd; Eve Fumberger, 5th, Astrid Bishop, 9th

EXTERNAL EVENTS RESULTS

WMR REGION CARNIVAL (CONTINUED)

U13G

Discus: Audrey Urban-McDonald, 9th

U12G

100m: Olivia Rabiej, 6th; Skyla Idziak, 9th

400m: Octavia Farfaglia, 7th; Ruby Riley, 9th; Olivia Rabiej, 10th

800m: Octavia Farfaglia, 5th

80m Hurdles: Ruby Riley, 4th; Skyla Idziak, 8th

Discus: Amelie Connelly, 4th, Ruby Riley, 7th; Elodie Bishop 9th

High Jump: Skyla Idziak, 4th; Ruby Riley, 6th; Elodie Bishop 8th

Javelin: Amelie Connelly, 7th

Long Jump: Ruby Riley 7th

Shot Put: Amelie Connelly, 5th

Triple Jump: Elodie Bishop, 4th

U11G

80m Hurdles: Mila Batur, 5th; Serena Koroma, 7th

Discus: Lucinda Rogers 19, 3rd; Serena Koroma, 5th; Sailor Dawson, 9th

High Jump: Lani Platt, 4th; Sailor Dawson, 9th

Javelin: Sailor Dawson 11.69m, 4th; Lucinda Rogers, 8th

Shot Put: Serena Koroma, (7th; Lani Platt, 10th

Triple Jump: Lucinda Rogers, 5th

U10G

400m: Macy Parks, 1st; Milla Cosentino, 8th; Claribel Gambhir, 9th

800m: Macy Parks, 1st

60m Hurdles: Macy Parks, 1st

Discus: Macy Parks, 2nd; Milla Cosentino 12.52m, 7th

High Jump: Macy Parks, 1st; Angelina Shepherd, 9th

Long Jump: Milla Galloway, 10th

EXTERNAL EVENTS RESULTS

WMR REGION CARNIVAL (CONTINUED)

U9G

70m: Kiara Frimston, 9th

200m: Kiara Frimston, 10th

60m Hurdles: Kiara Frimston, 7th

Discus: Adele Fumberger, 3rd

Long Jump: Kiara Frimston, 6th

Shot Put: Adele Fumberger, 6th; Stephanie Leigh, 9th

U16B

100m: Charlie Rossi, 2nd; Aydin Metin, 4th; Jake White, 5th

200m: Jake White, 4th

400m: Charlie Rossi, 3rd; Jake White 56.63, 4th

100m Hurdles: Jake White, 1st

Javelin: Charlie Rossi, 2nd

Long Jump: Aydin Metin, 1st

Triple Jump: Aydin Metin, 1st

U15B

800m: Riley Parks, 1st; Mitchell Parks, 4th

1500m: Riley Parks, 2nd; Mitchell Parks, 4th

Discus: Mitchell Parks, 2nd; Riley Parks, 3rd

Javelin: Mitchell Parks, 3rd; Riley Parks, 4th

U14B

400m: Harry Lynn, 3rd; James Lynn, 5th

800m: Harry Lynn, 3rd; James Lynn, 5th

1500m: Harry Lynn, 4th; James Lynn, 5th

90m Hurdles: Zach Sandison 4th

Discus: Zach Sandison, 4th; Max Dmytrenko, 8th

High Jump: Zach Sandison, 1st

Javelin: Zach Sandison, 1st; Max Dmytrenko, 9th

Long Jump: Zach Sandison, 1st; Harry Lynn, 8th

Shot Put: Max Dmytrenko, 7th

EXTERNAL EVENTS RESULTS

WMR REGION CARNIVAL (CONTINUED)

U13B

100m: Matthew Crichton, 4th; Braith Lafaiali'i, 7th

200m: Matthew Crichton, 5th

400m: Matthew Crichton, 2nd

800m: Cooper Dmytrenko, 6th

1500m: Cooper Dmytrenko, 2nd; Zephan Golz McSweeney, 4th

80m Hurdles: Braith Lafaiali'i, 2nd; Matthew Crichton, 3rd

200m Hurdles: Joshua Slade, 7th

Long Jump: Anthony Hine, 5th

Triple Jump: Matthew Crichton, 1st; Braith Lafaiali'i, 2nd

U12B

100m: Samuel Dines, 10th

200m: Reuben Fithall, 9th; Raff Sullivan, 10th

400m: Raff Sullivan, 6th; Aiden Bishop, 8th; Reuben Fithall, 9th

800m: Aiden Bishop, 9th; Reuben Fithall, 10th

1500m: Finn Stafford, 7th

80m Hurdles: Samuel Dines, 6th

Javelin: Aiden Bishop, 7th

Long Jump: Samuel Dines, 9th

Shot Put: Samuel Dines, 7th

U11B

100m: Sam Crichton, 4th; Oscar Chiu, 8th

200m: Carter Lafaiali'i, 4th; Oscar Chiu, 5th; Luca Zagame, 9th

800m: Iggy Strybosch, 3rd

1500m: Iggy Strybosch, 3rd; Axel Szalay, 8th

80m Hurdles: Luca Zagame, 5th; Carter Lafaiali'i, 6th; Axel Szalay, 8th

Discus: Flynn Sandison, 1st

High Jump: Luca Zagame, 10th

Javelin: Flynn Sandison, 2nd; Axel Szalay, 7th; Flynn Briggs-Kennedy, 8th

EXTERNAL EVENTS RESULTS

WMR REGION CARNIVAL (CONTINUED)

U11B

Long Jump: Luca Zagame, 3rd; Oscar Chiu, 9th; Sam Crichton 10th
Shot Put: Flynn Sandison, 4th
Triple Jump: Oscar Chiu, 6th; Carter Lafaiali'i, 7th

U10B

70m: Flynn McLynskey, 8th;
100m: Jay Granland, 9th
200m: Lenny Dawson, 10th
400m: George Lethborg, 3rd; Thomas Minchin, 9th
800m: George Lethborg, 2nd; Thomas Minchin, 9th
60m Hurdles: Lenny Dawson, 3rd; Flynn McLynskey, 5th; Jay Granland, 8th; Max Boyd, 10th
Discus: Lenny Dawson, 1st; George Lethborg, 5th
High Jump: Max Boyd, 6th; Flynn McLynskey, 8th; Lenny Dawson, 8th
Long Jump: Lenny Dawson, 2nd
Shot Put: Thomas Kelly, 8th

U9B

70m: Filip Franjic, 4th;
100m: Jarvis Sullivan, 5th; Filip Franjic, 7th; Evan Hinsley, 9th
200m: Jarvis Sullivan, 4th; Banjo Kane, 5th; Evan Hinsley, 7th; Filip Franjic, 10th
400m: Banjo Kane, 1st; Jarvis Sullivan, 2nd; Filip Franjic, 7th; Victor Moll, 9th;
800m: Banjo Kane, 1st; Victor Moll, 7th
60m Hurdles: Filip Franjic, 4th; Banjo Kane, 6th
Discus: Lachlan Kelly, 4th; Evan Hinsley, 5th
High Jump: Jarvis Sullivan, 7th
Shot Put: Lachlan Kelly, 4th; Evan Hinsley, 6th

EXTERNAL EVENTS RESULTS

WMR REGION CARNIVAL (CONTINUED)

MULTICLASS U11B

100m: Ethan Splatt, 2nd
200m: Ethan Splatt, 2nd
Discus: Ethan Splatt, 2nd
Long Jump: Ethan Splatt, 2nd
Shot Put: Ethan Splatt, 2nd

STATE T&F RELAY CHAMPIONSHIPS LAKESIDE, FEBRUARY 4, 2023 WLAC TEAMS AND ALL PLACINGS

U15G

Medley (Isla Briggs-Kennedy, Isabelle Colling, Amelie Norton, Emilia Rossi) 7th
4x100m (Amelie Norton, Emilia Rossi, Isabelle Colling, Isla Briggs-Kennedy) 16th
4x200m (Amelie Norton, Emilia Rossi, Isla Briggs-Kennedy, Brooke Meek) 15th

U12G

4x100m (Skyla Idziak, Zoe Bakker, Lisette D'Souza, Octavia Farfaglia) 23rd

U10G

Medley (Milla Galloway, Emily Cassell, Annika Sementilli, Macy Parks) 7th
4x100m (Macy Parks, Milla Consentino, Lisette Dower, Emily Cassell) 21st
4x200m (Milla Consentino, Macy Parks, Annika Sementilli, Emily Cassell) 12th

U16B

Medley (Aydin Metin, Jake White, Grayson Lafaiali'i, Charlie Rossi) 2nd
4x100m (Jake White, Grayson Lafaiali'i, Charlie Rossi, Aydin Metin) 2nd
4x200m (Jake White, Grayson Lafaiali'i, Charlie Rossi, Aydin Metin) 1st

EXTERNAL EVENTS RESULTS

STATE T&F RELAY CHAMPIONSHIPS (CONTINUED)

U15B

Medley (James Vartuli, Mitchell Parks, Harry Lynn, Riley Parks) 10th

4x100m (James Lynn, Harry Lynn, Mitchell Parks, Riley Parks) 13th

4x200m (Mitchell Parks, Riley Parks, James Lynn, Harry Lynn) 13th

U12B

4x200m (Lenny Dawson, Alex Chrisanthou, Conor Gowty, Reuben Fithall) 12th

U11B

Medley (Sam Crichton, Carter Lafaiali'i, Luca Zagame Iggy Stybosch) 8th

4x100m (Iggy Stybosch, Luca Zagame, Carter Lafaiali'i, Sam Crichton) 12th

4x200m (Iggy Stybosch, Luca Zagame, Carter Lafaiali'i, Sam Crichton) 10th

4x200m (Laurence Moll, Oscar Chiu, Max Boyd, Axel Szalay) 15th

U9B

Medley (Elijah Kam, Jarvis Sullivan, Filip Franjic, Banjo Kane) 1st

4x100m (Jarvis Sullivan, Evan Hinsley, Filip Franjic, Banjo Kane) 5th

4x200m (Jarvis Sullivan, Evan Hinsley, Filip Franjic, Banjo Kane) 4th

U16 MIXED

4 x 200m (Amelie Norton, Emilia Rossi, Grayson Lafaiali'i, Jake White) 1st

U12 MIXED

4x100m (Skyla Idziak, Zoe Bakker, Raff Sullivan, Samuel Dines) 14th

4x200m (Skyla Idziak, Zoe Bakker, Conor Gowty, Reuben Fithall) 9th

U11 MIXED

4x100m (Lisette D'Souza, Serena Koroma, Oscar Chiu, Sam Crichton) 14th

EXTERNAL EVENTS RESULTS

STATE TRACK & FIELD RELAY CHAMPIONSHIPS (CONTINUED)

4x200m (Lisette D'Souza, Macy Parks, Luca Zagame, Carter Lafaiali'i) 6th

U9 MIXED

4x200m (Kiara Frimston, Adele Fumberger, Evan Hinsley, Elijah Kam) 9th

STATE T&F CHAMPIONSHIPS LAKESIDE, MARCH 11-12, 2023 WLAC TOP 10 PLACINGS

U15G

400m: Emilia Rossi, 9th

800m: Emilia Rossi, 4th

U14G

100m: Armani Mauriohooho, 8th

200m: Ella Leith, 8th

400m: Eve Fumberger, 6th

80m Hurdles: Armani Mauriohooho, 3rd

High Jump: Armani Mauriohooho, 3rd; Eve Fumberger, 5th; Ella Leith, 7th

Javelin: Ella Leith, 3rd

Long Jump: Eve Fumberger, 3rd

Triple Jump: Eve Fumberger, 4th; Ella Leith, 8th

U10G

400m: Macy Parks, 1st

800m: Macy Parks, 2nd

60m Hurdles: Macy Parks, 4th

Discus: Macy Parks, 3rd

High Jump: Macy Parks, 3rd

EXTERNAL EVENTS RESULTS

STATE TRACK & FIELD CHAMPIONSHIPS (CONTINUED)

U16B

100m: Charlie Rossi, 7th

400m: Charlie Rossi, 4th

100m Hurdles: Jake White, 6th

Javelin: Charlie Rossi, 10th

Long Jump: Aydin Metin, 3rd

Triple Jump: Aydin Metin, 2nd

U15B

800m: Riley Parks, 6th; Mitchell Parks, 10th

1500m: Riley Parks, 7th

U14B

90m Hurdles: Zach Sandison, 8th

Javelin: Zach Sandison, 2nd

U13B

80m Hurdles: Braith Lafaiali'i, 9th

U11B

1500m: Iggy Strybosch, 6th

Discus: Flynn Sandison, 2nd

U10B

800m: George Lethborg, 9th

Discus: Lenny Dawson, 10th

U9B

400m: Banjo Kane, 2nd

800m: Banjo Kane, 1st

60m Hurdles: Filip Franjic, 6th

EXTERNAL EVENTS RESULTS

STATE TRACK & FIELD CHAMPIONSHIPS
MARCH 11-12, 2023
WLAC TOP 10 PLACINGS (CONTINUED)

MULTICLASS UNDER 11B

100m: Ethan Splatt, 3rd

200m: Ethan Splatt, 6th

Discus: Ethan Splatt, 3rd

Long Jump: Ethan Splatt, 2nd

Shot Put: Ethan Splatt, 4th

CENTRE COMMITTEE + KEY ROLES

ROLE	OFFICEHOLDER	YEAR ELECTED
President	Peter Parks	2020
Vice President	Ben Wortley	2022
Secretary	Rebecca Urban	2021
Treasurer	Anthony Lafaiali'i	2021
General Committee (non executive positions)	Ashley Sandison Russell Dmytrenko Kris Fumberger David Nahm Belinda Dellit	2014 2018 2021 2022 2022
Communications	Belinda Dellit	
Registrar	Russell Dmytrenko	
Coaching Co-ordinator	Rebecca Urban	
Child safety	Peter Parks	
Results	David Nahm	
Chief Official	Russell Dmytrenko	
Cross-Country Manager	Ashley Sandison	

CENTRE COMMITTEE + KEY ROLES

ROLE	OFFICEHOLDER	
Grants	Kris Fumberger	
WMR Rep	Ashley Sandison	
Uniform	Jo Roache	
Canteen Manager	Lorraine Cockram	
PB Program	Rochelle Parks	
External Events	Peter Parks	

LIFE MEMBERS

WLAC LIFE MEMBERS

1978 Jim Jamieson (Deceased)
1981 Frank Cochrane, Marion Cochrane, Tim Lowden, Joyce Lowden (Deceased) Bill Humphries (Deceased)
1985 Elaine Sanderson
1987 Phil Gillan (Deceased)
1988 Frances Larson, Ken Schwartz (Deceased)
1992 Christine Crofton
1994 Kay Reay, Jeff Scoble
1995 Lorraine Amezquita
1996 Susan Silke (Deceased), Julie Scoble
2001 Michael Shacklock
2008 Heather Shaw
2009 Majella Stone
2010 Terri Buttigieg
2011 Sharon Hancock
2015 Paul Lynch
2020 Phil Menzies

DISTINGUISHED SERVICES AWARDS

1987 Jan Stewart, Alan Gittens
1988 Jennine Harrison
1999 Ted Hudson
2011 Geoff Boyce
2012 Chris Buttigieg-Clarke
2014 Gill Hardeman, Craig Hardeman, Lorraine Cockram 2015 John Gilbert, Samantha Cross
2020 Jon Robinson
2021 Rachelle Burbridge

AGM ORDER OF PROCEEDINGS

1. Opening of Meeting
2. Apologies
3. Minutes of the Previous AGM
4. Matters Arising from the Minutes
5. President's Report
6. Registrar's Report
7. Treasurers Report
8. Coaching Report
9. Results Report
10. Cross-Country Report
11. Election of Officebearers
12. Close of Meeting

1. OPENING OF MEETING

Welcome to the Williamstown Little Athletics Centre Inc. 2022/23 Annual General Meeting.

The business to be transacted will be as follows:

- Presentation of the Annual Report
- WLAC Financial Reports
- Election of Centre Committee for 2023/24.

This AGM will be undertaken in accordance with the Williamstown Little Athletics Centre Inc. Constitution and Little Athletics Victoria Model Rules.

2. APOLOGIES

3. PREVIOUS AGM MINUTES

Date: 3pm, April 3, 2022

Apologies: Russell Dmytrenko

President's report: (presented by Peter Parks)

Thanks, and welcome to all attending, will follow this with Treasurer and Registrar report.

·If you haven't had a chance to read them, please see our Annual Report and the 20/21 AGM minutes on Team App under resources

·Thanks to all for a successful season.

At the start of season 21/22 we were unsure what it would look like due to COVID, much planning to get here. We only missed one session due to weather but managed additional date in January.

We have received great feedback from parents and our volunteer liaison on committee, Kris, as to the running of the season.

We rely heavily on parent participation for kids to have a good season. Thanks to all of you.

Thanks to Anthony for his first year as Treasurer.

20/21 AGM Meeting Minutes:

Moved: Prue Steere

Seconded: Kris Irwin

Treasurers report: (presented by Anthony Lafaiali'i)

·Thanks, will just give a quick update, full report available on TeamApp.

We had a solid year. Main revenue sources were fees, school hire, canteen.

Now that COVID protocols have eased we are seeing more school bookings for upcoming year.

Canteen performed strongly.

Healthy bank balance of \$100K, seen an increase of \$10K we plan to invest in new equipment.

Will have reports audited this week and submit to LAVic.

President response to 21/22 increase in revenue:

With the uncertain start to season, we decided not to progress with equipment purchase of \$20K for new high jump mats, but with good season result with increase in savings from \$85K to \$100K we will be looking into equipment upgrade for season 22/23.

20/21 Treasurer report:

Moved: Anne Rossi

Seconded: Kris Irwin

Registrars report: (presented by Ashley Sandison on behalf of Russell Dmytrenko)

·315 members -- great achievement as we saw an increase in member numbers from season 20/21. We were only one of three clubs in the region to have an increase in members.

·Large numbers in our U10 and 11 age groups, a bit less in our U6 age group this season.

·Increase in our Open boys, with 65% retention rate.

·Our aim for the club is to keep numbers above 300 and grow the club.

Noting, there has been a steady decline in the sport -- eight years ago we had over 400 athletes.

Coaches Report: (presented by Peter Parks on behalf of Anne Rossi)

Thanks to Anne, you have done an amazing job with coaching.

We need more assistance with coaches. If parents are passionate about an event consider getting trained so we can offer more training opportunities for our athletes. The club can assist with accreditation.

Thanks to Bec, Brad, Ted and all our junior coaches.

Results for 21/22 season (presented by Peter Parks)

We had a successful State carnival after a very successful regional carnival.

As a club, there was a huge number of PB's over the season.

We encourage athletes U9 and above to consider attending regional events, where there's opportunity to test yourself with Regional or Combined Events.

All committee positions vacated.

Had nominations for all positions, uncontested so new positions and members are:

President: Peter Parks

Vice President: Ben Wortley

Secretary: Rebecca Urban

Treasurer: Anthony Lafaiali'i

Registrar: Russell Dmytrenko

General Committee; Ashley Sandison, Kris Fumburger, Belinda Dellit, Lachlan Boyd, Lorraine Cockram, David Nahm

Thanks to outgoing committee members, Brad and Marcus who are leaving committee but staying on to assist -- Marcus as starter and Brad with coaching.

Ashley: big thanks to Peter for stepping into President's role, amongst COVID chaos has led a successful season.

Thanks also to outgoing committee member Rachelle, who has held many roles in her time since joining committee in 2015, most recently secretary but primarily did all our communications for five years. She has shown commitment to the club, joined committee when we were facing challenges and has seen it return to healthy success, like to present her with Distinguished service award.

It's hard to thank everyone but special thanks to our starters: Paul, Kris, Kath and Marcus, whom without their commitment to come down, often in early time slot where they have no athletes, we would not be able to start our races.

Timing team: Ash, Phil, Majella and Sarah.

Coaches: Anne, Brad, Bec, Ted, Camilla and all our senior athletes who assist with our junior program.

Canteen: Lorraine, Rachelle, Mel, Baxter and Katie.

BBQ: Jason and Hilton.

Uniform: Laura and thanks to Jo for taking this on for season 22/23.

Covid Officers: Gill, Amy, Lee, Rochelle.

Team Managers: many thanks to all who assisted.

External Events: Amy and Stacey

Would like to acknowledge and present our volunteer of the year to these two deserving helpers:

Kris Irwin for all your commitment with cross-country season and starting each week.

Amy Kane for your COVID officer work every week and external events co-ordination.

AGM concluded 3.22pm

4. MATTERS ARISING FROM MINUTES

5. PRESIDENT'S REPORT

There were a couple of moments at our Centre Championships which said volumes for what a great community we have at our Centre. The first was at 8:15am when nearly all parents rostered on duty for 8:30am were at their events getting them ready as requested. This allowed us to start the program right on time and keep to the packed program. The second was when the hurdles were on and every time I asked for assistance to move or adjust hurdles many parents immediately came over the fence to help. At one point there must have been a dozen helpers. The impact of this is we can switch from, for example, 60mH to 80mH in 2-3 minutes rather than 5-10 minutes if left to just one or two helpers. With the number of adjustments made in hurdles, this adds up quickly and we would never have got through the hurdles on time without this help.

These moments encapsulate Little Athletics from an organisational point of view. We are a volunteer sport and when we have volunteers, the competition day will go smoothly, and the kids get to have fun. We have many parents who go well beyond the minimum volunteer requirements, and I am particularly thankful for those that jump in to help wherever there is a shortfall. For those that find duties difficult on competition day there are many non-competition day roles that need filling so please reach out early in the season to find out more.

The work that goes into running an athletics club is repaid on a Saturday when we get to see the fun the kids have competing and being in a safe place with a great community feel. I'm sure we have all loudly cheered on kids who we don't know their names and I think this is unique to little athletics and why it's such a great sport for our kids. Our emphasis on personal bests and effort, over placings, is something we should be proud of as a club.

On the track, we had a full season for the first time in a few years with Relays being thoroughly enjoyed by the athletes. It was great to see the kids form friendships in their teams and within the club and there was a great team spirit on display. Relays are a highlight of the year for the athletes. Next season, to be able to do relays again, we will need people who are prepared to help with organising to come forward. Each age group will need coordinators and there will need to be two-to-three people overseeing the whole program. Without this help, we won't be able to offer relays for every age group, so please consider helping in these roles and contact the club if you can do this.

5. (CONTINUED)

We saw a substantial expansion in membership numbers, rising from just over 300 in 2021/22 to almost 450 this season, making us one of the most successful clubs in Victoria for growth. This is an amazing achievement and a number we didn't expect to reach this season. With these extra numbers we should also have more people able to help. We are especially looking for people with some athletics background to take on more of the competition day roles as some of the key people in this area are gradually moving on. An event coordinator and event chief officials are needed to improve the competition day experience for our athletes.

I'd like to give special thanks to the many regular helpers we have had this year. Data entry, first aid, team managers, timing and our starters are people we can rely on every week. All are volunteers, helping to give the kids the best experience we can. Thank you to all of you.

Thanks also to Lorraine in the canteen, our midweek coaches (Anne, Bec, Camilla, Brad), Katie for shopping, Jo for uniforms and Rochelle for the PB awards, regularly assisted at the table by Kari.

I also want to thank the committee for all their efforts to get this season completed. It was a team effort.

Peter Parks

6. REGISTRAR'S REPORT

Williamstown Little Athletics Centre had 446 financial members for the 2022/2023 season.

This figure is up from 315 financial members for season 2021/2022, which is another fantastic result after last year's impressive growth. This growth has propelled Williamstown into one of the largest centres in Victoria aided by the ongoing success of the LAVIC trial athlete process, increased social media marketing and more promotions in the local area prior to the season.

There were 242 (54%) boys and 204 (46%) girls.

Of the 446 members, 206 were new members to the Centre and of that 35 (17%) were Under 6 little athletes.

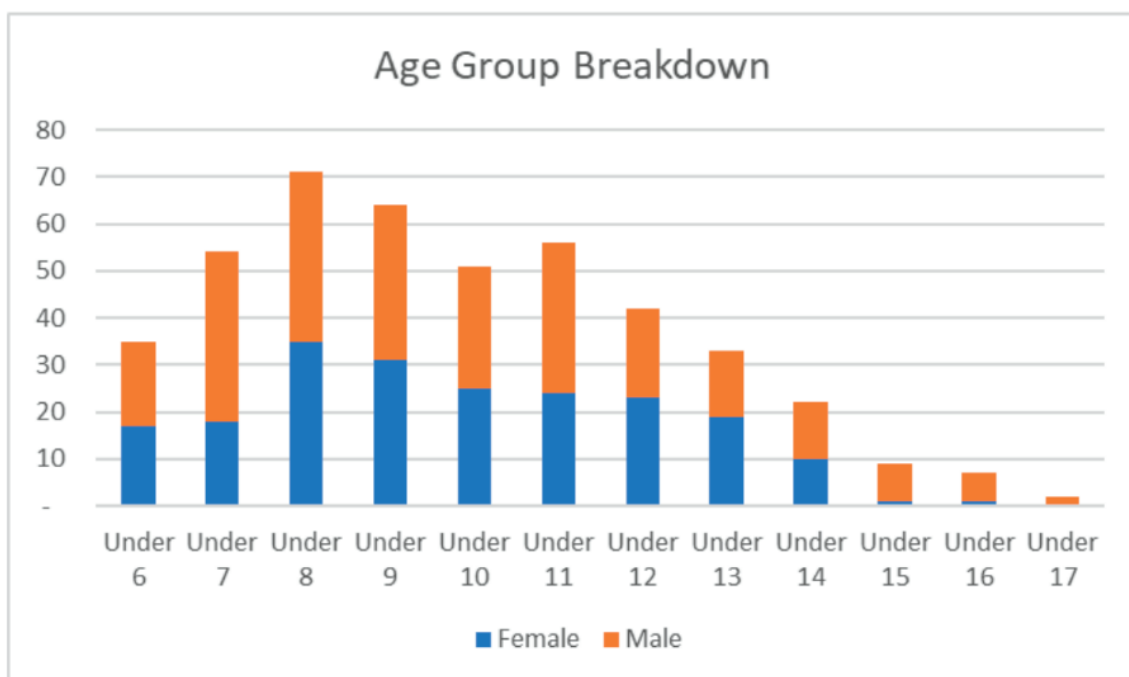
There was a significant increase in new members vs. season 2021/22 (206 in 22/23 vs. 119 in 21/22), with a large increase in new Under 6 athletes (35 in 22/23 vs. 26 in 21/22).

6. (CONTINUED)

The figures above show a retention rate of 76% from last year's athletes which is higher than the prior season's retention rate of 72%.

The following graph provides a breakdown of registered athletes by age group and gender.

Russell Dmytrenko



7. TREASURER'S REPORT

Below is presented the 2022-2023 annual accounts for the Williamstown Little Athletics Centre Inc. as at the date of 31st March 2023.

The Centre took a conservative approach to spending over the last two years with the uncertainty of COVID. This season the Centre took the opportunity to upgrade equipment including a substantial investment in a new high jump mat, new marquees, new starting blocks and other general maintenance.

With this increase in expenditure the club will have a deficit this season of -\$14,179. However, when we look at the last three seasons, the club has managed to navigate through COVID and will finish with a small surplus.

Overall, Williamstown Little Athletics Centre remains in a strong financial position.

The final end-of-year accounts will be independently audited as per our constitution.

Members are welcome to request a copy of the audited accounts by sending an email to willitreasurer@lavic.com.au.

I recommend the accounts as presented below be adopted by the membership.

Anthony Lafaiali'i
Treasurer WLAC

BALANCE SHEET FOR THE YEAR ENDED 31 MARCH 2023

Financial Year 31-March-2023	
Assets	
Bank Account	86,034
Term Deposit	-
Debtors	-
Stock	
TOTAL ASSETS	86,034
Liabilities	
Creditors	-
Bond	-
TOTAL LIABILITIES	-
MEMBERS FUNDS	86,034

8. COACHING REPORT

Training was offered on Tuesdays, Wednesdays and Thursday afternoons and while unpredictable weather disrupted some of the early-season sessions, by the time December came around, sessions were recording good attendance.

Peter introduced middle-distance training to cater for athletes keen to develop their 400m and 800m running, and these sessions were very well attended.

We were pleased to have Camilla join us as a volunteer mid-week coach - her knowledge and experience across several sports has been a welcome addition.

Helping children to develop the fitness and sub-skills required for the track and field events is so important, especially if athletes are keen to chase PBs! With this in mind, we reworked some of our mid-week sessions targeted at younger athletes (U12s and under) to provide a games-based environment to establish foundational skills, improve speed and strength and develop technique.

We "rebranded" Thursday's training to the "Triple Threat" session, with Rebecca, Brad and Camilla providing members with an opportunity to practise a running, jumping and throwing discipline.

Unfortunately, we were no longer able to offer high jump training. We thank Ted for his tireless work and enthusiasm for coaching our athletes over many years.

Our junior coaches again proved to be an asset to the Centre. New coaches Emilia, Eve, Ella, Jake, Grayson and Aydin joined Erin, Maddy, Alfyn, Bennett, Macca, Mitchell, Riley, Charlie, Dylan and Maya to provide coaching support during the Saturday early sessions (U6-U8s). Some of these junior coaches in particular have shown great leadership potential and we are looking forward to facilitating opportunities for them to upskill during the off-season and take on new responsibilities next year.

In addition to providing ongoing support and mentorship to all coaches, Anne's senior sprints training for Centre members kicked up a gear. Attendance increased significantly throughout the year and many regular attendees enjoyed great success with improved times, Centre records, and placings at State Championships.

Thinking forward to next year, the Centre will be looking to recruit some new volunteer coaches. If you have a background in athletics and have considered coaching, please get in touch so we can discuss how the Centre can support you to make this happen.

- Rebecca Urban

9. RESULTS

Please see pages 14-29 for details of WLAC athlete's results across the seasons, including centre and outside records.

10. CROSS-COUNTRY

This season we tried something different by returning to the way Williamstown ran cross-country when I was first managing the program back in 2015.

WLAC competed at Newport Lakes each week with a new course for the 1.5km, 2km and 3km circuits all electronically timed allowing for us to monitor personal bests and season bests for each of the courses.

We had amazing response to the new format, consistently having 50-plus athletes each week over the 11-week season, with 180 PBs recorded across the group.

Another new initiative was the PB recording sheets that I hope have stuck proud to bedroom walls and fridges to monitor progress throughout the season.

We also introduced training on a Wednesday night with Liz Matthews. This group was small but committed to training through the cold and wet winters nights to continue to improve fitness and have fun with fellow WLAC athletes.

State Cross-Country Relays Championships

WLAC had an exceptional performance from all teams at the state relay championships held at Cruden Farm on July 4, 2022. We had the most teams registered with 12 teams, showing the enthusiasm and interest in cross-country running at the Centre.

Below is a list of all the athletes (teams) and Top 10 placings:

U9B team (Lenny, Thomas, Flynn) 5th

U9G team (Macy, Ivy, Milla) 3rd

U10B team (Axel, Lachlan, Bailey) 1st

U13B team (James, Cooper, Harry), 7th

U14B team (Riley, Mitchell, Keilan) 1st

U14G team (Emilia, Isla, Brook) 1st

Western Metro Region cross-country

Region cross-country was held at Lake Dewar, with some amazing results. Although the event is predominantly individual running,

team awards are given to the first three from each gender/age group.
WLAC won the following age group competitions:

U9G 1st
U9B 2nd
U10B 1st
U12B 2nd
U13B 1st

And an extra shout out to those in the top 3 for their races – Macy and Ivy (U9G), Axel and Lachlan (U10B), Cooper (U12B), Finn and James (U13B), Emilia (U14G) and Maya (U15G).

State Cross-Country Championships

Williamstown was once again well represented across all age groups at the State Champs on August 6, against at Lake Dewar.

A special mention to Finn for his 1st placing, Macy for her 3rd placing, and Emilia for coming 4th.

We also had some strong team results, with U13B finishing 1st, U9G 2nd, and U9B 3rd; and some great PB results.

Our season concluded with a handicap day -- another new initiative for season 2022. There was some exciting racing and great PB times.

A special thanks goes to Peter Parks, Majella Stone, David Nahm and Lachlan, who assisted each week with ensuring the event ran on time and everyone had a great experience. I look forward to seeing some of these great performances continuing into the summer track and field season.

Ashley Sandison

11. ELECTION OF OFFICEBEARERS

12. CLOSE OF MEETING



WWW.WILLYLAC.COM.AU
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