



Revesby Workers'

Little Athletics Centre

Incorporated

43rd

Annual Report

2022/2023





Contents

RWLAC 2022/2023 Executive & Committee	4-5
President's Report	6-7
Vice President's Report	8
Secretary's Report	9
Registrar's Report	10
Records & Rankings Report	11-13
RWLAC Centre Record 2022/2023	14
Championships Officer Report	15
Coaching Officer's Report	16
Canteen Report	17
Club Captains Report	18
Treasurer's Report <i>(Insert)</i>	19
Auditor's Report <i>(Insert)</i>	20
Michael Irwin Award for Athletic Excellence	21
Joan Carroll Memorial Volunteer Award	22
Banks Volunteer of the Year	23
Service Recognition	24
Our New Home <i>(Kelso North Sporting Grounds)</i>	25
Southern Met Zone Championships	26
Region 8 Championships	27
LANSW State Championships	28-29
Age Group Photos	30-33
Carnivals & Events	34
RWLAC Coaching	35
General Photos	36-37
RWLAC Sponsor's	38



RWLAC 2022/2023

Executive & Committee



President:	Christine Butters	
Vice President:	Erin Austin	
Secretary:	Jackie Bottrill	
Treasurer:	Les Rolls	
Registrar:	Siobhan Mackenzie, Glynis Warner	
Records & Ranking Officer:	Bree McGraw	
Championships/Uniform Officer:	Belinda Delacour-Batch	
Coaching Officer:	Peter Bottrill	
Publicity Officer:	Stuart McGraw	
Canteen Manager:	Rebecca Taylor	
Equipment Officer:	Sean Cassilles	
General Committee:	Christopher Batch	Leanne Thompson
	Phoebe Bottrill	Bridie Treloar
	Sean Cassilles	Mitchell Wise
	Luke Glas	Simone Zantiotis
	Tony Tahhan	
Club Captains:	Ciara Cassilles	Jeremy Cannon
Club Vice Captains:	Eliza Marsh	Benjamin Pittman
Life Members:	Barry Butters	Sharon Korremans
	Christine Butters	Vince Nevin
	Kevin Channells	Mikaela North
	Sue Channells	John Rodwell
	Michael Irwin (dec)	Frank Scott
	Wal Kelleway	Rebecca Taylor
	Mike Korremans	
Patrons:	Daryl Melham AM <i>President RWC</i>	
	Alan Ashton <i>Life Member RWC</i>	
Honorary Auditor:	Walter Kelleway	
RWC Liaison Director:	Baden Kirgan	





Back row (L-R): Sean Casilles, Siobhan Mackenzie, Chris Batch, Belinda Delacour-Batch, Luke Glas, Leanne Thompson, Rebecca Taylor, Les Rolls, Peter Bottrill, Mitchell Wise.

Front Row (L-R): Erin Austin, Bridie Treloar, Glynis Warner, Tony Tahhan, Simone Zantiotis, Christine Butters, Bree McGraw, Stuart McGraw, Phoebe Bottrill, John Rodwell.

Inset: Jackie Bottrill



President's Report

Christine Butters



It is my pleasure to write a report following the completion of our 43rd season of Little Athletics in the East Hills District. It has been a much more pleasant season than the preceding three in terms of weather and running conditions.

Since 2015 I have been working with Council members and my fellow committee members to try and secure us tenure at a new ground at Kelso North. In the off season the Committee worked tirelessly to try and ensure we could move to the new grounds for the new season. Unfortunately, this move was delayed due to rain, slow progress and material holdups due to Covid. While we were delighted to have 363 athletes register with us, our highest number since the Sydney Olympics year in 2000, it was also very frustrating not to have the facilities to cope with these numbers. I thank Canterbury Bankstown Council staff for all the work they did to accommodate us on a temporary ground at Amour for a few weeks and then to get us to our new grounds by November. But more than that, I thank all our families for coping with the disruptions and adapting to the constant changes which were necessary until we worked out how best to use the facilities we had. As we settled into the new grounds, we started to see how much our athletes could benefit with 4182 PB's being recorded and 45 records being broken, some that were between 10 and 18 years old!

Once we got underway at Kelso North we were blessed with the weather and were fortunate to be able to record 18 nights of competition and no rainouts. This season saw the completion of the Little Athletics career for seven athletes who between them had clocked up sixty two years at Little Athletics. Notably Lily Thompson who started in the Under 6's and has finished in the U17's, Ben Pittman and Bridget Morgan who have completed 11 years each and Amelia Crocker, who although only with our Centre for 2 years has completed 13 years altogether at Little Athletics. This season we also had five athletes who have completed ten years at our Centre and 23 who have completed five years. It is great to have committed athletes and families who continue to support our Centre.

Once again this year we had record numbers of athletes enter Zone championships, qualify for Region and subsequently for State with 30 athletes representing Revesby Workers' LAC. Six athletes medalled and have had their names added to the State Champions Trophy, they were Rhiannon Bellette, Holly Carr, Erin Cassilles, Khloe Hunter, Niamh Mackenzie, Benjamin Pittman and Matilda Richards. The Championships Report will provide more detail on these wonderful achievements.

Our Coaching team increased this season, ably led by Peter Bottrill, we had Stuart McGraw coaching sprints, Bree McGraw on walks, Erin Austin on high jump and Barry Butters doing some throws coaching. We were delighted that Club Captain Ciara Cassilles took on some walks coaching also on walks nights and had a very strong following of young enthusiastic athletes.

A big thank you to two ex-athletes, Tyra Olney and Elizabeth Wastie who ran the skill development program On Track for the Under 6 and Under 7 athletes. Scarlett McGraw (U14) and Ryleigh Delacour-Batch (U15) again ran the Tiny Tots program with 10 boys and 1 girl! They have set a very high standard for these programs and I hope to see them continue.

As has been the case for many years, Revesby Workers' Club was our main financial sponsor and our athletes, officials and parent helpers wear their colours with pride. Without their support we couldn't run as well as we do. We appreciate also the donation, through their suppliers of a new fridge for our canteen after our old one died while in storage.

Coles has also been a major supporter of all Little Athletics Centres and this season our local Coles Supermarket provided us with 900kg of bananas for competition nights as well as a gift voucher which was used in our raffles on Presentation Night.





President's Report

Christine Butters



We have been saving for some years now ready for our move to the new grounds and I am pleased that, with very sound financial management led by our Treasurer Mr Les Rolls, we have been able to make some purchases of large ticket items which will assist in the ground setup and running of our competition going forward. I know our athletes will also appreciate having newer equipment to use.

The committee this season was composed very similar to last with the loss of three members including Mikaela Butters and the addition of Bridie Treloar. I acknowledge the ongoing contribution by Mikaela, who while on maternity leave remains very keen and willing to assist and be involved behind the scenes. The committee have worked very cohesively to ensure the best possible experiences for our athletes and the positive comments received from families goes a long way to recognise their efforts.

And so, as I conclude this report, I will continue to work alongside my fellow committee members to complete our move into the facilities block at Kelso North in the off season and plan for a new and exciting 44th season of Revesby Workers' Little Athletics Centre commencing with an official opening of the new grounds.

This report concludes the 43rd season for Revesby Workers' Little Athletics Centre.

Christine Butters

RWLAC President



RWLAC Life members





Vice President's Report

Erin Austin



This was probably the most exciting season that I've been on the committee. If you're wondering why, it was because we actually moved grounds. This has been an item on the committee agenda for so many seasons I actually can't remember a time when it wasn't discussed! At this point I must give a huge shout out to Christine Butters and acknowledge the mammoth behind the scenes task that she dedicated herself to that made our new grounds a reality.

Thanks Chris, for the thousands of emails over the past 8 seasons to Council, the uni and other sporting associations that share our grounds. Thanks for what seemed like an endless number of phone calls to negotiate extensions with the uni so we didn't become groundless for the past 3 seasons. Thanks for giving so much of your time to attend meetings with council regarding the new ground, to negotiate and reach agreement with other sporting presidents on using the ground. We have a great understanding with AFL, baseball and cricket and that is thanks to you Chris for attending these meetings during the middle of the day at Kelso or at council when everyone else couldn't get away from work, for talking to other sporting groups and working with them to come to a mutual understanding since we really were "the new kids on the block (or new at Kelso)".

Thank you for your belief that the first 3 weeks when we had no choice but to run track events only at Amour Park that it would work. While it was a stop/start or run a race/ return to the grandstand set up (something that we do not usually do) it worked for those first few weeks. Since our move to Kelso North, we have to thank you Chris for the teething issue emails and concerns you raised with Council regarding lights, canteen requirements, toilets and safety.

Kelso North has been amazing, it's our home. The storage sheds where we keep our equipment are beautiful. The efforts of dragging the scissors mats over horrible uni grass are now only a memory. Words can't express how grateful I am that those days are behind me.

Thanks Chris for all your efforts over the seasons to ensure we have our new home. Thanks to everyone on the committee who helped move the equipment multiple times from the uni, to self storage sheds, to the change rooms at Amour Park and then in a few moves bringing it 'home' to Kelso North. Thank you Sean Cassiles for the vital role you played this season as our equipment officer.

Lastly as I always do, I'd like to give a huge shout out to all the high jumpers. What a season! I'm especially proud of the jumpers who kept trying and towards the end of the season it all just came together and that bar was still up when you landed on the mat. I'm excited for next season, so I hope all jumpers remember what side they jump from. For those athletes that haven't found their side yet, it's all good the 2023-24 season is going to be the season for high jump.

Erin Austin

RWLAC Vice President



The season started with much anticipation for the move to our new grounds. After a few weeks with a modified program at Amour Reserve it was exciting to move to Kelso North, even though many of our facilities were still 'under construction'.

It's great to see our athletes competing at Zone and Region Championships. The club spirit and the support the athletes give each other is great to see. It's a pleasure to officiate at these meets and I urge parents to become involved in this aspect of the sport. It's a great way of giving back to the sport and being close to the action as the athletes compete.

Seeing some of our athletes compete at the Athletics NSW meets is also good; the dual membership is a great pathway for them to continue with the sport once they finish in Little Athletics.

A sport like athletics requires many officials and parent helpers each week. I thank our committee members Les, Phoebe and Pete for working with me on the circular track this year, we made a great team. We were lucky to have wonderful parent helpers each week who assisted us in making sure the events ran smoothly.

We are blessed to have a hard-working committee and their work cannot be underestimated. This includes attending council meetings, setting up the new facilities, attending zone and region meetings, coaching, setting up and packing away each week, running BBQ and canteen as well as all the day to day work that is done behind the scenes to ensure that the club runs smoothly and efficiently. It's a pleasure to be part of this group and I look forward to a great season in 2023-24.

Jackie Bottrill

RWLAC Secretary





Registrar's Report

Siobhan Mackenzie & Glynis Warner



The 2022/2023 season was our largest since 2000 and proved to be a successful season in regard to registrations. As a committee we expected similar numbers to the previous season's registrations but were pleasantly surprised with our highest numbers in over 20 years.

2012/13	2013/14	2014/15	2015/16	2016/17	2017/18	2018/19	2019/20	2020/21	2021/22	2022/23
260	204	231	249	331	285	281	291	268	293	363

The committee decided upon increasing registration fees this season by a small amount from the 2020/21 season.

This season, our centre continued to offer a Tiny Tots age group for athletes turning 5 years old in 2023. It was open to siblings of older registered athletes, like last season.

This year our centre retained more than half of our athletes from last season. The season retention rate was slightly higher than last season. We did increase our number of new registrations (152 new athletes this season compared to 131 new athletes in 2021/22). This may be attributed to sporting and community groups resuming normal pre-covid activity.

2013/14	2014/15	2015/16	2016/17	2017/18	2018/19	2019/20	2020/21	2021/22	2022/23
52%	54.5%	57%	43.83%	57.55%	55.87%	61.51%	66.04%	55.29%	58.12%

This season families again had the option of using their NSW Government Active Kids vouchers to cover part of their registration fee. We had 229 athletes use their Active Kids rebate voucher for Little Athletics in the 2022/23 season, an increase from last season.

Little Athletics NSW also introduced a new registration platform through GameDay in 2021. Using this system was straight forward for families registering and provided new learnings for the new registrars this season. To our surprise and the surprise of Little Athletics NSW we exceeded our allocation of rego numbers and had to request additional rego numbers a further three times.

We thank the committee for their efforts in helping on the registration nights, they could never be run by one person alone. As this was our first season in this role of registrars we greatly appreciated all the support from the committee and the outgoing registrar, Mikaela North. It was truly a team effort this season.

Registrations for the 2023/24 season should reopen online from August of this year.

Please keep an eye out for registration information around this time.

Centre registrations for the 2022/2023 season:

Age Group	Male		Female		Total	
	2021/2022	2022/2023	2021/2022	2021/2022	2021/2022	2022/2023
Tiny Tots	5	10	4	1	9	11
Under 6	19	17	12	7	31	24
Under 7	22	20	16	21	38	41
Under 8	22	19	16	22	38	42
Under 9	19	29	20	27	39	57
Under 10	13	24	17	24	30	48
Under 11	12	22	21	22	33	44
Under 12	11	13	12	16	23	29
Under 13	3	16	10	11	13	27
Under 14	5	3	12	9	17	12
Under 15	6	2	3	14	9	16
Under 17	4	6	9	8	13	14
Total	141	181	152	182	293	363

Siobhan & Glynis

RWLAC Registrars



45 new Centre Records were set during the 2022/2023 season, by 20 athletes across 28 events.

Some of the records broken were very long standing records. Congratulations to these 20 athletes. This is possibly the highest number of Centre records broken in one season and is reflective of better ground conditions at our new grounds at Kelso North and the coaching and development opportunities offered to our athletes throughout the season by our club coaches.

This season we continued to use the Competition HQ results recording system. The result sheet data was entered into Competition HQ by parents on data entry duty at the grounds on Friday nights. This enabled results to be uploaded and available to parents and athletes in Results HQ very quickly. Thank you to our data entry helpers, who did a great job each Friday night.

New Centre Records set during the 2022/2023 season:

AGE	NAME	EVENT	RECORDING	DATE	PREVIOUS RECORD
Under 6 Girls	Kiahna Faanu	Shot Put 500g	4.15m	24/02/2023	2021
Under 11 Boys	Josh Galloway	80m Hurdles	15.42s	11/11/2022	2020
			15.14s	02/12/2022	
	Dean Afungia	Javelin 400g	19.28m	16/12/2022	2018
			20.84m	27/01/2023	
Under 11 Girls	Gabriella Ho	80m Hurdles	16.39s	11/11/2022	2020
			15.58s	02/12/2022	
Under 12 Girls	Erin Cassilles	1500m Walk	7m 57.17s	02/12/2022	2021
			7m 56.21s	03/03/2023	
	Abby Freeman	80m Hurdles	16.41s	17/02/2023	2019
	Leila Carr	High Jump	1.41m	17/02/2023	2009
Under 13 Boys	Lachlan Samways	800m	2m 29.41s	11/11/2022	2022
	Lachlan Samways	200m Hurdles	29.91s	03/02/2023	2007
	Lachlan Samways	Triple Jump	10.65m	03/03/2023	2007
	Shea Cassilles	3000m	11m 15.33s	16/12/2022	2017
	Cooper Hunter	Discus 750g	33.90m	16/12/2022	2019
			34.36m	17/02/2023	
Under 14 Boys	Jacob Poole	3000m	10m 42.60s	18/11/2022	2021
Under 14 Girls	Amelia Lukunic	Javelin 400g	29.08m	25/11/2022	2005
Under 15 Girls	Matilda Richards	3000m	11m 01.61s	18/11/2022	2008
	Matilda Richards	1500m	5m 13.13s	25/11/2022	2007
	Matilda Richards	800m	2m 31.19s	10/02/2023	1999
	Kwanita Olney	Javelin 500g	26.38m	02/12/2022	2007
			27.28m	20/01/2023	
			28.83m	10/02/2023	
	Niamh Mackenzie	High Jump	1.61m	13/01/2023	2014
	Niamh Mackenzie	Long Jump	4.81m	17/02/2023	2005
	Ryleigh Delacour-Batch	300m Hurdles	52.64s	13/01/2023	2018

New Centre Records set during the 2022/2023 season:

AGE	NAME	EVENT	RECORDING	DATE	PREVIOUS RECORD
Under 17 Boys	Benjamin Pittman	Shot Put 5kg	13.26m	04/11/2022	2014
			13.34m	11/11/2022	
			13.95m	20/01/2023	
	Benjamin Pittman	Discus 1.5kg	41.98m	18/11/2022	2021
			43.65m	16/12/2022	
			50.00m	27/01/2023	
			52.78m	17/02/2023	
	Benjamin Pittman	Javelin 700g	31.25m	25/11/2022	2013
			31.39m	03/02/2023	
			35.16m	24/02/2023	
	Benjamin Pittman	200m	25.09s	27/01/2023	2016
			24.94s	17/02/2023	
Under 17 Girls	Ciara Cassilles	1500m Walk	7m 40.26s	11/11/2022	2009
			7m 29.36s	20/01/2023	
			7m 07.10s	03/03/2023	
	Bridget Morgan	Shot Put 3kg	9.30m	20/01/2023	2022
	Sophia Ghanous	Long Jump	4.74m	24/02/2023	2015

Banks Outstanding Sporting Achievement Awards:

This season age managers were asked to nominate athletes in their age groups who have demonstrated exceptional sportsmanship, friendships, effort and personal achievement. The recipients of these awards are:

Under 6 Girls	Lucinda Beard	Under 6 Boys	Spencer Micallef
Under 7 Girls	Bethany Peel	Under 7 Boys	Byron Clancy
Under 8 Girls	Sophie Gerrard	Under 8 Boys	Grayson Schomberg
Under 9 Girls	Ruby Lingard	Under 9 Boys	Samuel Lwin
Under 10 Girls	Hannah Freeman	Under 10 Boys	Kaison Brown
Under 11 Girls	Jade Harris	Under 11 Boys	Ryan Hutton
Under 12 Girls	Willow Sanders	Under 12 Boys	Thomas Wighton
Under 13 Girls	Mackenzie Bowler	Under 13 Boys	Charlie Freston
Under 14 Girls	Bhavya Prasad	Under 14 Boys	Cooper Deas
Under 15 Girls	Paige Wise	Under 15 Boys	Reece Lewis
Under 17 Girls	Lily Thompson	Under 17 Boys	Kael Austin



Records & Rankings Report

Bree McGraw



Season Award Winners 2022/2023:

	Age Champion	Age Champion Runner Up	Encouragement Award	Improvement Award	Participation Award
U6 Boys	Kyon Hanna	Oliver Parker	Beau Craig	Harvey Honey	Oliver Parker Maximus Retso
U6 Girls	Kiahna Faanu	Mia Peters	Charlotte Georges	Isla Brown	Kiahna Faanu
U7 Boys	Jude Abdo	Issa Akkari	Cassius Lyons	Aiden Dsouza	Issa Akkari
U7 Girls	Jordyn Brookes	Mischa Kattel	Elaine Wang	Emilia Cheah	Elaine Wang
U8 Boys	Jake Ridgewell	Hudson Doroszuk	Luka Zevgitis	Benjamin Georges	Jake Ridgewell
U8 Girls	Ruby Faanu	Kaitlin Collins	Jamie Whitehorn	Alana Mellas	Ruby Faanu Kaitlin Collins Ashling Treloar
U9 Boys	Isaac Brown	Liam Dunne	Idris Akkari	Henry Tju	Isaac Brown
U9 Girls	Charlie Risti	Daniela Lukunic	Summer Sanders	Chelsea Sharpe Hartlee Carberry Ivy Nelson	Daniela Lukunic Chelsea Sharpe
U10 Boys	Hunter Olney	Jaxon Wise	Kye Fenwick	Alexander Siskos	Ryan Collins
U10 Girls	Brianna Black	Aaleyah Constantin	Penelope Georges	Charlize Aroha Parker	Penelope Georges
U11 Boys	Josh Galloway	Dean Afungia	Byron Farrugia	Jonas Wassef	Byron Farrugia
U11 Girls	Gabriella Ho	Emilia Cazon	Aliana Ridgewell	Natalie Biskalis	Gabriella Ho
U12 Boys	Benjamin Collins	Lachlan Wise	William Tju	Alexander Barrett Oliver Glas	Thomas Wighton
U12 Girls	Leila Carr	Abby Freeman	Grace Delander	Ruby McGraw Avangelina Afungia	Ruby McGraw
U13 Boys	Max Farrugia	Lachlan Samways	Damon Beard	Jacob Black	Max Farrugia
U13 Girls	Ella Van Der Meer	Helen Denyer	Courtney Ho	Chloe Moussa	Helen Denyer
U14 Boys	Jacob Poole	Cooper Deas	-	-	Jacob Poole
U14 Girls	Scarlett McGraw	Juliet Hearne	Amelia Lukunic	Holly Carr	Scarlett McGraw Juliet Hearne
U15 Boys	Reece Lewis	Jonah Austin	-	-	Reece Lewis
U15 Girls	Ryleigh Delacour-Batch	Kwanita Olney	Anneka Oehlman	Niamh Mackenzie	Ryleigh Delacour-Batch
U17 Boys	Benjamin Pittman	Cameron Poole	Elias Tahhan	Kael Austin	Elias Tahhan
U17 Girls	Eliza Marsh	Jennifer Sewell	Lily Thompson	Meghla Basu	Jennifer Sewell

Bree McGraw

RWLAC Records & Rankings Officer



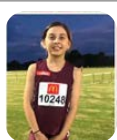
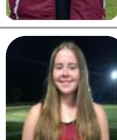
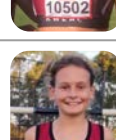
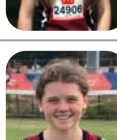
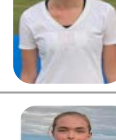
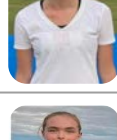
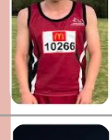
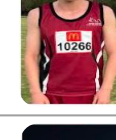


RWLAC Centre Records



2022/2023



	Shea Cassilles U13 boys 3000m 11:15.33		Erin Cassilles U12 girls 1500m walk 7:56.21		Amelia Lukunic U14 girls Javelin 400g 29.08m
	Dean Afungia U11 boys Javelin 400g 20.84m		Kwanita Olney U15 girls Javelin 400g 28.83m		Gabriella Ho U11 girls 80m Hurdles 15.58s
	Matilda Richards U15 girls 800m 2:31.19		Matilda Richards U15 girls 1500m 5:13.13		Matilda Richards U15 girls 3000m 11:01.61
	Josh Galloway U11 boys 80m Hurdles 15.14s		Jacob Poole U14 boys 3000m 10:42.60		Ciara Cassilles U17 girls 1500m walk 7:07.10
	Cooper Hunter U13 boys Discus 750g 33.90m		Sophia Ghanous U17 girls Long Jump 4.74m		Bridget Morgan U17 girls Shot Put 3kg 9.30m
	Abby Freeman U12 girls 80m Hurdles 16.41s		Leila Carr U12 girls High Jump 1.41m		Ryeigh Delacour - Batch U15 girls 300m Hurdles 52.64s
	Kiahna Faanu U6 girls Shot Put 500g 4.15m		Niamh Machenzie U15 girls Long Jump 4.81m		Niamh Machenzie U15 girls High Jump 1.61m
	Lachlan Samways U13 boys Triple Jump 10.65m		Lachlan Samways U13 boys 800m 2:29.41		Lachlan Samways U13 boys 200m Hurdles 29.91s
	Ben Pittman U17 boys Discus 1.5kg 52.78m		Ben Pittman U17 boys Javelin 700g 35.16m		Ben Pittman U17 boys Shot Put 5kg 13.95m
	Ben Pittman U17 boys 200m 24.94s				





Championships Officer Report

Belinda Delacour-Batch



Unlike previous seasons, our Championships season was far more smooth sailing where our athletes saw many levels of success across all Championships.

Zone Championships

What a season we have just had, **79 of our amazing RWLAC** athletes competed at our Zone Championships at Barden Ridge in December. We are certainly making our name known on this stage. We had all of our athletes finish in the top 20 of each event and loads of PB's, which is a fantastic achievement.

Zone is a great championships for our athletes from U/7's to U/17's. It is a wonderful opportunity for our younger athletes to experience out of centre competition, we had 4 U/7 athletes compete with excellent results, we hope to encourage more of our younger athletes to compete next year. It was excellent to see some new families compete and we hope you enjoyed the experience.

Region 8 Championships

The Crest Athletics track hosted the Region Championships in February. We had **66 RWLAC athletes** competing and the weather was hot and challenging but the results were fantastic. Our athletes finished in the top 16 across all events. Again we had multiple PB's and wonderful attitudes from all of our athletes.

Results at Region:

1st: 19 athletes	3rd: 9 athletes
2nd: 12 athletes	4th: 10 athletes

These placings led us to have 30 RWLAC athletes qualify for the State Championships in March. The largest number of RWLAC athletes we've had qualify for state. As a centre we are very proud of this number and the hard work our athletes have done to achieve this.

LANSW State Championships

On one of the hottest weekends we've had this year, **30 RWLAC athletes** and their families headed out to Sydney Olympic Park Athletics Centre for the final championships of the club year. We had some first time state athletes, which was exciting to see. There were many PB's and the club spirit was fantastic, athletes cheering each other on, it was a great atmosphere.

Results at LANSW State:

1st: 7 athletes	3rd: 2 athletes
2nd: 5 athletes	4th: 4 athletes

All athletes in the top 20 of the state, I am very proud of this achievement, this has happened because of the hard work of our athletes but also our coaches, Bree, Stuart, Peter and Erin. These results are a reflection of the time and effort you guys give to our athletes.

I would like to thank our wonderful supportive athlete families, you guys are a pleasure to work with, thank you for making my job easy and contributing to these events with parent duties. Without parent helpers these championships can't happen. RWLAC is one of the best for volunteers, this is noted and much appreciated by the organisers.

This is a role I really enjoy doing, watching our athletes compete is something I look forward to. I can't do it on my own, I have a number of people I would like to thank, Tracey and Bridie for helping me with Zone entry forms and deposits, Bree, Stuart, Scarlett and Ruby for all of your help at these championships, Sean for transporting all of our equipment back and forth, Siobhan and Julia for covering for me as centre managers and Christine for all of your knowledge and support. If I have missed anyone off my list, thank you! I appreciate every bit of help I get, your contribution helps me immensely.

I look forward to season 2023/24, I hope to see the same success for the centre and it's athletes.

Belinda Delacour-Batch

RWLAC Championships Officer

Training for the 2022-23 season began in late September with athletes eagerly awaiting the opportunity to get onto our new home track at Kelso Park. Unfortunately, there were some delays for a few weeks but our temporary training venues of Amour Park and Marco Reserve served us well in the interim, and allowed us to build a solid base of fitness for the season ahead. However, once we set foot on Kelso North we realised that the wait had been worth it.

Stuart McGraw (*Athletics Australia Level 2 Coach*) once again trained an enthusiastic bunch of athletes interested in improving their sprinting performances. With many of them turning up to training on a weekly basis. This consistent approach to training certainly paid dividends with many of our sprinters achieving personal bests as they progressed throughout the season.

Race walking is not an easy discipline to master, especially for younger athletes, but under the guidance of our resident walks coach, Bree McGraw (*Athletics Australia Level 2 Coach*), a number of our walkers performed admirably throughout the season performing very well at Zone and Region events. The walking 'masterclasses' given later in the season early on competition nights by Club Captain and National level race walker, Ciara Cassilles, further added to the skill development of our young race walkers.

Leading into our Zone and Region competitions our throwers were fortunate enough to benefit from the considerable experience and expertise of our throws coach, Barry Butters. Under his guidance many of these athletes performed creditably at these competitions and have set new personal bests in the latter part of our season.

Throughout the season our keen high jumpers also benefited from the opportunity to practice their skills before competition on Friday nights under the supervision of Erin Austin. I know that many of these athletes were very appreciative of Erin giving of her time to turn up early in order to provide them with this practice opportunity.

An increased number of athletes from our centre this season made use of our connections with Illawong-Revesby Workers Senior Athletics club and took advantage of the coaching opportunities provided by this club at the Ridge Complex.

Final mention goes to my group – middle distance. There is no easy way to train for distance/middle distance events other than to basically run laps, lots of laps, lots of fast laps. Throughout the season I had many athletes come down and try. A few stuck with it for the majority of the season and turned in some creditable performances. Others showed some talent but in the end were not keen on the nature of the training. For athletes that showed some potential in and/or liking for the 400m up to 3000m events this season I would encourage you to come and do some training with me next season, stick with it and see where it takes you.

In summary, on behalf of the athletes, I would like to thank Stuart, Bree, Ciara, Barry and Erin for their time and efforts this season. It is much appreciated.

Peter Bottrill

RWLAC Coaching Officer & Athletics Australia Level 3 Middle Distance Coach



Wow, what a season we have had. We hit so many milestones this season.

Not only did we move to the new grounds, we hit record numbers with athletes. This also meant so many new records, this includes off the field. This season was one of the best canteen seasons I have ever seen, and we weren't even in the new canteen facilities. It was one of the smallest areas we have had. We were certainly running ourselves around to ensure all athletes and supporters were fed and hydrated. Unfortunately this included a few nights where we sold out of hot food!

I can't wait till next season when we have our new canteen.

They say it takes a village to raise a family, well it certainly takes a committee and parents / carers to ensure week in, and week out our athletics is up and running for each week. It takes a lot of prep and hard work to ensure each event is set up and is safe for all the athletes. For this I want to say thank you to all that have helped. We wouldn't be able to run athletics without all the help and support.

I personally would like to thank the following committee members for all the support over the last season. Christine, I don't know how we would have gone without you at the helm. You are always there from the start to the finish. Leanne, the bbq queen and with your partner Kath. The bbq always runs so smoothly with you guys. Thank you so much for all the hard work you both put in each week.

Bree, Erin and Jackie you ladies are always on hand even when it's not your turn for the set up / pack up. Thank you for always helping out.

I'm looking forward to seeing what records we can break on and off the field once the grounds are completely finished.

Rebecca Taylor

RWLAC Canteen Manager





Club Captain's Report

Ciara Cassilles & Jeremy Cannon



Our 2022/2023 season has been quite different in a positive way compared to the challenges of the past number of seasons in a number of ways. This has brought new opportunities and challenges in itself which we can celebrate along with the many achievements of our Revesby Workers' athletes.

We were thrilled to be selected as your Club Captains for a successful season at our brand new location. The new ground is fantastic and perfect for our track and field events which has been proven by not only the many PBs celebrated every week, but also by the impressive number of centre records broken. This season we have congratulated athletes across all age groups and smashed through many records – well done to everyone!

We also cheered for many of our athletes who represented our club at the Zone, Region and State carnivals as well as interclub events throughout the season. The great success of our athletes is possible thanks to the efforts of many people.

This season was a huge one behind the scenes with the move to Kelso, so a huge shout out to our wonderful President Christine and all our committee members who dedicated time and passion to make sure that we got the season underway. Thanks also to everyone involved in the carnivals, with a special shout out to our Championships Officer Belinda. Finally a big thank you to everyone involved in running each of our competition nights; our committee members, age managers, event volunteers and a special thanks to Ryleigh and Scarlett for running our Tiny Tots sessions and introducing our youngest members to the wonderful world of athletics.

We look forward to another great season next year where we'll be able to enjoy all the great facilities at Kelso.

Ciara Cassilles & Jeremy Cannon

RWLAC Club Captains 2022/2023



L-R: Ciara Cassilles (*Captain*), Benjamin Pitman (*Vice Captain*), Eliza Marsh (*Vice Captain*),

Inset: Jeremy Cannon (*Captain*)



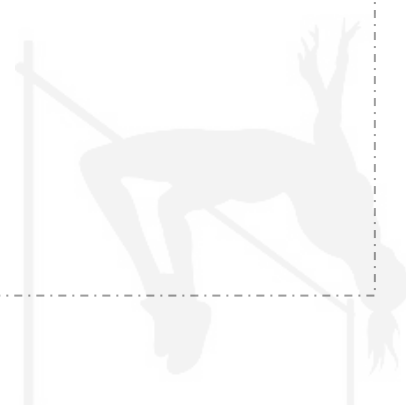


Treasurer's Report

Les Rolls



See insert



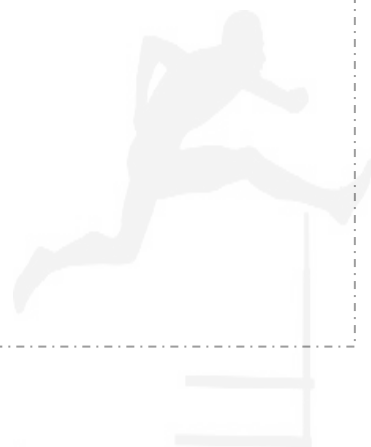


Auditor's Report

Walter J. Kelleway



See insert





Michael Irwin Award for Athletic Excellence Benjamin Pitman



This award is based on a points system taking into account participation and results from Zone through to State competitions as well as Centre records for the current season.

This years recipient of the Michael Irwin Award for Athletic Excellence is presented to:

Benjamin Pitman

Benjamin started with RWLAC in the Under 6 age group and has always been fiercely competitive. There was an age group change by Little Athletics some years ago which meant that Ben skipped an age group therefore was unable to complete 12 years with our Centre.

Ben won age champion or runner up awards in every age group since he started and is an all-round athlete who has concentrated on the throws in recent years.

This season Ben broke 12 records in 4 events in his age group. He was unable to compete at Zone as he had qualified for and competed at Australian All Schools in Adelaide at the same time. He placed 7th in discus in that competition. He was allowed a direct entry into Region where he placed 1st in shot put and discus, 6th in 400m and javelin and 8th in high jump. Qualifying for State in shot put and discus, Ben placed 4th in shot put, improving his distance by 57cm and 3rd in discus improving again, this time by 1.61m. In the season's State Combined Carnival Ben placed 3rd in a field of 23 competitors. He has been very active in senior competitions also placing 3rd in the NSW U18 decathlon in Canberra late last year.

Congratulations Ben – A very deserving recipient of the Michael Irwin Award for Athletic Excellence for the 2022/2023 season.





Joan Carroll

Memorial Volunteer Award

Sean Cassilles



The Joan Carroll award was originally given to an athlete for record breaking performances but in recent years this has been superseded by the Michael Irwin Award for Athletic Excellence. Joan Carroll was a staunch supporter and volunteer at the Centre more than twenty years ago and so the Committee felt it fitting that the athlete award be retired and the award be renamed and given to one or more volunteers each year.

The criteria were set so that it cannot be awarded to a Life member but rather to someone who assists in the running of the Centre every week, this may be a parent, committee member or community member.

This year's award is presented to :

Sean Cassilles

Sean has been a quiet achiever at the Centre. His three children are completing seven seasons with our Centre. For the most part Sean has gone around with his son Shea's age group and helped where and when needed. Never needing to be asked, he was always willing. He joined the Committee 2 seasons ago and this year has been our equipment officer.

Prior to formally being elected as equipment officer he was often seen at the Uni grounds line marking and setting up. In the one season since being elected he has made a huge difference, playing an active role, turning up early to set up and staying back as needed to pack up.

His ideas and logic have been invaluable in the organisation of our new facility. He is always willing to transport equipment to Championships and lend a hand without being asked.

Congratulations Sean – A true volunteer and very worthy recipient of the Joan Carroll Memorial Volunteer Award for the 2022/2023 season.





Banks Volunteer of the Year Award Scarlett McGraw



Congratulations to **Scarlett McGraw** who was nominated for the Banks Volunteer of the Year Award.

The Banks Volunteer of the Year award is a nomination program developed by David Cameron, the Federal Member of Banks to recognise the tireless work of the many volunteers within the area.

Scarlett and fellow athlete Ryleigh Delacour-Batch saw an opportunity at our centre to include Tiny Tots within our athletics program. Their submission to the committee to introduce the Tiny Tots program was successfully approved by the RWLAC committee prior to the 2021/2022 season.

The Tiny Tots program is run each week and is designed to develop the fundamental movement skills for running, jumping and throwing through fun, play based activities. The program run by Scarlett and Ryleigh sees great joy, fun and enthusiasm by all our little athletes each week.

Congratulations Scarlett – A true volunteer and very worthy nominee for the Banks Volunteer of the year award for the 2022/2023 season.





Service Recognition



5 Year Service RWLAC Awards

Awarded to any athlete who has completed 5 years continuous service with RWLAC; this year we had 23 athletes who were eligible to receive five year awards. The following athletes achieved this milestone:

Emily Bateup	Grace Delander	Anneka Oehlman
Leah Bateup	Jack Delander	Kaylee Olson
Rhiannon Bellette	Hannah Freeman	Asha Ram
Sophie Bentley	Kobe Lyons	Flynn Richards
Cassidy Bowler	Mitchell McFarlane	Aliana Ridgewell
Mackenzie Bowler	Kiara Montgomery	Amelia Smith
Caitlin Brennan	Taylah Moussa	Jaxson Wise
Ryan Collins	Amelia Oehlman	

10 Year Service RWLAC + LANSW Awards

Awarded to any athlete who has completed 10 years membership with RWLAC. This year we had 5 athletes who were eligible to receive 10 year awards. They also received 10-Year certificates from LANSW.

The following athletes achieved this milestone:

Jonah Austin	Isabel McFarlane
Abbie Fenwick	Matilda Richards
Niamh Mackenzie	

10 Year Service LANSW Awards

Awarded to any athlete who has completed 10 years membership with LANSW. This year we had 3 athletes who were eligible to receive 10 year Certificates from LANSW.

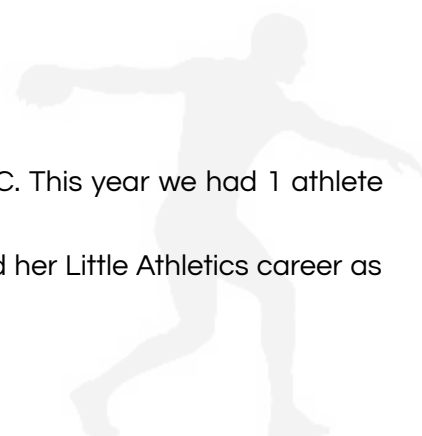
The following athletes achieved this milestone:

Amelia Lukunic
Scarlett McGraw
Reghan Olney

12 Year Service RWLAC Award

Awarded to any athlete who has completed 12 years membership with RWLAC. This year we had 1 athlete who was eligible to receive a 12 year award.

Congratulations to **Lily Thompson** for achieving this milestone. Lily commenced her Little Athletics career as an Under 6 athlete and has been a committed and dedicated athlete.



Our New Home

Kelso North Sporting Grounds

The **2022/2023** season saw RWLAC relocate our home grounds to **Kelso North** after over 20 years at Western Sydney University, Milperra. While we continue to work with Canterbury Bankstown Council to complete our clubhouse facilities we were pleased to introduce new state of the art Discus, Shot Put, Long Jump and Triple Jump facilities as well as a new high quality grass circular and straight track with the addition of a brand new and larger storage facility.





Southern Met Zone Championships



Congratulations to all our RWLAC athletes who competed in the Southern Met Zone Championships, held at Barden Ridge from 9th - 11th Dec 2022. It was fantastic to see **66 RWLAC athletes** qualify for the **Region 8 Championships** being held from 4th - 5th February 2023 at The Crest, Bankstown.

We are extremely proud of all our RWLAC athletes who attended the zone championships for their conduct and sportsmanship shown across the three days of competition. Thank you also to all those RWLAC parent helpers and committee members who assisted across the weekend with duties and ensuring the championships ran smoothly and was a success.

Avangelina Afungia U12G
Dean Afungia U11B
Idris Akkari U9B
Kael Austin U17B
Rhannon Bellette U15G
MClass
Brianna Black U10G
Caitlin Brennan U11G
Emily Brennan U9G
Isaac Brown U9B
Brodie Bush U11B
Holly Carr U14G
Leila Carr U12G
Ciara Cassilles U17G
Erin Cassilles U12G
Shea Cassilles U13B
Emilia Cazon U11G
Dulari Choudhury U14G
Benjamin Collins U12B
Kaitlin Collins U8G
Amelia Crocker U17G
Grace Delander U12G
Liam Dunne U9B
Ruby Faanu U8G
Byron Farrugia U11B
Max Farrugia U13B
Abby Freeman U12G
Hannah Freeman U10G
Josh Galloway U11B
Sophia Ghantous U17G
Juliet Hearne U14G
Gabriella Ho U11G
Cooper Hunter U13B
Khole Hunter U12G MClass



Chelsea Kurtz U9G
Mitchell Lewis U13B
Reece Lewis U15B
Amelia Lukunic U14G
Daniela Lukunic U9G
Niamh Mackenzie U15G
Curtis Marsh U13B
Eliza Marsh U17G
Scarlett McGraw U14G
Amelia Oehlman U15G
Aneeka Oehlman U15G
Hunter Olney U10B
Kwanita Olney U15G
Reghan Olney U13G
Ella Olovic U9G
Indiana Olovic U8G
Ben Pittman U17B
Cameron Poole U17B
Asha Ram U10G
Eoin Richards U18B
Matilda Richards U15G
Jake Ridgewell U8B
Diamalani Salabogi U13G
Noah Samways U9B
Summer Sanders U9G
Amelia Smith U11G
William Tju U12B
Adelaide Townsend U10G
Ella Van Der Meer U13G
Jaxon Wise U10B
Lachlan Wise U12B
Paige Wise U15G
Zoe Zantiotis U11G



Congratulations to our 66 athletes who competed at the LANSW Region 8 Track and Field Championships at The Crest Sports Complex on 5th and 5th February 2023.

We are very proud of the achievements of our athletes and how they represented RWLAC across the weekend. Many PB's were achieved and we had a number of medal winners.

A big congratulations to our **30 RWLAC athletes** who qualified to compete at the **LANSW State Track and Field Championships**, held at Sydney Olympic Park Athletics Centre on 18th and 19th March 2023.



Congratulations to our **30 RWLAC athletes** who competed at the **LANSW State Track and Field Championships**, held at Sydney Olympic Park Athletics Centre on 18th and 19th March 2023.

We are very proud of the achievements of our athletes and how they represented RWLAC across the weekend. Many PB's were achieved and we had a number of medal winners. Of the 30 athletes competing we saw 18 athletes achieve a top 10 placing or better in NSW. With 6 athletes achieving a podium finish in the top 3 within their chosen event.

It was also fantastic to see RWLAC friends and family come along to support the athletes competing.

A big thankyou to Christine, Jackie, Peter, Belinda, Siobhan, Stuart, Bree, Scarlett & Ryleigh for volunteering their time over the weekend as officials, coaches, team managers, supporters & junior officials.

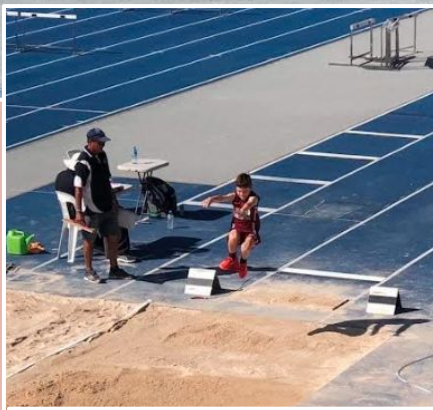
Angelina Afungia U12G
Rhiannon Bellette U15G MClass
Isaac Brown U9B
Holly Carr U14G
Leila Carr U12G
Ciara Cassilles U17G
Erin Cassilles U12G
Duluri Choudhury U14G
Amelia Crocker U17G
Liam Dunne U9B
Byron Farrugia U11B
Max Farrigia U13B
Abby Freeman U12G
Josh Galloway U11B
Juliet Hearne U14G

Cooper Hunter U13B
Khloe Hunter U12G MClass
Reece Lewis U15B
Amelia Lukunic U14G
Niamh Mackenzie U15G
Eliza Marsh U17G
Amelia Oehlman U15G
Anneka Oehlman U15G
Hunter Olney U10B
Kwanita Olney U15G
Benjamon Pitman U17B
Eoin Richards U13B
Matilda Richards U15G
Noah Samways U9B
Summer Sanders U9G





LANSW State Championships



Path of Champions

Launched in 1984 at the opening of the Athletic Centre, the Path of Champions honours South Wales track and field athletes who have contributed to Australia's top Path of Champions athletes are Olympic or World Athletics Championships have broken a world record in their field. All Path of Champions athletes are with a bronze plaque in the Athletic Centre forecourt.

Name	Year	Event	Record
NICK WINTER	1924 Paris	Triple Jump	World Record
JACK METCALFE	1928 Sydney	Triple Jump	World Record
MARJORIE JACKSON AC	1956 Melbourne	100 Hurdles	World Record
BETTY CUTHBERT	1956 Melbourne	100 Hurdles	World Record
FLEUR HELL	1956 Melbourne	100 Hurdles	World Record
LENE MATHIE	1960 Rome	100 Hurdles	World Record
BIE THOMAS O	1960 Rome	100 Hurdles	World Record

Tiny Totts



U6 Girls



U6 Boys



U7 Girls



U7 Boys



U8 Girls



U8 Boys



U9 Girls



U9 Boys



U10 Girls



U10 Boys



U11 Girls



U11 Boys



U12 Girls



U12 Boys



U13 Girls



U13 Boys



U14 Girls



U14 Boys

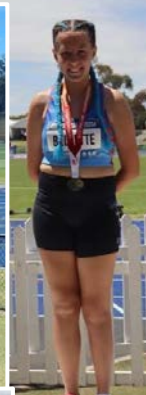


U15 Girls



Senior Girls/Boys









Revesby Workers' Little Athletics Centre





Revesby Workers' Little Athletics Centre

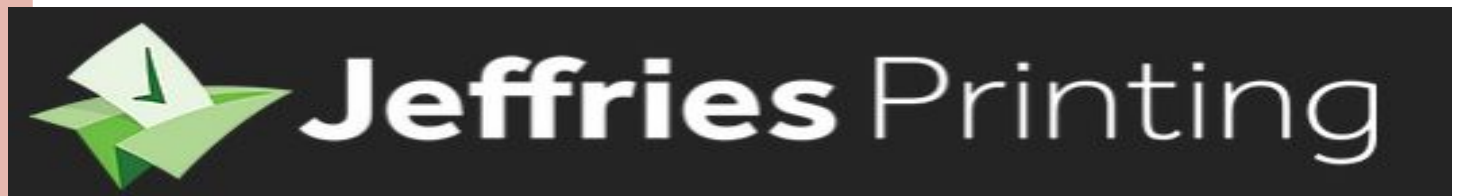




Thank you to our Sponsors



coles



MERIT AWARDS PTY LTD





Revesby Workers'

Little Athletics Centre

Incorporated

43rd

Annual Report

2022/2023

