



Weston Creek Redbacks 2019-20 Yearbook



Management Committee Members

2019–20 Season

President	Mark Exall
Secretary	Catherine Smith
Head Coach	Peter Boden
Registrar	Geoff Tuckerman
Track & Field Coordinator	Adam Leane
Records Manager	Paul Middleton
General Members	Richard Costin
Yearbook	Julia Agostino
Treasurer	Ken Mansell

Weston Creek Little Athletics Centre (WCLAC) – also known as the Redbacks – is affiliated with ACT Little Athletics. The famous spider is our logo and appears on club shirts. We have been in existence serving the local community for 40 years.



Thank you to our supporter



From the President

After many years with the Redbacks and on the Committee, it is time to hang up my Weston Creek shirt and bid you all farewell. This is my final season!

When we first joined, I found the Weston Creek Little Athletics Centre was really special and unique. It felt like family. We are a close-knit community which brings out the best in our athletes, carers and volunteers. This season we endured smoke, sweltering heat, wind, rain and hail. We met the challenge and made each weekend of competition a celebration of participation and achievement. That's what makes our club so great.

Our numbers this year were very good for a non-Olympic year, with around 180 athletes and good attendance at weekend competitions. This year's size was ideal. We were both small enough for age groups to efficiently move through their events on competition mornings and large enough for the club to be sustainable.

We have had amazing age group managers, and our parents and carers have enthusiastically supported all our athletes by raking the pits, measuring throws, timing runs and of course encouraging every athlete to give their best.

Much of the club's success is only possible because of our dedicated volunteers, often operating behind the scenes.

On competition days equipment setup and pack-up all happened so seamlessly, and the canteen and barbeque were a welcoming end to competition offering up a sausage sizzle in one hand and a frozen juice in the other.

We have had an energetic committee guiding the club through the season to ensure grounds are booked, weekly programs created, the yearbook produced as a memento of the season and trophies awarded at presentation night.

This year's team has been brilliant and I encourage anyone thinking of becoming more involved to talk with a committee

member. Working with everyone on the committee has been rewarding and they are a great bunch of people!

We introduced minor changes this season while keeping much of what makes the Redbacks a fun, family experience.

A separate play-based warm-up was created for the under 6s and 7s which looked tremendous fun and the under 8s and above warm-up was revised with a focus on preparing for competition.

The sandwich boards were brought in as another way to communicate with members. Then, to ensure the adults did not miss out, we had a coffee van!

We still held our Christmas celebrations, club championships, coaching, and Redback and Spiderback gifts.

Looking forward, the Weston Creek Little Athletics Centre is strong financially and well positioned to take advantage of new opportunities. We have the funds to run for many years and invest in maintaining and upgrading our equipment.

With the growth in the Molonglo region, we are in a unique position to expand beyond our Weston Creek boundary and offer our athletes an even richer experience. There are also changes afoot within athletics in the ACT, with the amalgamation of Little Athletics, Athletics ACT and Masters in the next couple of years. The changing environment we face creates a challenge for us preserve our community identity and a chance to positively influence the direction of athletics in the ACT.

Finally, I would like to give a special thanks to **Ken Mansell**, you are the heart and soul of the Redbacks. You have been so incredibly awesome throughout a most eventful season.

Thankyou everyone for making the Weston Creek Redbacks such an incredible Centre!

Stay active and go Redbacks!

Mark Exall





Our volunteers are amazing!

Every single week, a dedicated group of the coolest people in Canberra head down to Chapman Oval to make sure WCLA happens and everyone has fun.

Without volunteers, Weston Creek Little Athletics simply could not operate.

Thank you to our volunteers, including the WCLA Committee, who work tirelessly so the club can continue, our age group managers who take care of our athletes and carry the heavy tubs of water bottles; the parents, grandparents and others who help out on the day with setting up, packing up and helping with events; the lovely ladies (and sometimes gents) in the canteen who make sure our athletes stay fuelled, and our *chef de partie* who manages the BBQ with a smile and turns out the most perfect sausages in town!



Club Captains

Tash Tilley

When did you start Little Athletics?

I started at Weston Creek Little Athletics in Under 6s.

What are your favourite events?

1500m and high jump

What is your greatest achievement?

Winning the President's Trophy in 2015-16.

What is your best Little Athletics memory?

Making really good friends and enjoying time with them every Saturday morning.

What's great about being a Redback?

It's a nice club with a good community feel and a welcoming environment.

What other sports/hobbies/activities are you involved in?

Swimming, AFL, Skiing

What is your favourite meal?

Pizza

Who are your favourite athletes/sportspeople? How do they inspire you?

Tayla Harris (AFLW Carlton Club) because she empowers women and girls in sport. Her ability to kick such long distances (61.5m) and strength in standing up to those who made abusive comments after a photo of her massive kick was inspiring.

What words of encouragement do you have for our younger Redbacks?

If you say can't, you're restricting what you can do, or ever will do - Michael Phelps.



Josh Mansell

When did you start Little Athletics?

I became a Weston Creek Redback in 2013.

What are your favourite events?

I love running distance (1,5000 or 800).

What is your greatest achievement?

My 16 metre personal best in discus. Lots of practice paid off.

What is your best Little Athletics memory?

The Christmas party! Santa, fire engine and the obstacle course.

What's great about being a Redback?

Fun, friends - everyone supports everyone.

What other sports/hobbies/activities are you involved in?

Orienteering. Running and thinking at the same time.

What is your favourite meal?

Pad Thai.

Who are your favourite athletes/sportspeople? How do they inspire you?

Geoff Davidson. He was a record setting Redback when he was a kid and now he is the awesome U13/14 coach.

What words of encouragement do you have for our younger Redbacks?

Keep going, even when it hurts... You can always run further than you think.



Jess Fleming

When did you start Little Athletics?
U7s at Woden.

What are your favourite events?
Triple jump, javelin and 800m.

What is your greatest achievement?
Doubling my javelin distance this season (thanks to Peter Baker for all your help this season).

What is your best Little Athletics memory?
I can't really choose one; I always have a lot of fun every weekend at athletics.

What's great about being a Redback?
The best thing about being a Redback is that there is such a good community spirit, and everyone always encourages each other.

What other sports/hobbies/activities are you involved in?
Outside of Little Athletics – soccer, swimming, band, debating.

What is your favourite meal?
I really like pesto pasta and Mediterranean-inspired foods.

What words of encouragement do you have for our younger Redbacks?
It doesn't matter how good you are at an event; if you always put in 100 per cent and have fun you'll improve and do even better next time.



Holly Dudziak

When did you start Little Athletics?
I started in U11s at Weston Creek Redbacks

What are your favourite events?
My favourite events are 200m, 200m hurdles, 800m, long jump and triple jump

What is your greatest achievement?
Representing Weston Creek and placing at ACT champs in multiple events.

What is your best Little Athletics memory?
From jumping on the high jump mats with Allegra and Casey, setting up obstacle courses and water slides, making crazy bets with Steven, to being insanely close in points with Elise during the LA champs.

What's great about being a Redback?
The opportunity to be part of an environment where young athletes get to be involved in such an amazing sport.

What other sports/hobbies/activities are you involved in?
Soccer, and many athletics ACT events, specialising in 800m and long jump.

What is your favourite meal?
It's not a meal but definitely watermelon!

Who are your favourite athletes/sportspeople? How do they inspire you?
Hands down Cathay Freeman. She inspired young Australians to be involved in athletics and is an all round sporting legend.

What words of encouragement do you have for our younger Redbacks?
No goal is unreachable, don't be afraid to strive for the impossible, because you are the one that can prove it can be done.



Under 6 Girls

Managers: Matt O'Dwyer & Andrew Lean

What a great start the under 6 girls have made to their athletics journey. They have been a fantastic group of little athletes to coach, bringing great enthusiasm to every Saturday session.

The season saw many of them blossom in varying events and participate in traditional and modified events that brought many smiles to the girls faces.

The girls particularly enjoyed jumping the wombat, flying like superman, tossing teddies or completing the many different obstacle courses.

The girls did a fantastic job competing in a races from the 400m to straight sprints, handling the track lines beautifully.

They displayed great start positions, quick steps, easy loping strides, and lunging finishes with a flourish.

Our highly successful season would not have been possible without the commitment and assistance of our Under 6 parents.

A big thank you goes out to the parents who have helped with timing, recording, raking, measuring, marshalling, coaching, starting races, setting up and packing away.

Congratulations to all our athletes for their effort, dedication and performances this season!

Our Under 6 athletes this season were:

Emmeline, Evie, Grace, Aurora, Juliet, Kiara, Maeve, Parker, Sophie and Willow



Under 6 Boys

Sometimes the Avengers need a holiday. And given the number of superhero movies recently the poor Avengers have not been able to take a rest and go on a holiday.

But I have the answer. Let's replace the Avenger superheroes with the Under 6 boys at Weston Creek! Although, if we do this, people may not want the Avengers back as the U6 kids are so much better than any superhero. How can they be better than superheroes? Well, let me tell you how!

First, some of the under 6s are pure speed! Faster than the Flash, faster than Ironman! Have a race with **Ben "Sonic Boom" Wood**, **Cohen "Faster than Lightning" Jess** (I know Einstein said that is impossible but he is), and **Eric "Bullet Train" Jackson** and the grass is on fire and the trees all bending away.

Second, put a shot put or a discus in the hands of **Benjamin "Arm Bazooka" Mews**, **Fergus "That is not coming down" Daly** and **Hamish "Where did it go!?" Hulbert** and you will have and people claiming to have seen UFOs all over Chapman!

Third, let **James "The Airliner" MacFarlane**, **Michael "the Falcon" Lloyd**, or **Oliver "Nuclear powered legs" Gourlay** (The good nuclear power – fusion – not the bad one – fission) head down a long jump runway and buildings and trees are blown over and sand ends up seven suburbs away (generally because that is where they land).

Finally, not only can the Avengers have a holiday, but so can the Australian Airforce! Because when it comes to the high jump, we have the Under 6 Airforce - made up of **Flight Commander Ruben "F-16 Falcon" Bourne**, **Air Marshal Sonny "SR71 Firebird" Chidgey**, and the leader of the Under 6 Airforce **Toby "Higher and faster always" Webb**. Before we do high jump we need to first ground all aircraft in a 100km radius and watch they don't take out passing satellites (they move the International Space station for them and that is 100kms up).

Who needs superheroes in movies? All the parents get to have fun with an amazing group of heroes every Saturday morning...



Under 7 Girls *Manager: Holly Griggs*

Go the Under 7 Girls! What champions.

The U7 Girls this season included: **Awesome Abby, Amazing Asher, Ava the Athlete, Brilliant Bonnie, Courageous Cleo, Excellent Emma, Super Sadie, Terrific Taylor, Valiant Violet** and **Zippy Zara**. It was amazing to see so many of the girls from the U6s continue this season and all of them improve.

The main goal we had was to not look at how we place within the group but the personal bests we could achieve and the very

energetic group of girls proved that with everyone scoring PB's across the board. With new events this year like the proper hurdles and real discus and shot-put the girls didn't hesitate to give everything a go!

Everyone made lots of good friendships and became very supportive of each other's achievements which is something that should be commended. They should all be proud of their achievements and I hope to see all the girls back for another season.



Under 7 Boys

Manager: Mark La Brooy

The Under 7 Boys had a great season, approaching each week with a great attitude, bringing a balance of competitiveness and fun to the sessions.

We had a good individual win along the way with **Eli** taking out the WC Gift. This was great for our team and was supported by the rest of the team, with **Will** and **Zac** making stand-out

efforts across a range of events. But most importantly, the entire team's ability to support and challenge each other was the standout.

While all of our events are individual, the boys brought a collaborative effort, encouraging each other with cheers and high fives. A great season with a great group of kids and a whole lot of fun.

Our Under 7 athletes this season were:

Charlie, Christopher, Darcy, Elijah, Isaac, Lachlan, Lachlan, Lukas, Luke, Luke, Pierre, Roux, Tanishk, Tom, Will, William, Zac



Under 8s

Managers: Michelle Lussick, Dave Kelly & Gareth Evans

Did you know that Redbacks have eight legs? Of course you did...but did you know number 8 is the symbol of harmony and balance and symbolises the ability to make decisions? Thought as much! Number 8 also symbolises abundance and power.

So it is no surprise our magnificent U8's had a blast this season, performing PB after PB in what can only be described as a PB-a-thon.

Well done to all of the parents for helping out each week. Thank you to the coaches for their patience and focus on technique with these awesome athletes.

Congratulations to all of the following boys and girls who tried hard every single week and supported each other all the way.

Our Under 8s

Amazing Audrey always has a smile on her face and gives everything her best, she is a great sport and is a valued member of the U8's. Audrey has done some great PB's this year particularly in long jump.

Excellent Eva gave everything a go and had fun doing it. She showed determination, always listened and had great results in throwing events.

Light-footed Lily always brings a smile to the group. Lily loves all the events and puts in maximum effort at all times. Lily tries her best and had some amazing results in long jump and shot put.

Magnificent Makayla is a competitor! She does her best every time with maximum effort. Makayla had some great performances in the 100m.

Phenomenal Phoebe gave everything a go and kept a smile on her face. This was Phoebe's first year and she never stopped trying, making huge improvements in long jump.

Miraculous Millie always had a smile on her face. Millie was a positive member of the U8's and always tried her best, especially in the throwing events.

Radical Raquel - Racquel is a fun member of the group, always having fun and doing her best. Racquel performed particularly well in her sprinting races, particularly 70m

Remarkable Rosie is a pocket rocket. She loves to run and loves to win! Rosie has achieved some great times this year across all the running events especially the 800m.

Tough Tegan is a little dynamite. This year has been a year of PB's for Tegan, especially in Long Jump! Keep up all the hard work





Happy Heidi joined us late in the season and has been a fantastic addition to U8's. Heidi always does her best and had some great results in sprinting.

Terrific Taylor joined us late in the season and we have enjoyed having her as part of the group. Taylor tries her best and has especially achieved in the discus and shot put

Ace Aren - Aren was a consistent performer and had some really good results in 200m, long jump and discus. Well done Aren

Awesome Ashley - Ash is a running machine and a long jumper of extraordinary talent with many PB's in this event. A pleasure to coach

Champion Caelan - The speedster of the group, Caelan produced many outstanding performances over the season. His hunger to achieve his best is admirable and he is modest to boot

Chief Charlie - Another speedster who can also run long distance exceptionally

well is Charlie. Tries hard every week and looks like he will enjoy the jumping events further down the track

Exceptional Edward - 18 PB's across the season was unbelievable and in the last event of the year he beat his 400m time by 13 seconds! Great season Edward

Fantastic Fred had a great season of athletics. He did really well in shot put and looks very well suited to the middle distance running events. Not long now and you will be faster than your Dad!

High-flying Hayden improved in just about every event this season and was particularly dynamic in the sprint races. He also had brilliant technique in the discus

Huge-engine Hugo - 16 PB's across the season for Hugo who had some great results in hurdles and the 400m races. Well done Hugo and good luck for the cross country season ahead

Marvelous Martin - One of

the quiet achievers of the group, Martin always tries his best in each event. He has shown remarkable talent in the sprint and distance races. Great season Martin.

Phenomenal Peter - Peter had a wonderful season of athletics with 19 PB's across the season. He should be super proud of his Herculean performances in discus where he showed great strength and technique

Tiptop Thomas has energy to burn and burn it he did, memorably collapsing at the finish line after a strong effort in the 700m walk. Tom achieved 17 PBs this season and is developing his all-round skills in athletics, particularly in the throwing events where he achieved some amazing results.



Under 9s

Manager: Richard Costin

The Under 9 age group brought their "A-game" every weekend this season. There were so many stellar performances, and I was blown away to see the improvement, enthusiasm and enjoyment on your faces each week!

Give yourselves a pat on the back, because everyone of you amazing superstars smashed many PB's in multiple events over the season. As an age-group manager I couldn't ask for more.

I would also like to pass on a huge thank you to all parents who helped out with measuring, time keeping, raking long jump pits, dodging a discus and herding the kids over to their next event. Through your help we were able to get the kids finished on time each week.

Well done to you all for an outstanding season! It has been a pleasure to coach you each Saturday and I hope you had lots of fun. I look forward to seeing you again next season and more amazing performances!



Our Under 9s

Evelyn: Your determination paid off, and your speedy legs got faster, propelling you into some impressive personal bests for sprinting. Well done!

Georgina: So many amazing performances over the season! From long jump to shot put, it was as if each week she needed to do better than the last. Great effort this season!

Noah: A wonderful athlete with so much talent. You put in 100% every time. I hope to see you again next season faster than ever and making each race so exciting!

Annabel: Always turning up with a smile and "never give up" attitude. Well done this season Annabel and hope to see you again next year.

Caitlin: The powerhouse who has smashed her way through many PBs this season. Super fast on the track, leaping higher than tall buildings into the pit and with arms made of steel. Congratulations for an amazing season!

Harrison: Another athlete with rockets in his legs which made for exciting races and huge jumps this season. You pushed yourself really hard and you should be very proud of your performances.

Brody: Some great improvement across the field, and always with a laugh and smile. Well done. You've been a pleasure to coach – see you next year!

Leila: The little pocket rocket who packs a big punch! Quiet, but not to be underestimated, you have had an amazing season. A natural athlete!

Darcy: Your running technique and speed off the line has improved greatly. Always putting in a solid effort while having fun, it's a pleasure coaching you!

Lilah: Consistently putting in her best, which shows with so many PBs this season! A talented runner with springs in her feet.





Roisin: Always having fun and ready for action. Your character is as big as your jumps, and your wit as fast as your sprints. A wonderful athlete.

Chelsea: Gives it her best every time. I have seen so much improvement in all events from you. Amazing work this season and I hope to see you again next year!

Leo: You have had an amazing first season with the Redbacks. You push hard on the track and have fun with your peers. Every week you showed the spirit of a true Redback athlete, and I hope to see you again next season!

Elkie: Super fast, super cool and did you see her throw a discus?! So many amazing efforts through the season from this talented athlete. I can't wait to see next season!

Rowan: When he's not at the farm, Rowan is hurtling down the track at top speed like a freight train, even when his shoes fly off! A wonderful athlete to have in the group. Great work this season!

Alex: Don't let his quietness fool you, Alex has been the strong competitor in stealth mode. A talented runner who saw some great times in all races. Your discus efforts also shined through. Excellent work!

Tevi: Unfortunately we didn't see much of Tevi this season, but I hope she gives athletics another go next season.

Mandri: Your legs certainly picked up their pace this season with several bests seen in the sprints. Always having fun and showing much enthusiasm in the group. Keep it up!

Charlie: Really shined in the 400m and 800m, you've got legs that won't quit! I also think that you posted the record for the fastest 100m with pockets full of grass. Well done on some outstanding efforts!

Benjamin: Clever, calculating, and always striving harder than before, Ben was always pushing his boundaries each week. Your sprints and long jump in particular have improved so much. Keep up the enthusiasm!

Julia: We didn't get to see much of Julia this season, but when she was there we saw an athlete who enjoyed herself and worked her hardest. Hope you give athletics another try next year.

Verity: The smiling assassin, Verity was a force to be reckoned with. Fast and strong, you had a great season as a Redback and I hope we see more of your talents next year!

Aislinn: An outstanding athlete who could jump a mile. You broke your long jump PB 4 times this season! An amazing effort across the field.

Archer: Started the season with a broken arm, then came back with all guns blazing! Another long jump star, you also pushed hard in the running events making for exciting races. Excellent efforts!

Miriam: A talented athlete and always happy, Miriam is a super fast runner that goes like the wind. Well done this season and I hope to see you back in the next.

Lara: You have had an amazing season and should be proud of your efforts. A great runner with springs in your feet that could launch you to the end of the long jump pit. Keep it up!

Under 10s *Manager: Peta McKinnon*

The 2019/20 season went by 'lightning' fast, a word that also describes the awesome U10s group this year! So many talented and aspiring athletes but most of all, a really fun bunch to be involved with!

Most pleasing was the positive attitudes and smiling faces on these Little Athletes that showed up every week and gave their all. Watching friendships blossom, smashing PBs and everyone participating in all events was the highlight of the season.

Despite athletics being an individual sport, the U10 Redbacks displayed all the qualities and values that make a strong, united team. With healthy competition aplenty, everyone was quick to encourage and support their fellow 'teammate' – with some occasional friendly banter to keep it interesting!

A huge thanks must go to the parents, grandparents and other helpers. Without everyone pitching in, getting through the morning program would not be possible!

Our Under 10s

'Under the radar' Amelie - a quiet achiever until three weeks before the end of the season when she demonstrated superb technique and a fearless approach to outjump everyone in the high jump. Amelie you certainly "set the bar" for how this event should be performed!

'On the up' Amber should be congratulated – personal bests in every event she participated in for the last two attendances at Little A's. Can't wait to see what you can produce next year!

Ashleigh the 'rapid improver' finished the season claiming first place and a personal best in the long jump along with another win in the discus. Top effort!

Aurelie – 'master of the difficult race walking technique' helped walk the group through correct movement

required before the U10s lined up. Always willing to have a go, giving 100% even in the not-so enjoyable ones!!

'Never give-up' Lindsay – this champion of persistence and determination to complete every event, no matter what - and all with a smile - truly inspiring! 14 PBs across the season is a tremendous effort Lindsay.

Lucy the 'all-rounder' – a speedster on the track and talented field event athlete, finished in the top three performers consistently throughout the season. Exciting future ahead for this Little Athlete.

'Speedy' Madison, always the competitor and gave her all, whether it be a field or track event. Can't wait to see what 2021 brings for this up and coming athlete.

'Aerobic-engine' Olivia, dominated the long distance event. A natural runner with determination and grit - a middle distance champ in the making!



'Not to be underestimated' Zoe with the fun-loving attitude. A valued member of the group and a true talent in the 60m hurdles. While Zoe loved the social aspect of the sport – very important – there is plenty of untapped talent waiting to be unleashed.

'PB extraordinaire' Karl – a phenomenal effort with 15 personal bests recorded this season. Unassuming and quiet to begin, Karl really found his form and grew in confidence each week. Love your work Karl.

'All effort' Eilam - there wasn't a week that went by where Eilam didn't up the tempo and improve on his past performances, recording 12 PBs across the season. A consistent mid-group finisher and possible multi-event athlete in the making!

Finn 'watch your back' a challenger who continues to improve at a rapid rate. Leaving his best 'til last, Finn showed lightning speed and superior athleticism to win both the 100m and the 60m hurdles in Week 3 of the Club Championships.

Jonah Mac the long-distance beast and spider-back gift champion. While not many enjoy grinding out the 800m, Jonah cruised around the 400m lap of the oval with apparent ease. Keep up the good work!

Jonah Mc 'throwing machine' - a strong, determined and powerful field athlete. Can't wait to see what's in store if Jonah continues to develop his technique and unleash his full potential in the throwing events!

'Have a go' Joseph gave everything a go and had fun doing it – exactly the reason why we all participate in sport! Joseph, you showed determination and were always willing to learn. It was such a pleasure to have you in the group this season.

'No nonsense' Ryan, this superstar approached every event with the utmost professionalism. A talented all-rounder and focused athlete excelled across all events. Ryan you have a bright future!

Texas 'leave nothing in the tank' extreme athlete. A talented, strong competitor, Texas's sheer determination to push his limits was inspiring – this positive, competitive attitude helped drive others to challenge themselves.

Tom the 'slow burner' shot up in height this season to catch his teammates and closed the gap as he edged closer in all events. With an easy-going, always polite and positive attitude, Tom is a popular member of the U10s cohort. Watch out - U11s is your year!

The 'quiet achiever' Sam scored well in the first week of the club championships where he finished 2nd in the discus and 3rd in the long jump – cracking the 3m mark! Look forward to seeing what you can achieve next year Sam.

'Super' Seb, a remarkable athlete with fast twitch fibres to burn - sails through the air in the jumping events, glides along the track when sprinting and puts all his effort into throwing events. Does not enjoy running further than 200m events! Great job Seb!



Under 11s

Managers: Thomas Rose and Hilde Grande

The U11 athletes had a great 2019-2020 season. We focused on key skills before competitions for the field events, including javelin, shot put, discus, long jump and high jump.

In high jump, our group really benefitted from Sarah Burrows to teach the athletes the correct high jump technique using

the “Fosbury Flop”. Our group was lucky to have Thomas Rose as a coach working on the correct technique for javelin.

Thank you to the parents of our U11s for your assistance throughout the season. All the athletes have showed great sportsmanship, been positive and cheering on their teammates.

Our Under 11s

Abigail has progressed fantastic in all events this season and especially in high jump using the “Fosbury Flop” technique. Great work throughout the season Abi!

Bella is a great all-round athlete who has shown impressive progress in all events and excelled especially in high jump and middle distance. Fantastic season Bella!

Edie is a new athlete this season and was always positive and willing to give all events her best. Edie is a fantastic versatile competitor. Top effort Edie!

Freya is a returning athlete this season and really impressed us in all the events. Freya is a strong athlete especially in sprint as well as javelin, discus and shot put. Fantastic comeback Freya to the Spiderbacks!

Gabrielle is quick and really thrived in jumps, throwing and the shorter sprint events. Amazing season Gabrielle!

Julia is a new Spiderback this year and grew her confidence for each week. Julia is fast and improved her “Fosbury Flop” technique in high jump to become a great high jumper. Strong season Julia!

Kate is an amazing all-round athlete who has given her best in all events. High jump and long jump are where Kate has shown special strength. An amazing season!

Leticia It was great to have Leticia join our group and she did an amazing job in all events. Leticia excelled specially in sprint, long and high jump. Super work Leticia!

Maryke is the quiet achiever in the group and has given all the events a fantastic go. Maryke has especially thrived in the middle-distance events with impressive running. Champion effort Maryke!

Poppy has great endurance and was not far from breaking the 3-minute barrier in 800m, and ran well in the 100m. While While Poppy didn't join us for the whole season, we enjoyed having her in the U11 group and hope to see her back next year.





Annabelle was joining the Spiderbacks early in the season. She ran fast in both 100m and 400m. We hope you'll be back for a whole season next year. Great work!

Bede is also a new athlete and showed great sportsmanship as well as progressing well in all the events, from sprints to middle distance as well as long, high jump and the throwing events. Awesome first season Bede!

Dillon is a returning athlete and has really impressed us with his athleticism. We wonder if Dillion has springs in his shoes as he made impressive high and long jumps as well as sprint and in the throwing events. Champion effort Dillon!

Francesco is a fantastic new athlete that has showed some great results especially in shot put, javelin and discus. Francesco is a strong athlete and we hope you will continue with Little Athletics. Super season Francesco!

John is also a new athlete and has been a great all-rounder taking up any challenge and given his best. John is fast and did some very good long jumps this season. Brilliant season John!

Kobe is always giving his best at all events and is especially strong in shot put, discus, javelin and sprint. Kobe is a strong contender for the win whether it's the 100m, long jump or javelin. Awesome season Kobe!

Will is a fast athlete and did especially well in the 100m. We didn't see Will compete the whole season, but we hope to see him back next year. Strong running Will!

Oliver has thrived in high jump and middle distance this season. Oliver stepped up in both 800m and 1500m to be the pace setter in both events setting some fantastic PB's on Chapman Oval. Strong season Oliver!

Ryan is another returning athlete this season and is a great all-round competitor excelling in all events including sprint, middle distance, jumps and throwing events. Ryan showed especially strong form during the Club Championships weeks. Way to go!



Under 12s

Managers: Antonia Cholewick & Ken Mansell

Welcome to the cool world of the awesome U12s. They are an amazing group of athletes who give their all, but most importantly have fun with a huge smile while doing it.

They love celebrating each other's highs and helping each other through the lows.

An absolute star this year was a new athlete who always pushed herself, often further than I think she thought she could. **Jane**, your determination to finish everything was such an encouragement to everyone! You are one amazing young woman!

Three other young women with both amazing talent and the drive to take that talent and develop it to the highest level are **Zy** (15 flat for the 100m!), **Ava** (sub 1:30 400m Wow), and **Imo** (just over 3min for 800m... Ouch!). They are never satisfied until they have put everything into all they do. But what is amazing is that you can see they judge themselves on their efforts, not their outcome. They know that they can control how hard they try, but that does not always give the results they want, so they smile when they know they have given all they can. Inspirational efforts every Saturday ladies.

Then there is the U12 fun police. Have fun, laugh or else. **Abby, Katy and Kaitlyn**. **Kaitlyn** seems to like air travel, getting lots of frequent flyer points as she sails over 3.3m for the long jump and 6.5m for the triple. When **Abby** is not smiling, she is throwing a shot almost 6m. That is one strong arm on one strong woman! And the most fun and laughs come from **Katy** who loves a 200m (just over

40s) or to fly over 100m (17 flat!). I doubt she knows how fast she is but I hope she knows how much we love her friendship. The world would be a much better place if there were more fun police like **Abby, Katy and Kaitlyn**.

And who can forget **Grace, Leah and Charlotte**. **Leah** is our throw champ, especially in Discus where she throws over 15.5m... but she still flies over the 100m. Strong and focussed is the best way to describe her once she enters the throwing circle! **Charlotte** runs sub 7 minute 1,500s and 1:30s for 400m – she definitely has some speed and strength in her legs... she is so tough when it hurts and is the U12 middle distance wonder. And **Grace** is definitely our allrounder. Every event, with the most infectious smile, **Grace** gives it all and easily cracked the 1m mark in high jump this season! More people need these ladies' attitude – try hard and enjoy trying!

And that leaves the two amigos, **Callum and Lachlan** – always trying to get one up on each other but doing it like the best of friends! **Lachlan** flying over the 100m or flying over the long jump pit (will not be long before he hits 5m!), and **Callum** throwing further and further every week (eight firsts in throwing events and just under 20m for discus!). Absolutely love the competition and friendship you gents have. More people should learn how to compete from you two wonderful young men!

Finally, a massive thanks to **Antonia** who coached these athletes for last year and most of this. Hope you love Uni in Melbourne!



Under 13-14s

Manager: Geoff Davidson

Another great summer with this fantastic group of athletes. A large group with a good retention rate. Thanks to our parent helpers – particularly Rach and Trevor.

Alice a good allrounder and I enjoyed her battles against her sister, Anna. Horse riding appears to be a passion for another Bolton!

Anna C improved a lot this season. She is fast and always happy!

Sophie is another excellent allrounder. Sophie performed very well in high jump towards the end of the season.

Alexander – crikey has this guy improved! Huge engine and fantastic distance running.

Jaylon, an awesome athlete – fast and very skilful. Good luck for your first season of rugby at Eddies. I'll be cheering for Marist!

Josh G, a lovely bloke and good allrounder with excellent performances on the track (he'll be a good hockey player).

Josh M has a HUGE engine and always looks like he's doing it easy. Some good javelin towards the end too.

Allegra had some near record-breaking performances on the track. Awesome athlete and fierce competitor.

Anna B was really fast on the track this year and improved performances in the field.

Annabelle was great at the throwing events. Shame she didn't get to attend many meets this summer.

Chloe converted her natural talent into awesome performances including high jump improvements across all events.

Katy is always relaxed and easy-going and very talented athlete, especially in high jump.

Lucy had fleeting moments early in the year. Soccer was the priority after Christmas for this wonderful athlete.

Zoe a good allrounder and reluctant distance runner! Excelled in the throwing events.

Jake – jumping Jake performed well again across the three jumping events. Solid performances on the track too.

James was one of our most improved athletes. Performed well in middle distance events but throws are still his strength.

Keelan, aka is Mr Sleepyhead but was again one of our best athletes. Super quick, huge engine and he improved his throwing.

Liam, missed quite a few weeks with injury, moving house and other commitments but sprints remained his strength.

Max has the best high jump technique and he was rewarded with top performances. He also maintained his status as Mr Cool.

Mika, our reigning President's Trophy winner improved out of sight. Massive performance in the 800m during the club championships turned many heads.

Ripley, another good allrounder. He has a nice high jump technique and always tries hard across every event.

Siddharth, the comedian of the group always cracking jokes – some funny, most not. (Seriously...like lightning on the track!)

Steven is soooo fast! A power athlete with an impressive engine and ran a cracking 800m during club champs. His high jump technique needs a lot of work!

Thomas a real workhorse, improving his race walking. Was competitive during the club championships, especially at long jump.



Under 15-17s

Manager: Julia Graczyk

It's been a great season of athletics with this group of wonderful girls. A small group of just four athletes – Elise, Holly, Jess and Tash, but with such a nice supportive vibe, and who all enjoyed each other's company, and competing together.

We've witnessed some great performances among the girls, and many personal bests throughout the season.

A massive thank you to **John** and **Peter** for all their assistance throughout the season, helping with measuring, time keeping and starting races every weekend to ensure each event ran smoothly. **Peter** also gave the girls some great coaching tips, particularly in the

throwing events – thanks **Peter**. And thank you too to **Peter Boden** for his coaching and guidance in high jump.

And lastly thanks to this amazing group of girls for making it such a great positive season for everyone. Saturday mornings with this group were really a pleasure. After no less than 11 seasons at Chapman Oval, **Tash** and I won't be returning to the Redbacks next season. I'll miss you all and wish you all the very best for your athletics and other sporting endeavours, and for your life outside of sport. I know **Tash** will be sad to move on from Little As and is grateful for the friends she has met along the way.

Our 15-17s

Elise – A very talented all-rounder. Elise put in fabulous performances in hurdles, sprints and javelin, and was strong in the middle-distance events too. Always smiling, always trying her best, and always one to come and say thank you at the end of every Saturday competition, it was a delight to have Elise as part of our Under 15-17 group.

Holly – this girl can do it all – fast in the sprints, speedy in the middle distance, dynamic in the jumps be it long, triple or high jump, and handy in the throws. A pleasure to watch Holly perform with her athletic panache across all events, and a happy fun and positive member of our Under 15-17 crew.

Jessica – Wow, Jess has been our quiet achiever this season. Chipping away at personal bests in many events across the season, with some fantastic long jumps, solid middle-distance runs, and great javelin and discus throws. And I know you and Tash have enjoyed hanging out and the chats in between events. Thanks for being part our Under 15-17s group!

Tash – Middle distance and the high jump have been the events Tash has most enjoyed and has pulled out some good performances across the season. But Tash gives every event a good go, even her least-liked shot put. Awesome work in being the very last member of your Under 6s group to still be here in Under 16s. I know Tash will take away a lot of very happy memories from 11 seasons with the Redbacks.



The Redback Gift

Congratulations to all our 2019-20 Gift participants:

Redback Gift Winners - Anna (U13) and Elijah – (U7]

Spiderback Gift 200m - Sophie (U6) and Ben W (U6)

Spiderback Gift 800m - Jonah (U10) and Lara (U9)



2019–20 Awards – Most Improved

Maeve Harders	6	F	Lindsay Colecliffe	10	F
James MacFarlane	6	M	Ryan Underwood	10	M
Asher Emery	7	F	Julia Ludovici	11	F
Roux La Brooy	7	M	John Masiello	11	M
Racquel Smith	8	F	Grace Evans	12	F
Ashley Harders	8	M	Joshua Galang	13	M
Georgina Wood	9	F	Katy Brown	14	F
Benjamin Mansell	9	M	Mika Peljo	14	M

President's Trophy Winner

Elise Bailie is the 2019/20 President's Trophy winner. She is always enthusiastic, brings a positive attitude to every event each Saturday, and is supportive of fellow athletes.

Elise is a talented all-round athlete, a quiet achiever with a strong internal drive, who challenges herself to improve in all events in both her favourite and less favoured events.

Elise is kind, polite, always smiling, and never fails to say thank you at the end of every Saturday competition.

Elise embodies the values of Little Athletics in her persistence and positive approach toward her athletic endeavours, and as a mature, kind and thoughtful young person.



2019–20 Awards: 1st, 2nd, 3rd Place

1	Sophie Lean	6	F
2	Hirudi Aurora Ranasinghe	6	F
3	Parker Diprose-Morris	6	F

1	Benjamin Mews	6	M
2	Benjamin Wood	6	M
2	Toby Webb	6	M

1	Zara Brassil	7	F
2	Cleo Steger	7	F
3	Emma MacFarlane	7	F

1	William Steger	7	M
2	Elijah MacKinnon	7	M
3	Zac Jacobsen	7	M

1	Lily Lussick	8	F
2	Rosie Joford	8	F
3	Tegan Exall	8	F

1	Charlie Mews	8	M
2	Thomas Kelly	8	M
2	Caelan Neale	8	M

1	Caitlin Lane	9	F
2	Leila Evans	9	F
3	Lara Packwood	9	F

1	Noah Maguire	9	M
2	Harrison Costin	9	M
3	Alex Meere	9	M

1	Olivia Galang	10	F
2	Aurelie Leane	10	F
3	Amelie Griffiths	10	F

1	Jonah MacKinnon	10	M
2	Texas Quayle	10	M
2	Sebastian Neale	10	M

1	Kate Lussick	11	F
2	Bella Rose	11	F
3	Freya Bevan	11	F

1	Ryan Barber	11	M
2	Oliver Grande	11	M
3	Kobe Pearce	11	M

1	Zyanya Holloway	12	F
2	Imagine Smith	12	F
3	Ava Brassil	12	F

1	Lachlan Tuckerman	12	M
2	Callum Huntley	12	M

1	Sophie Freeman	13	F
2	Alice Bolton	13	F
3	Anna Clark	13	F

1	Jaylon Pearce	13	M
2	Alexander Fleming	13	M
3	Joshua Mansell	13	M

1	Chloe Brassil	14	F
2	Anna Bolton	14	F
3	Allegra Senti	14	F

1	Keelan Holloway	14	M
2	James Davidson	14	M
3	Jake Middleton	14	M

1	Holly Dudziak	15	F
2	Elise Bailie	15	F
3	Jasmine Clark	15	F

1	Natasha Tilley	16	F
1	Jessica Fleming	16	F



