

SUTHERLAND DISTRICT ATHLETICS CLUB INC

AFFILIATED WITH ATHLETICS NSW INC



64th Annual Report Year Ending 31st March 2023



www.sutherlandathleticsclub.com.au

SUTHERLAND DISTRICT ATHLETICS CLUB INC

AGENDA OF MEETING 28 MAY 2023

- WELCOME
- MINUTES OF 2022 AGM
- REPORTS OF COMMITTEES AND OFFICIALS
- ELECTION OF 2023-24 COMMITTEE
- GENERAL BUSINESS
- PRESENTATION OF TRACK AND FIELD AWARDS

SUTHERLAND DISTRICT ATHLETICS CLUB INC

2022-2023 Committee Members

Patron	Peter Simpson
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Management Committee

President	Ric Chapman
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Senior Vice President	Justin Low
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Secretary	Terry Ross
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Treasurer	Jennifer Wolfgramm (Assisted by David Scott)
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Registrar	Prahlad Warszawski
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Track and Field Manager	David Scott
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Walks Representative	Kirsten Croker
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Management Committee Support	Ray Allen, Jacinta Doyle, Daniel Watchorn
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Other Club Positions

Publicity	Daniel Watchorn
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Canteen	Tracy Glanville
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Website and Facebook	Alex Hulley
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Club Captain	Costa Kousparis
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ANSW Delegates	Terry Ross, David Scott, Ric Chapman
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Club Records	Sue Ward
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Club Coaches	Terry Ross, Ron Cozijnsen, John Bowers, John Bowers Jnr, Paul Hallam, Davina Strauss, Jacinta Doyle, Bree Andersen, Jordan Andersen, Breanne Clement, Karyne Di Marco, Ryan Talbot, Michael Distefano, Shaun Street
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Social Media	Daniel Watchorn & Jaimie Byrne
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SUTHERLAND DISTRICT ATHLETICS CLUB INC

LIFE MEMBERS

Stan Sheringham OAM (dec'd)

Zora Fibbons OAM (dec'd)

John Treloar (dec'd)

Marie Tillett (dec'd)

Paul Curtis

Lyn Jacenko

George Miller (dec'd)

Susan Whatley

Geoff Smith

John McDougal

Alex Hutt OAM (dec'd)

Ray Allen

Peter Verstegen

Robyn Allen

Keith Halpin

Ted Barclay (dec'd)

Bob Hadfield (dec'd)

Peter Simpson

Peter Hadfield

Peter Ikin (dec'd)

Roger Green (dec'd)

Ian Graves

Fred Hoare (dec'd)

Geoff Clark

Paul Sanger

Peter Ellis

Keith White (dec'd)

Bob Reus

Steve Henderson

Terry Ross

Peter Hutton

Heather Mitchell OAM

PRESIDENTS REPORT

To all my fellow track and field athletes who love the blue, black and white kit. I salute you and welcome you to this year's AGM.

And, boy what a year it was.

My first as President and the initiation process for the first three months was compelling. No wait, it was disturbing... ok, scrap that it was provocative - that will do.

But, with support from most of the Board the ship was righted and we sailed on successfully through unchartered waters.

Firstly, with the track at Sylvania Waters. So many things needed fixing, beautifying etc, et al. Many were taken care of and I'm proud to say it was us who shamed Council into fixing the showers in the girl's toilets and finally putting doors on the cubicles.

Next, the canteen came under fire at a few General Meetings but despite it not being unanimous, we kept it on predicting the future would turn.

And it has.

The canteen over the past three months has been an astonishing success story for us, with one day yielding \$4300 (previous best last year \$2100) in turn over.

Tracey Glanville in particular and Rhonda Galloway have done superbly.

That leads us to the new race days we created and I am over-the-moon with the response not just from the Board but our racing members too.

The Great Southern Mile was introduced to the racing calendar and it was a runaway success.

Maybe not in the quantity of runners first time around but certainly the quality was there.

Cam Myers won the junior men and went on to become the second fastest teenager in history over a mile, two-time Olympian Zoe Buckman won the women's, Riley McGowan won the open men's then later won the national 800m title and of course, our own budding superstar Ivy Boothroyd won the junior girl's. Since then she has been picked up by Nike and is recognised as the fastest teen for 800m in Australian history.

So, we did good with that race and it will grow.

As will our 'mini' Stawell Gift carnival, the Elzy Wellings Pro Meet. Great response and plenty of good racing. The introduction of Australia's FIRST official 40m dash was a tremendous drawcard.

Hoping to get more prizemoney for both events next term.

Of course, Dave Scott will touch on our NSW relay weekend success which we won more races than any other club.

I wanted a sea of blue and in large part got it during the year and when we introduce a new 'Incentive Scheme' this year for all our athletes to aspire to, it also will be massively well received.

I make no secret of the fact I want this to become the premier High-Performance Track and Field club in the nation.

And we are on our way!

Treasurer's Report
1 April 2022 to 31 March 2023 – 2022/23 Season
Presented at AGM 28/5/2023

The 2022/23 Season saw a gradual return back to normality after previous seasons heavily affected by the COVID pandemic, with Athletes returning to a full timetable of events and our School carnivals running at near-full capacity across the season.

School carnival income doubled from the previous season, with the proceeds from running School carnivals across the season amounting to gross receipts of \$25,640. After the cost of paying our groundsmen/cleaning fees of \$9,104, the Club were left with net proceeds of \$16,536. The success of this venture was able to support our Incentive Scheme which paid a total of \$12,120 across the season to eligible athletes who represented our Club, our state and our country across that period. These funds also contribute to the cost of paying for entry/registration fees for various events for our Athletes across the system.

Our canteen also ran across the season, supporting the School carnivals held at the grounds. The canteen took in gross takings of \$82,417 for the season. The costs associated with the canteen include the cost of stock and the wages and superannuation for our canteen staff. These costs were \$81,389 for the season, which means the canteen's net profit was \$1,028. The future of the canteen has been discussed at length across the season. Discussion points taken into consideration include the low profit margins (related to the increasing cost of stock), increasing costs of wages and superannuation and the volume of volunteer time required to support the administration of running the canteen. It was agreed that the canteen would continue for the 2023/24 season, as it was viewed as a valuable attraction for the School carnivals, with various measures in place to reduce the administrative burden of the day to day running, as well as a focus on ensuring the canteen proceeds can cover the associated costs. I suggest that the canteen operations be reviewed on an annual basis to ensure that this continues to be a financially feasible exercise for our Club.

2022/23 season saw the first Tradies Great Southern Mile event. This event was heavily sponsored by corporate sponsors. SDAC kicked in a total of \$1,115 to support this event.

It was decided by Committee that the value being carried for the old Sutherland uniform stock we written off, due to the introduction of the new uniform supplier. It was also agreed to write off the balance of the Timing Tags. Both write-off values are shown in the profit & loss report for the year, which contributes to the net loss for the year. The depreciation of the equipment is also a non-cash expense that is purely acknowledgement of the depreciating value of the equipment bought over the years.

It is my hope that the Club can secure some ongoing sponsorship across the coming seasons which will help cover the other costs associated with running the Club. Otherwise registration fees may need to be examined, or decisions about the ongoing activities of the Club across the season may need to be reviewed to ensure that we are covering our costs, and not eating into funds held by the Club.

Thanks goes to Dave Scott for his support in this role across the year and sharing the workload. Thanks also to Tracey Glanville for her support with the canteen operations and Rhona Galloway for her support with the School carnival operations.

I wish the Club success for the 2023/24 and future seasons. I will remain a parent in the Club, but will not be continuing as Treasurer.

Jen Wolfgramm

Treasurer

Profit and Loss

Sutherland District Athletics Club Incorporated For the year ended 31 March 2023

	2023	2022
Trading Income		
Canteen Sales	82,417.12	39,753.94
Discount received	58.06	-
Donations / Grants	1,002.01	-
Electricity Recharged Income	535.00	1,283.50
Elzy Wellings 1000m	4,285.22	2,333.50
Interest Income	282.08	802.43
Merchant Fees On-Charged	67.38	-
Registration Income	1,838.18	7,405.62
School Carnival Income	25,640.68	12,555.65
Tradies Great Southern Mile	6,120.00	-
Uniform Sales	1,252.07	2,589.15
Total Trading Income	123,497.80	66,723.79
Cost of Sales		
Canteen Abnormal Expenses	-	3,911.00
Canteen Superannuation	1,981.41	-
Canteen Supplies	56,363.69	39,672.04
Canteen Wages	23,044.73	-
Total Cost of Sales	81,389.83	43,583.04
Gross Profit	42,107.97	23,140.75
Other Income		
Service NSW Business Grant	-	13,500.00
Total Other Income	-	13,500.00
Operating Expenses		
AGM / Supper / Report	730.91	922.91
Bank Fees	22.16	248.38
Bank Merchant Fees	769.95	-
Cleaning	174.95	2,164.91
Club Administration	820.59	978.39
Consulting & Accounting	43.43	567.17
Cross Country Operations	583.87	56.32
Depreciation	3,881.90	3,881.90
Donations	615.00	615.00
Electricity	4,230.76	3,255.09
Elzy Wellings 1000m Expenses	3,950.06	3,225.07
Equipment Purchases	2,183.74	2,569.22
Gifts	110.00	-
Ground Set Up & Cleaning	9,104.43	3,045.54
Half Marathon	365.00	-

	2023	2022
Insurance & Affiliation	1,195.22	1,686.41
Office Expenses	8.10	-
Printing & Stationery	4.55	-
Registrations / Relays	5,885.50	3,166.94
Repairs and Maintenance	732.09	99.09
Software/MYOB	755.42	-
Stripe Fees	55.04	-
Summer Series	-	2,598.63
Timing Tags Written-Off	892.31	-
Tradies Great Southern Mile expenses	7,235.00	-
Travel & Incentives	12,120.00	7,830.92
Trophies & Awards & Bags & Bottles	2,517.74	1,622.72
Uniforms	999.64	1,564.76
Uniforms Written-off (old stock)	4,864.82	-
Total Operating Expenses	64,852.18	40,099.37
Net Profit	(22,744.21)	(3,458.62)

Balance Sheet

Sutherland District Athletics Club Incorporated As at 31 March 2023

	31 MAR 2023	31 MAR 2022
Assets		
Bank		
Australia Post Everyday Prepaid	412.19	-
Australian Mutual Account	21,712.87	25,481.96
CBA Account	18,481.74	25,293.80
Total Bank	40,606.80	50,775.76
Current Assets		
Accounts Receivable	940.00	3,821.08
Canteen Float	370.00	370.00
Presidents Float	141.75	500.00
Term Deposit #50186931	33,489.42	33,389.25
Term Deposit #50142579	60,180.14	60,000.00
Vice Presidents Float	37.00	55.00
Total Current Assets	95,158.31	98,135.33
Fixed Assets		
Equipment	38,847.32	38,229.91
Equipment less Accumulated Depreciation	(24,098.82)	(20,275.83)
Office equipment & computers	589.05	589.05
Office equipment & computers less Accumulated Depreciation	(431.99)	(373.08)
Trailer	4,136.36	4,136.36
Trailer less Accumulated Depreciation	(4,136.36)	(4,136.36)
Total Fixed Assets	14,905.56	18,170.05
Non-current Assets		
Inventory - Canteen	-	6,952.36
Inventory - Timing Tags 31.3.22	-	892.31
Inventory - Uniforms 31.3.22	-	4,914.46
Total Non-current Assets	-	12,759.13
Total Assets	150,670.67	179,840.27
Liabilities		
Current Liabilities		
GST	-	1,001.29
School Carnival Income in Advance	-	9,511.63
Sundry Creditors	-	833.17
Total Current Liabilities	-	11,346.09
Non-current Liabilities		
Ron OMeara Trust	2,287.33	2,287.33
Total Non-current Liabilities	2,287.33	2,287.33
Total Liabilities	2,287.33	13,633.42

	31 MAR 2023	31 MAR 2022
Net Assets	148,383.34	166,206.85
Equity		
Current Year Earnings	(22,744.21)	(3,458.62)
Retained Earnings	171,127.55	169,665.47
Total Equity	148,383.34	166,206.85

Winter Cross Country Chairperson's Report

After two interrupted years through the pandemic, the 2022 winter cross country planning commenced with a real sense of positivity. A complete calendar of events was published with the first run located at Solander Fields during the first week of April which meant a slightly later start to the season compared to prior years. This was intentionally done, the national and state summer athletics program was extended due to COVID and hence it made sense to align the start accordingly.

The year presented a unique set of challenges mainly caused by rainfall and endless storms. This meant that most courses set in the calendar of events would need to be evaluated by the committee on a week to week basis with closures set by the national parks and our own safety concerns for members always front of mind. As a consequence there were several changes to the calendar where our best plans had to change and paved courses used more than intended.

The weather unfortunately also forced the cancellation of the 2022 Sutherland Half Marathon. The committee attempted various alternatives to try and hold the event but in the end (and with consultation from National Parks) the state of Lady Carrington Drive and the extra logistics required to move equipment would lead to only one possible conclusion.

On a positive, club participation levels at Saturday afternoon events during the season averaged between 45-60 runners. Whilst these averages are below 2019 cross country numbers, a dip in participation was anticipated given the impact of the pandemic and (at that point in time) a higher level of caution displayed in the community to return to pre-lockdown ways.

Sutherland District Athletics club successfully defended and retained the Endeavour Cup which was run at Scarborough Park in July 2022.

The club was well represented early in the season at NSW Novices/St George Classic and the Sydney 10 held at Sydney Olympic Park. This carried through the entire season with Sutherland District Athletics club colours were proudly worn at every key race. Particular mention and congratulations to the following athletes in 2022:

NSW XC Relays at Upjohn Park, Rydalmere

- U14 Male BRONZE (Ben Wichgers, Lachlan Wheeler, David Begovski, Jude Low)
- 30+ Male BRONZE (Brynn Darby, Justin Low, David Scott, Seth Healey)
- 50+ Male BRONZE (Andy Cross, Jason Wendt, Nick Bennett, Alistair Watchorn)

NSW State Championships at Willandra, Tapitallee

Gold – Zwi Ratajczak U12 Male – 2km - 7:16

Gold – U12 Male team (Zwi Ratajczak, Jarrah Martinus, Daniel Begovski, Reed Martinus)

Bronze – Lachlan Wheeler U14 Male - 3km - 10:10

Silver – U14 Male team (Lachlan Wheeler, Austin Martinus, David Begovski, Jude Low)

Gold – Seth Healey 35-39 Male – 10km – 38:31
Gold – Andy Cross 50-54 Male – 8km – 29:05
Bronze – Nick Bennett 50-54 Male – 8km – 30:54

Sutherland 2 Surf

Johnathan McLennan 8th - 35:08
Will Gair 11th - 36:07
Seth Healey 21st - 38:18
Jordan Andersen 24th - 38:30
Brynn Darby 31st - 38:57
Nick Bennett 35th - 39:16
Anthony Downs 39th - 39:38
Marcelo Rossi 96th - 43:05
Benjamin Lenarduzzi 108th - 43:36
Lynda McLean 12th female - 45:21
David Scott 276th - 49:07

NSW Short Course Cross County Championships, Bathurst

Lachlan Wheeler - Gold - U14 Male 1.6km
Austin Martinus - Silver - U14 Male 1.6km
Ronja Warszawska - Gold - U12 Female 1.6km
Seth Healey - Silver 35-39 Male 6km
Fiona Byrne - Silver - 50-54 Female 4.5km
Andy Cross - Gold - 50-54 Male 4.5km
Nick Bennett - Bronze - 50-54 Male 4.5km

Australian Cross Country Championships- Oakbank Racecourse, South Australia

Ronja Warszawska - 11 Female 3km - 3rd BRONZE 11:21
Zwi Ratajczak - 11 Male 3km - 4th 10:58
Ella Plummer - 10 Female 2km - 10th 7:56
Lachlan Wheeler - U14 Male 3km - 22nd 10:42
Austin Martinus U14 Male 3km - 35th 10:54
Kyle Mason - U15 Male 4km - 5th 14:11
Jesiah Low - U16 Male 4km - 19th 14:13

During the season, eyes were glued to TV screens as we proudly watched Eloise Wellings place 4th in Birmingham at the Commonwealth Games. Club pride was also sky high as we watched Oliver Hoare claim Gold in the 1500m, a 2022 highlight!!

In terms of end of season awards, we congratulate the following members for placing first in their handicap/championship or for receiving a special award.

U11 2km girls champion: Ella Plummer
U11 2km boys champion: Isaac Wheeler

U13 3km girls champion: Ronia Warszawska
U13 3km boys champion: Lachlan Wheeler
U16 5km boys champion: Jairus Brealey
U19 5km boys champion: Lucas Cross
Senior 5km Womens champion: Nicole Low
Senior 5km Mens champion: Jesiah Low
10km Mens champions: Andy Cross

2km handicap: Isaac Wheeler
3km handicap: Lachlan Wheeler
5km handicap: Michael Lenarduzzi
10km handicap: Andy Cross

Ron O'Meara Award (for best junior performance at Bangor): Isaac Wheeler
Best Junior Performance: Lachlan Wheeler, Ronia Warszawaska
Best Senior Performance: Andy Cross
Most Improved: Kyle Mason
Inspirational Award: Fiona Byrne, Geoff Darby
Clubperson of the Year: Gary Keir

I would like to take this opportunity to thank the Winter Committee for the support, the work behind the scenes and all the actions taken to ensure our members would have an enjoyable 2022 cross country season. Many thanks also to the volunteers who turn up each weekend and assist on the course and the start line. Finally, our members- thanks for proudly representing our club!

Justin Low
Chairperson- Winter Cross Country Series

Secretary's Report 2023

Firstly, I would like to congratulate our new president on his first year in the chair.

Ric has done a great job in obtaining sponsorship money for events he has organised, which has never been done before. Mainly the Great Southern Mile Road Race at the bike track, which was a real success and will only get better in the forthcoming years.

He was also able to negotiate for work to be completed at our track at Sylvania, which was badly needed.

Congratulations also to all of our athletes for a great year of competition. Many State and Australian medals were taken home, well done.

I would personally like to thank Daniel Watchorn, who has taken over the writing up of the monthly meetings minutes. Well done Dan, thank you.

Terry Ross

Secretary.

Track and Field Report 2022-23

The definite highlight of the season has to be Oliver Hoare's Commonwealth Games 1500 Win. Knowing the emotion involved in this result, made it even more remarkable.

Congratulations Olli, not only a great performance but even more impressive the way you held yourself post-race.

Congratulations to Oliver (1500) and Alex Hulley (Hammer) who represented us in the World Championships and Commonwealth Games and Eloise Wellings (marathon) Commonwealth games

On the Domestic front It was our female members who lead the way with **Alex Hulley** winning her 5th Open national title. Other female Gold Medalists **Brooke Williams** U17 Hammer, **Tammin Lampret** u16 90 Hurdles and 200 Hurdles, **Hanna Masic** u14 hammer, **Mia Wood** U13 200 and 400, **Krystal Emme** U13 Hammer, **Telaya Blacksmith** U17 Para 100 and 200 and U20 100 & 400.

Male National Champions **Kalisi Aualiitia** U14 and U15 Hammer, **Cameron Badger** U15 100 Hurdle and **Lachlan Magetson** U15 para Shot. We also had **Andrew Cross** win Gold in the 50-54 1500 at Australian Masters Championship.

Some other outstanding performances Neve Jenkins who was 2nd to club teammate Tammin, Jasynta lampret who finished 2nd in u18 100H in a would Juniors qualifying time, while Sarah Walsh and Telaya Blackmith have qualified for the Para world Championship and Costa Kousparis produced a PB to place 2nd in Oen Mens Hammer.

Sutherland members State and Nationals results for Junior, Open and Masters are in the Track and field section of our website.

One of our club objectives is to provide opportunities for our athletes. **State relays** is one of these with Sutherland entering 87 teams and winning the most medals of any club. We also entered a club team in the U/16 teams **Oceania Championships** where our team finished with a Bronze Medal, a great effort and achievement by all involved. Thanks to Justin Low for co ordinating this team. We have also continued providing new and unique events with the **TRADIES GREAT SOUTHERN MILE** and the combined Jack Giddy Gift meet incorporating the **Elzy Wellings 1000** and **Fitness Abdiction 40m Dash**

Congratulations to Sally Shokry, Discus and Alysha Pearson, Hammer (coaches Bree Clemments and Karyne Di Marco) on their selection in the Oceania Cup team to compete in Sapien on June 23- 24

Australian Championship Medalists

Female

Alex Hulley	Hammer	Gold	67.32
Alysha Pearson	Hammer	Bronze	56.70
Sarah Walsh	AWD Long Jump	Bronze	5.21 %84
Telaya Blacksmith	AWD 100 u/20	Gold	12.79 %92.18
Telaya Blacksmith	AWD 400 u/20	Gold	61.53 %90.99
Jasynta Lampret	200 u/18	Silver	24.12
Jasynta Lampret	100Hurdle u/18	Silver	13.49
Brooke Williams	Hammer u/17	Gold	48.07
Telaya Blacksmith	AWD 100 u/17	Gold	12.86 %92
Telaya Blacksmith	AWD 200 u/17	Gold	26.13%95.17
Tammin Lampret	90 Hurdle u/16	Gold	12.61
Tammin Lampret	200 Hurdle u/16	Gold	28.04
Neve Jenkins	90Hurdle u/16	Silver	12.94
Neve Jenkins	200 Hurdle u/16	Silver	28.92
Mathilda Delfs	400 u/16	Silver	56.20
Salote Wolfgramm	Duscus u/16	Bronze	41.09
Molly Rayment	90 Hurdle u/15	Bronze	12.99
Molly Rayment	200Hurdle u/15	Bronze	29.41
Keira Toohey	800 u/15	Bronze	2.13.96
Kaiah Wong	Shot Put u/15	Bronze	12.63
Kaiah Wong	Hammer u/15	Bronze	43.34
Ronia Warszawska	1500 u/14	Silver	4.39.82
Hanna Masic	Hammer u/14	Gold	39.17
Mia Wood	100 u/13	Bronze	12.94

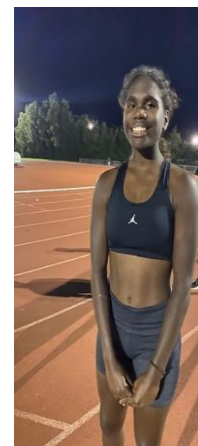
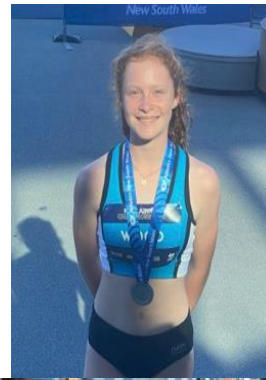
Mia Wood	200 u/13	Gold	25.74
Mia Wood	400 u/13	Gold	58.91
Krystal Emme	Hammer u/13	Gold	28.93

Males

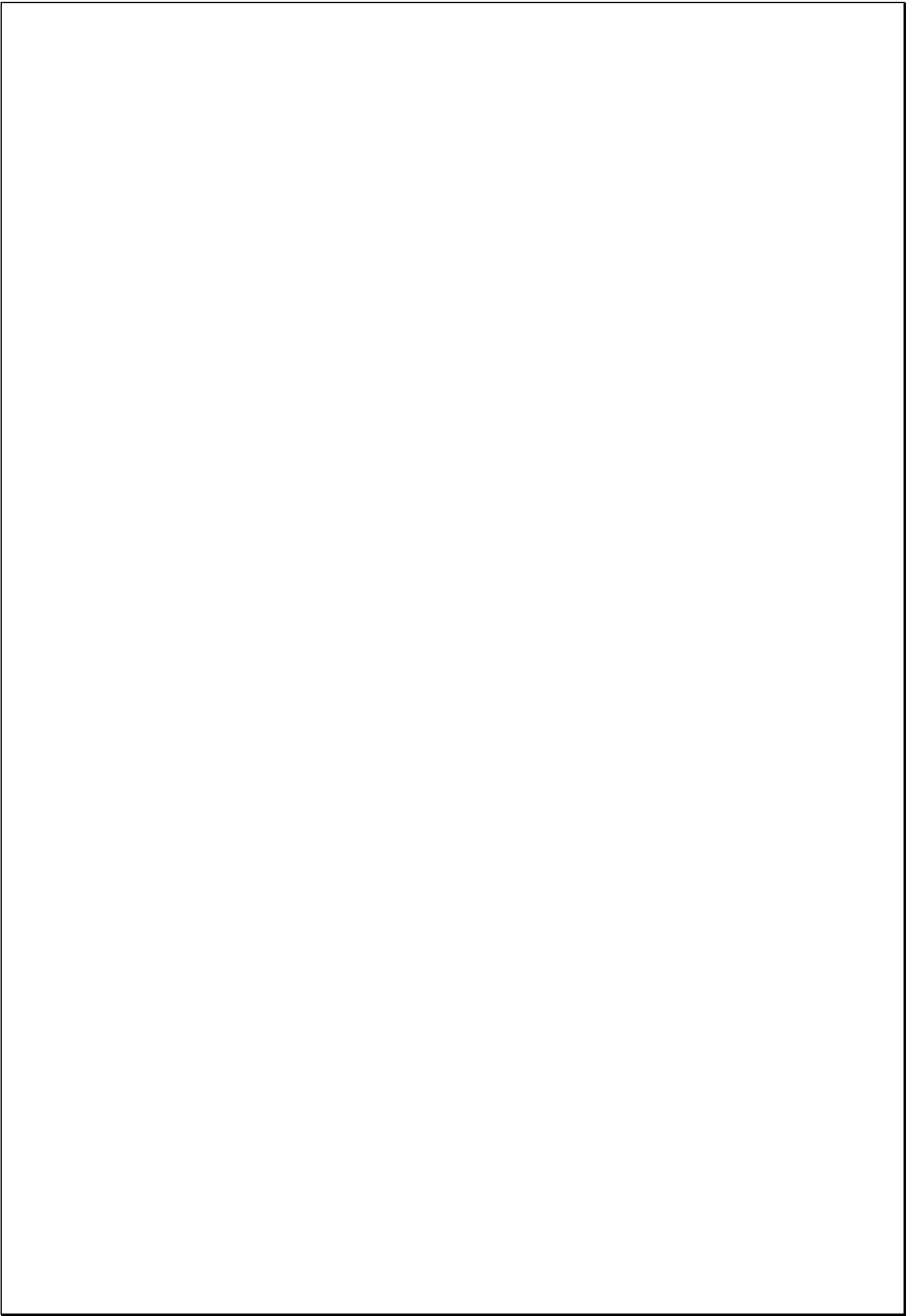
Costa Kousparis	Hammer	Silver	67.77
Kai Taylor	Hammer u/18	Bronze	51.10
Kalisi Aualiatia	Hammer u/15	Gold	44.76
Cameron Badger	100 Hurdle	Gold	13.38
Cameron Badger	200 Hurdle	Silver	26.60
Kalisi Aualiatia	Hammer u/14	Gold	52.11
Zwi Ratajczak	800 u/13	Bronze	2.11.58
Zwi Ratajczak	1500 u/13	Bronze	4.26.18
Lachlan Margetson	AWD Shot u/15	Gold	3.48
Lachlan Margetson	AWD Discuss u/15	Bronze	6.97
Andrew Cross	1500 50-54	Gold	4.19.9
Ant Downs	1500 40-44	Bronze	4.39.1
Andrew Cross	5000 50-54	Silver	16.43,33
Ant Downs	8km cross country	Silver	32.19
Rod Simpson	3000 Steeple 45-49	Bronze	12.43
Andrew Lee	Outdoor pentathlon	Silver	1818pts

David Scott

Track and Field Manager







Winter Race Walking 2022/2023

Sutherland District Athletics Club have always hosted an Open Day for the New South Wales Race Walking Club so it was finally great to see this take place once again after the last two years of cancellations due to COVID-19. It was an extremely well attended competition that took place at Moore Reserve, Oatley on the 13th August. Sutherland Club Secretary, Terry Ross, was there to present the awards.



Our Race Walking Judges

Sutherland has two World Athletics graded Walk Judges, Heather Mitchell and Kirsten Crocker, who are qualified to officiate in all events but who are among the most highly graded walk judges in Australia. This year they have both officiated at State Championships, Australian Open Championships, the Sydney Track Classic as well as at numerous local carnivals, competitions, and championships throughout the summer and winter season.

This season has been one of our most rewarding times, as it was an extreme pleasure to see in the Queen's Birthday 2022 Honours List, that **Heather Mitchell** was to receive an **Order of Australia Medal (OAM) for service to Athletics**. It is no small feat of what Heather has accomplished in managing, organising, officiating and educating people in the area of athletics since 1977. Congratulations Heather.



2022 then took off for Kirsten as she was one of only five Australian Officials to be selected to officiate at the World Athletics Championships in Oregon, USA in July. There was then a quick turnaround for Kirsten as she was also selected to officiate as an International Race Walking Judge at the Birmingham Commonwealth Games, UK. Athletics Victoria asked her to give a Zoom Seminar to Athletics officials about the Call Room, which was attended by 73 Victorian and interstate officials and which is now available on Athletics Victoria's website. The year then concluded with Kirsten becoming one of five finalists in the 2022 Sport NSW - Official of the Year Awards.

Finally 2023 started off extremely well when Kirsten was selected to be the Referee of the Call Room at the World Cross Country Championships in Bathurst. It was the first time that a World Athletics event had been held in the Southern Hemisphere and it was a massive success.



Heather having just received her OAM from Margaret Beazley AC KC, 39th Governor of NSW.

Sutherland DAC

Membership - Registrar's Report 2022/2023 season

During the current 2022/2023 season (1st sept 2022 through to May 15th 2023 thus far) 268 people have chosen to register with Sutherland DAC. This was a 5% decrease on the numbers from the same time frame as the prior year, and is substantially lower (about 30%) than pre-covid numbers. There has, however, been some substantial redistribution amongst membership types this year. Dual athletes (those associated with LANSW) have decreased slightly and community members (who participate only in club events) have also dropped off significantly. This has been compensated somewhat by a substantial increase in ANSW female concession (U19) membership.

Registration Category	2022/2023			2021/2022		
	Female	Male	Total	Female	Male	Total
ANSW Competitor*	47	43	90	29	42	71
Club Runs Only (community)	21	27	48	30	46	76
Dual Membership	70	47	117	78	50	128
Volunteer/Official	7	5	12	4	1	5
Total	144	122	268	141	139	280

*2022/2023 categories are Open, Concession, and Winter.

Prahlad Warszawski

Club Registrar

15th May 2023

Social Media Report – 2022-23

The club has continued to promote itself successfully through our social media pages on Facebook and Instagram. This has been used for multiple purposes including celebrating our athlete's achievements, recognizing our volunteers, and keeping the membership informed about important items.

I would like to thank Jaimie Byrne for her excellent service in maintaining the club's Instagram page. She enthusiastically stepped up to the role during the season and her engaging posts have significantly improved the profile and reach of our Instagram page to the running community and our followers.

Our social media pages have allowed the club to celebrate the successes of our athletes. In the past 12 months, the club has had terrific results at National and State Championships with successful athletes being individually recognised in these posts. We also witnessed the brilliant performance by Olli Hoare winning Gold at the Birmingham Commonwealth Games which has had a very positive impact on the image of our club and in encouraging athletes within the club and beyond to take part in athletes and achieve their goals. All athletes are to be congratulated for their great achievements this season.

Our pages have also communicated other important information such as the confirmation of the running of events such as Winter Series, Championship events and special events that we had during the season such as the Great Southern Mile and the NSW Athletic League Pro Meet. These posts have successfully engaged our members and the running community in competing for the club and at our meets.

The page has also acted as a vehicle for responding to more specific requests from our members and the running community. We ensured our responses provided the necessary information or help that was requested and we aim to continue providing this quality of service.

Daniel Watchorn

Social Media Manager

SUTHERLAND DISTRICT ATHLETICS CLUB INC

2022-2023 TRACK AND FIELD AWARD WINNERS

WOMEN

Club Champion Open	Alexandra Hulley
Club Champion Under 20	Tammin Lampret
Lyn Jacenko Long Jump Award	Sarah Walsh
800m Performance	Ivy Boothroyd
Field Performance	Brooke Williams
Track Improvement	Jasynta Lampret
Field Improvement	Kaiah Wong
Team Manager Award	Neve Jenkins

MEN

Club Champion Open	Costa Kousparis
Club Champion Under 20	Samuel Perkins
Oliver Hoare Middle Distance Award	Jonathan McLennan
Field Performance	Kai Taylor
Track Improvement	Ethan Martin
Field Improvement	Kalisi Aualiitia
Team Manager Award	Andrew Cross
Rising Star of the Year	Telaya Blacksmith
Club Persons of the Year	Jaimie Byrne



Rhonda Galloway Life Member No.33