



MOSMAN LITTLE ATHLETICS

2019-2020 SEASON



Message From The President - Rich Frost

In this End of Season Newsletter, we will celebrate our club, our committed coaches, our dedicated volunteers, our very generous sponsors, and most importantly, all of our wonderful athletes. Thank you all - we have loved having you on board with Mosman Little Athletics for 2019/2020.

This has been an unprecedented season, with bush fires, floods, delays of competition, and of course Covid-19. It is a time that most of us have never experienced, and one which is still playing out. It is a reminder to all of us to cherish what matters most in life – our children, extended family and friends.

I do hope that all of you are healthy, and my thoughts are with all those who have been affected by this virus in their health, schooling, employment, isolation or economic impact.



Committee Members & Other Valued Contributors

MLA is very lucky to have an amazing and dedicated committee. We would like to thank each and every one of them, most of whom have full time jobs, who also somehow manage to find extra time to perform these volunteer tasks on top of everything else they do!

Our 2019/2020 Committee:

- Rich Frost
- Fiona Pereira
- Jenny Evans
- Gerard Dover
- Helen Ludgate
- Bernadette Brennan
- Petra Erby
- Christine Fainga'anuku
- Camilla Lister

Unfortunately we have to say goodbye to some committee members who are leaving us this season. Our grateful thanks go to Helen Ludgate and Petra Erby for their service to the club.

We'd also like to acknowledge the wonderful contributions of:

- James Stewart - IT Manager
- Emma Pringle - Championships Officer for State Relays
- Lisa & Ben Staddon - Junior Volunteers Managers
- Cathryn Gross - Senior Volunteers Manager
- Gina Lewis-Enright - Canteen Manager
- Olivia Jarrett - Junior Session Manager
- Dee Williams - Senior Session Manager
- Lauren Jones - Junior Safety Officer
- Amanda Peirce - Senior Safety Officer
- Jeroen Kwaijtaal - Harris Farm Collection
- Sam Rees - Bakers Delight Collection

A big thank you to our amazing 2019/2020 Age Managers:

- U6 Boys Age Manager - Carolina Barrero Caicedo, Tim Marsden
- U6 Girls Age Manager - Clair Tew
- U7 Boys Age Manager - Kris & Anna Wallis, Matthew Willis
- U7 Girls Age Manager - Bippy Power
- U8 Boys Age Manager - Sharon Selby
- U8 Girls Age Manager - Jo Fletcher
- U9 Boys Age Manager - Helen Rees-Woods
- U9 Girls Age Manager - Iain Payten, Rachel Dyker
- U10 Boys Age Manager - Sally Farquharson, Ashley Jeffs
- U10 Girls Age Manager - Tomasz Oczapowski
- U11 Boys Age Manager - David Miller, Sam Hole
- U11 Girls Age Manager - Ali High, Heather Kent
- U12 Boys Age Manager - Glen & Lee Kierse
- U12 Girls Age Manager - Ian Pike
- U13 Boys & Girls Age Manager - Vanessa Davies
- U14+ Boys & Girls Age Manager - Alison O'Flynn, Cassie & Rich Matheson, Caroline Hardy

MLA is a volunteer organisation and we gladly welcome as much parental support as you are able to give. Not only is helping MLA rewarding, but it also demonstrates to children the value of contributing to our community and it shows them that we support them in their chosen passions. There are many benefits to joining the MLA team. Please consider if you can be more involved next season and drop us a note to: mosmanla@gmail.com



Our Sponsors

MLA would like to thank the following sponsors whom, without their fantastic support and generosity, we would not be able to operate such an extensive and professional coaching program for our athletes.

Our sponsors are:



Gold Sponsor - Di Jones Real Estate Mosman

For the twelfth year in a row we have been fortunate enough to have Di Jones Real Estate as our major Gold Level Sponsor! John Welch, Simon Nakhla, Piers Van Hamburg and the team from Di Jones have again been generous financial supporters and can always be found cooking up our 250 sausages on a Monday night.

We have always valued their support of our community club, and encourage everyone to support Di Jones for all Real Estate needs, as their friendly team are wonderful to work with and are the market leaders on the North Shore.

Silver Sponsor - Numberworks 'n Words Mosman



Eimear and Jeroen have been fantastic financial sponsors and volunteers for MLA during the 2019/2020 season. Located in Mosman, Number Works'nWords are specialists in Maths and English after-school tuition for children, complimenting their learning at school while building confidence and putting fun back in to their learning. The tuition model caters for 11 levels of the school curriculum. We encourage all our members to support Eimear and her team, who would love to discuss your children's learning needs.

Silver Sponsor - Harris Farm Markets



HFM supported MLA for a fourth season and were yet again extremely generous, supplying us with sausages and watermelon each week for our hungry athletes! Harris Farm Markets are a community focused company, and through their generosity we are able to offer the best sausage sizzle amongst any of the other Mosman sporting clubs, and we encourage you to support HFM Supermarkets at Mosman or Cammeray for all your fresh food and groceries.

Bronze Sponsor - Innovations Physio & Pilates Mosman



Sarah at Innovations Physio & Pilates is a very welcome new supporter to MLA. The Innovations team offer general and sports physiotherapy services and also run an extensive clinical Pilates program in Mosman. Sarah is experienced with Sever's and Osgood Schlatter's and is also a long-distance athlete so she understands training optimally and keeping injury free. We encourage you to support Innovations for all your family's physio and pilates requirements.

A message from Gold Sponsor Di Jones Real Estate

Our eleventh year of Sponsorship has again been an enjoyable one for us and a successful one for the club. Despite the truncation of the season MLA has continued to set the benchmark for successful Little A's clubs and nurtured, developed and managed new talent as well as the seasoned athletes, ensuring again, above average representation at Zone and State levels.



To witness first hand the team spirit and the enjoyment of the athletes as they learn and improve every week, the atmosphere of fun entwined with hard work, is testimony to the ethos of the club and why it remains the 'go to' club for many parents.

At Di Jones we also work to embrace these attributes and MLA is a cogent reminder of how organisation, process and structure coupled with a listen and learn philosophy engenders commitment and loyalty from its member base.



It has been an unfortunate way to end the season however much can be taken from what has been achieved this year. We are sure the club will do as it has always done, continue to set benchmarks and remain the club that kids aspire to join and the community looks to, for what it has done and will continue to achieve into the future.

We thank the club and you, for your support over the years.

John Welch Di Jones Mosman

A message from Silver Sponsor Numberworks'nWords Mosman

We have really enjoyed sponsoring Mosman Little Athletics this season. Watching the kids develop academically and physically has been wonderful. As a local business we thrive on supporting and investing in our community.

Eimear Numberworks'nWords Mosman

A message from Bronze Sponsor Innovations Physio & Pilates Mosman

It has been a pleasure sponsoring Mosman Little Athletics this season. As a Physio and Pilates business we are passionate about good health and ensuring the passion for exercise starts early. We love supporting local kids and families to be the best they can.

Sarah Howitt Innovations Physio & Pilates Mosman

From The Head Coach - Tom Giles

A big thank you to our Senior Coaches, Junior Coaches, Coaches Assistants and Coach Helpers. This season, like most, presented many challenges and I am very proud of your continued ability to step up and take on responsibility where needed. Thanks also to Nikita Spalvins for her willingness to take on the role of Head Coach during my absences over this past season. On behalf of the entire MLA community I'd like to express my gratitude for having such a committed and professional coaching team. Well done to you all for making the season another successful and enjoyable one for all MLA athletes.

Our Coaches, Assistants & Helpers

Senior Coaches:

- Rich Frost
- Tom Giles
- James Bassil
- Shane Castlereagh
- Amelia Clubb
- Scott McLellan
- Tim Milton-Hine
- Michael Moore
- Ben Muston
- Oliver Lister
- Nikita Spalvins
- Josh Swan
- Brett Van Zyl
- Nick Walker

Junior Coaches:

- Louise Daffas
- Jackson Ellis
- Sophie Gocher
- Krish Mirchandani
- Harrison Muller
- Juan Rasines
- Hajo Van der Tang

Coach Assistants & Helpers

- Jemma Brandon-Cooper
- Fiorella Collins
- Jessica Dover
- Lily Erby
- Hunter Folkes
- Jasmin Frost
- Xavier Frost
- Emily Gocher
- Jessica Gocher
- Nicholas Hyde
- Rachel Kinghorn
- Lilli Krawitz
- Noah Pereira
- Olivia Vecchio
- Olivia Vigneault
- Lauren Wong

CHAMPIONSHIPS REPORT

Each season, many Mosman athletes compete in a variety of Championships events, pitting their skills against those of athletes from other clubs from around NSW.

We are very proud of all of the Mosman athletes who represented MLA this season. They are to be commended for their enthusiasm, hard work in preparation for the events and for their fantastic efforts on the day.

Special thanks go to our Championships Team of dedicated parents who did a great job to organise and administer Mosman's participation in Championships this season. Our thanks as well to all of the families who did their part by contributing to the team spirit track-side as well as carrying out duties to help run the events.

State Cross Country Championships

5 athletes competed for Mosman in the State Cross Country Championships at Dapto in August 2019 – this was a combined LANSW and Athletics NSW event. Congratulations to:

- **Adelaide Williams** U11 Girls 2km (Bronze medal)
- **Alessandra McWilliams** U8 Girls 1km
- **Emmiline Williams** U9 Girls 1.5km
- **Jojo Pike** U11 Girls 2km
- **Pin Pin Meenijacin** U13 Girls 3km

State Combined Event Championships

Congratulations to the following Under 12 Girls who successfully competed in March across 6 events at Tamworth in March 2020.

- **Jojo Pike** 3,255 points
- **Kirsten Evans** 3,265 points

Trans Tasman Tour & Challenge Cup

Every year for the last 22 years Under 11 and Under 12 boys and girls have had the opportunity to be selected for the NSW Trans Tasman team that has competed either in NSW or in New Zealand. A number of Mosman athletes have been selected as part of the NSW team over the years. This season, Mosman athlete **Christian Camus** was selected for the NSW team to tour NZ and compete in the final Trans Tasman Challenge Cup in January 2020. Congratulations to Christian on representing NSW and winning gold medals for both the 400m and 800m and a bronze medal in the 4x400m relay team!

State Relay Championships

The State Relays Championships is the largest event on the LANSW calendar and is held each year in November at Sydney Olympic Park Athletics Centre in Homebush. It is an exciting event to be involved in with teams from clubs all over the state.

This season, 32 Mosman teams in total (29 track and 3 field) competed from the U8s to the U17s with 10 teams reaching the final 8. Notable achievements included:

- **2nd Place** - Mixed U13 4 x 400m
- **4th Place** - Boys U11 4 x 100m & Senior Girls Middle Distance
- **5th Place** - Mixed U11 4 x 400m



Particular mention must be made of our medal-winning Mixed U13 4x400m team who crossed the line for Silver by the narrowest of margins and set a new club record of 4.07.00m in doing so. Congratulations to the team of **Fleur Cooper, Tessa Newitt, Christian Camus and Brody Folkes**.



Additional new Club Records:

- **Girls U13 4 x 100** - Chloe Allsopp, Sofia Fedirchuk, Ava Larsen, Sabine Lozina 53.73
- **Girls U15 4 x 100** - Jemma Brandon-Cooper, Jasmin Frost, Abby Latimer, Kate Rooney 53.14
- **Boys U14 4 x 100** - Charlie Moriarty, Daniel Nemeth, Charlie Parker, Marcus Warner 51.38
- **Boys U17 4 x 100** - Max Currie, Hunter Folkes, Jonah Koppers, Harrison Wild 47.15
- **Girls U12 Jumps Relay** - Tamika Cassidy, Mackenzie Jeffs, Gemma Ronan 18.27m

Zone Championships

Each year selected Mosman athletes in the Under 7 to 17 age groups have the opportunity to compete against similar aged athletes from other centres in the North East Metropolitan Zone Championships. 24 Zone Championships are held throughout NSW and are the first of a series of qualifying events that culminate in the State Track & Field Championships.

Congratulations to the 159 Mosman athletes who competed at Zone, we managed to outperform last season's results yet again.



Our athletes achieved the following results:

- **1st Place** - 26
- **2nd Place** - 40
- **3rd Place** - 38
- **Top 8 Finalists** - 241

104 athletes placed in the top 3 (23% increase from last year), and 241 athletes in the top 8 (13% increase from last year).

Our athletes also managed to break 14 club records, with special mention to U11 Girl **Fiorella Collins** who broke a Zone Record with a 34.9m discus throw.



Congratulations to all our Under 7 athletes who participated for the first time at Zone – what a great effort!

Congratulations also to the following athletes for achieving top 3 places in all four of their events:

- **U7 Boy Edward Sharp**
- **U7 Girl Amelie Bartlett**
- **U13 Boy Brody Folkes**



Region T&F Championships

Congratulations to the 104 athletes who qualified to compete at the Little Athletics Region in February at the Sydney Academy of Sport in Narrabeen. Despite the terrible weather and flooding that caused it to be postponed for a week and the logistical challenges caused by the delay, almost all athletes were able to compete and they all produced sensational results:

- **14 Gold medals**
- **16 Silver medals**
- **18 Bronze medals**
- **33 4th & 5th places**
- **119 finalists in total**
- **7 Mosman Club Records broken**

While the dominance of our athletes continues in the Middle Distance and Sprint track events it was particularly pleasing to see that the MLA team had great success in field events, particularly throws with 8 medals won in Discus, Shot Put and Javelin. Also this year for the first time we had 23 athletes qualify to compete in hurdles events at Region.

Special mentions:

- **U8 Boy Isaac Robinson** who won:
 - 2 Gold medals and 1 Silver medal
- **U11 Girl Fiorella Collins** who won:
 - 3 Gold medals, 1 Bronze medal, broke 3 Mosman club records and equalled a Region record
- **The Junior Boys' 4x100m Relay team of Jake Mears, Angus Edwards, Joel Daily & William Taylor**
- **The Senior Boys' 4x100m Relay team of Brody Folkes, Daniel Nemeth, Marcus Warner & Max Currie**

Our special thanks and appreciation go to all the MLA coaches, team managers, the Championships Team and President Rich Frost for their hard work and support of our athletes. And thank you too to all our families for their support of the team and for carrying out duties - we know the postponement was challenging and required sacrifices and juggling of many commitments to enable athletes to attend.



Mosman Club Records broken at Zone & Region

U11B Riley Grant 400m 1:04.85

U11B Daniel Benoliel 80m Hurdles 14.22

U11G Annabelle Cronin 80m Hurdles 16.25

U11G Fiorella Collins Triple Jump 8.43m

U11G Fiorella Collins Discus 35.18m

U11G Fiorella Collins Javelin 18.95m

U12B Chase Burrows 80m Hurdles 14.43

U12G Kirsten Evans 80m Hurdles 14.58

U13B Brody Folkes Long Jump 5.25m

U13B Brody Folkes Triple Jump 10.92m

U13G Noa Davies 80m Hurdles 14.14

U14B Charlie Moriarty High Jump 1.60m (equalled)

U14B Finnlay Bartlett Shot Put 13.14m

U15G Kate Rooney 90m Hurdles 14.56

U17B Nicholas Hyde 3,000m 10:29.65

U17B Kalan McEvoy 1,500m 4:26.66

Senior Girls Relay 4 x 100 53.98 - Sofia Fedirchuk, Tilly Morris, Jasmin Frost, Abby Latimer

State Track & Field Championships

The State Track & Field Championships are the culmination of the track & field competition season. 37 Mosman athletes qualified to compete at the State Track & Field Championships in March 2020 that unfortunately was cancelled due to the Covid-19 Pandemic. Qualifying to compete at these Championships is a very significant achievement and we are very proud of the following athletes:

U9s

- Elizabeth Fainga'anuku - Shot Put
- Alessandra McWilliam - 400m, 800m

U10s

- Edward Godfrey - 70m, 100m, Long Jump
- Toby Ward - 800m, 60m Hurdles
- Millie Morrison - 60m Hurdles

U11s

- Fiorella Collins - Shot Put, Triple Jump, Javelin, Discus
- Annabelle Cronin - 400m, Discus
- Joel Daily - 100m, 80m Hurdles, Long Jump
- Sally Fainga'anuku - Shot Put, Discus
- Riley Grant - 400m
- Poppy O'Brien - 1500m
- Hugo Stewart 200m

U12s

- Imogen Howard - 800m, 1500m
- Alex Ingevics - 400m, 800m
- Amber Kusano - 1500m
- Pin Pin Meenijacin - 800m, 1500m
- Eden Smith - 400m
- Dexter Staley - High Jump

U13s

- Christian Camus - 400m, 800m
- Fleur Cooper - 1500m, 800m
- Noa Davies - 80m Hurdles
- Brody Folkes - 100m, 200m, Long Jump, Triple Jump
- Sofia Fedirchuk - 100m, 200m, Long Jump
- Tessa Newitt - 800m, 1500m
- Olivia Vecchio - Discus

U14s

- Finnlay Bartlett - 90m Hurdles, Shot Put
- Maia Healey - High Jump
- Daniel Nemeth - High Jump
- Claudia Stanford - 1500m

U15s

- Jemma Brandon-Cooper - 400m
- Mia Fry - 800m, 1500m
- Jessica Gocher - 800m, 3000m
- Abby Latimer - 90m Hurdles
- Kate Rooney - 90m Hurdles

U17s

- Jonah Koppers - 400m
- Lilli Krawitz - 3000m
- Kalan McEvoy - 1500m

AGE GROUP AWARDS

At the end of each season we take the opportunity to celebrate athletic achievements, the development of our athlete's skills across the season and recognise outstanding contributions to our sport and club.

Congratulations to the following athletes:

Age Group	Award	Name
U6 Girls	Sportsmanship Award	Gisele Camus, Isla Erihe
	Most Improved Award	Gabriella Fainga'anuku
	Runner Up to the Age Champion	Sophia Ricketson
	Age Champion	Aurelia Stewart
U6 Boys	Sportsmanship Award	Angus Morrison, Coda McIntosh
	Most Improved Award	Luke Yates
	Runner Up to the Age Champion	Kingston Davis
	Age Champion	Xavier Cadzow
U7 Girls	Sportsmanship Award	Eloise Eslick, Allegra Childs
	Most Improved Award	Airlie Collin
	Runner Up to the Age Champion	Lola Francis
	Age Champion	Amelie Bartlett
U7 Boys	Sportsmanship Award	Ziggy Staley-Lobo, Hunter MacDonald
	Most Improved Award	Findlay Hopkins
	Runner Up to the Age Champion	Zachary Meacock
	Age Champion	Edward Sharp
U8 Girls	Sportsmanship Award	Lulu Atherton, Harriet Morrison
	Most Improved Award	Heidi McNally
	Runner Up to the Age Champion	Sophie Savage
	Age Champion	Lucy Whitehead
U8 Boys	Sportsmanship Award	Jacob Selby, Flynn Coulson
	Most Improved Award	Euan Morrison
	Runner Up to the Age Champion	Salvador Apfel
	Age Champion	Isaac Robinson

Age Group	Award	Name
U9 Girls	Sportsmanship Award	Grace Dearlove, Lexi Hartigan
	Most Improved Award	Jessica Smithers
	Runner Up to the Age Champion	Elizabeth Fainga'anuku
	Age Champion	Alessandra McWilliam
U9 Boys	Sportsmanship Award	Xavier Whitehorne, Thomas Paki
	Most Improved Award	Niksha Pizurica
	Runner Up to the Age Champion	Orlando Stewart
	Age Champion	Jake Mears
U10 Girls	Sportsmanship Award	Camilla Squire, Sophie Hodges
	Most Improved Award	Alexandra Parker
	Runner Up to the Age Champion	Ella Gaydon
	Age Champion	Millie Morrison
U10 Boys	Sportsmanship Award	Samuel Vecchio, Frederick Ward
	Most Improved Award	Increase Misra
	Runner Up to the Age Champion	Toby Ward
	Age Champion	Edward Godfrey
U11 Girls	Sportsmanship Award	Maya Turton, Alexandra James
	Most Improved Award	Olivka Gates
	Runner Up to the Age Champion	Annabelle Cronin
	Age Champion	Fiorella Collins
U11 Boys	Sportsmanship Award	Barnaby Collins, Michael Oldfield
	Most Improved Award	Gus Pritchard
	Runner Up to the Age Champion	Hugo Stewart
	Age Champion	Joel Daily
U12 Girls	Sportsmanship Award	Kirsten Evans, Alexandra Sharp
	Most Improved Award	Adelaide Williams
	Runner Up to the Age Champion	Eden Smith
	Age Champion	Amber Kusano

Age Group	Award	Name
U12 Boys	Sportsmanship Award	Thomas Kierse, Toby Healey
	Most Improved Award	Hamish Reid
	Runner Up to the Age Champion	Dexter Staley
	Age Champion	Alex Ingevics
U13 Girls	Sportsmanship Award	Fenella Burns, Jessica Rich
	Most Improved Award	Olivia Vecchio
	Runner Up to the Age Champion	Sofia Fedirchuk
	Age Champion	Fleur Cooper
U13 Boys	Sportsmanship Award	Charlie Mott, Levi Williams
	Most Improved Award	Leo Dearlove
	Runner Up to the Age Champion	Christian Camus
	Age Champion	Brody Folkes
U14 Girls	Sportsmanship Award	Stella Taylor, Leni Harvey-Palmer
	Runner Up to the Age Champion	Sophia Kusano
	Age Champion	Tilly Morris
U14 Boys	Sportsmanship Award	Will Matheson, Charlie Moriarty
	Runner Up to the Age Champion	Daniel Nemeth
	Age Champion	Finnlay Bartlett
U15 Girls	Sportsmanship Award	Jasmin Frost, Ava Smith
	Runner Up to the Age Champion	Mia Fry
	Age Champion	Jessica Gocher
U15 Boys	Sportsmanship Award	Hans Heuer
	Runner Up to the Age Champion	Oliver Roberts
	Age Champion	Noah Pereira
U17 Girls	Sportsmanship Award	Amelia Daunt
	Runner Up to the Age Champion	Olivia Vigneault
	Age Champion	Lilli Krawitz
U17 Boys	Sportsmanship Award	Hunter Folkes
	Runner Up to the Age Champion	Jonah Koppers
	Age Champion	Nicholas Hyde

MAJOR AWARDS

Junior Girls Club Champion

Congratulations to U11 Girl **Fiorella Collins**

This season, Fiorella achievements included:

- Zone - 1st in Shot Put, Discus and Javelin, 5th in Triple Jump. New Zone Record for Discus of 34.9m.
- Region - Gold medals for Shot Put, Discus and Javelin, Bronze medal for Triple Jump. Equalled the Region Record for Discus.
- Broke 3 Mosman Club Records
- Qualified to represent Mosman at the State T&F in all four of her events

Junior Boys Club Champion

Congratulations to U11 Boy **Joel Daily**

This season, Joel's achievements included:

- Representing Mosman in U11B 4x100m relay team at the State Relays
- Representing Mosman in the Junior Boys 4x100m team at Zone and Region
- Zone - 2nd in 100m, 3rd in Long Jump, 4th in 80m Hurdles, 5th in Discus
- Region - Gold medal in Long Jump, Silver medal in 100m, 6th in 80m Hurdles
- Qualified to represent Mosman in Long Jump and 100m at the State T&F

Senior Girls Club Champion

Congratulations to U13 Girl **Fleur Cooper**

This season, Fleur's achievements included:

- Part of State Relays Silver medal-winning Mixed U13 4x400m team, setting a new club relay record of 4.07.00m
- Zone - 1st in 400m, 1st in 800m, 1st in 1500m
- Region - 1st in 1500m, 2nd in 800m
- Qualified to represent Mosman in 1500m and 800m at the State T&F

Senior Boys Club Champion

Congratulations to U13 Boy **Brody Folkes**

This season, Brody's achievements included:

- Part of State Relays Silver medal-winning Mixed U13 4x400m team, setting a new club relay record of 4.07.00m
- Zone - 1st in Long Jump, 2nd in Triple Jump, 2nd in 200m, 3rd in 100m
- Region - 1st in Triple Jump, 2nd in Long Jump, 4th in 200m, 5th in 100m
- Qualified to represent Mosman at the State T&F in all four of his events
- Broke 2 Mosman Club Records for Long Jump and Triple Jump

Chris Fuller Memorial Award

Chris Fuller was a highly valued hurdles coach with MLA for almost a decade before he passed away in 2016. To honour Chris's loyalty and commitment to MLA and pay tribute to his legacy, this memorial award is for All-Round Performance and Hurdles Representation.

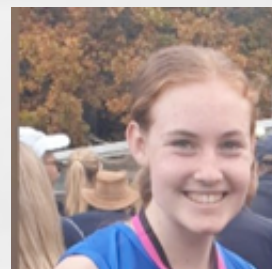
Congratulations to this year's winner - **Finnlay Bartlett**

Finnlay's achievements this season included:

- At MLA Competition Nights:
 - Consistently first in his age group for 100m, Shot Put, 90m Hurdles
 - In the top 5 in his age group for all other events
- Gold in the 90m Hurdles and a silver in the Shot Put at Zone.
- Bronze in the 90m Hurdles and a silver in the Shot Put at Region.
- Broke a Mosman Club Record for Shot Put
- Qualification for State Championships in both Hurdles & Shot Put.

President's Award

Congratulations to **Emily Gocher** who is the recipient of the President's Award for outstanding service to the club over a period of time AND outstanding sportsmanship. Well done Emily for achieving this most deserved recognition!



Emily's service and sporting achievements with MLA include:

- Member for 12 years joining MLA as a Tiny Tot in 2007.
- As a distance athlete - competed at Zone, Region and State T&F Championships.
- Also competed many times as part of State Relay teams, including setting a new State Record, a Club Record and winning a gold medal as part of the Mid Distance Senior Girls team.
- This season, Emily came 1st in the 3000m at Zone.
- Emily is a great role model for the club and has always been willing to help when the Club needed extra support pre-season with registration days and uniforms.
- A member of the Coaching team since 2015/16 (5 years). At age 12, Emily became an U6 helper and was recently promoted to the role of Coach Assistant after 4 years of commitment.

Outgoing Senior Athletes

Each year we say farewell to our senior Under 17 athletes who have completed their final year with Mosman Little Athletics.

Congratulations to the following athletes, we wish them well for their future endeavours and thank them for their service to the club:

- Max Currie (1 year)
- Harrison Wilde (1 year)
- Kalan McEvoy (2 years)
- Jonah Koppers (6 years)
- Max Blackley (7 years)
- Emily Gocher (12 years)

Jonah and Kalan both qualified to compete at the State T&F Championships in their final season with the club but unfortunately were unable to compete due to its cancellation in March.

Mosman Athletics Club

Mosman Athletics Club or “MAC” has had its fourth season of training across a wide range of ages from 14 through to 61! Some of our members are senior MLA athletes transitioning out of Little Athletics and into Opens, and some are new members who are either looking to get fit, compete or just get back to exercise in a group setting.

Many MAC athletes competed in the 2019/20 NSW Athletics season and achieved personal bests. This included entering both a Women’s and Men’s Opens State Relay team, which was a first for many of the athletes. Our Women’s team, consisted of Eliza, Tash and Janine, all of which have not competed in a relay before, and MLA’s athlete Jasmin, stepping up to run with and against adults! Our Men’s team consisted of Juan, Josh, Adrian and Jackson, 3 of MLA’s coaches who are experienced relay runners and Adrian who has never competed in this event. Fantastic results and experience for both teams and proof that competition doesn’t stop when you leave MLA.

MAC trains on Mondays and Thursdays from 7:30 to 8:30 pm at Balmoral Oval during the summer season and Mondays and Wednesdays 7:00pm to 8:00pm during the winter months and newcomers are always welcome.

WHAT’S NEXT FOR MLA?

We can’t wait to see you all next summer season. Unfortunately, due to coronavirus restrictions the 2020 winter program will not proceed. When we have any updates from Little Athletics NSW and Athletics Australia we will post them on our Facebook page and MLA website.

In the interim we hope you stay fit and healthy and get outside to enjoy Sydney’s beautiful weather.

And lastly, thank you to our MLA community for another great season. A special thanks to all the volunteers on the committee, session managers, age and volunteers managers, uniform and canteen managers, safety officers, competition nights and championships managers and all of those who helped on the field and behind the scenes to ensure our summer athletics season was a success.

On behalf of the Committee, we thank you all for your support and look forward to seeing you again next season.