

*BELMONT  
LITTLE ATHLETICS  
CENTRE*



*Est. 1970*

*2019/2020*

*Anniversary Book*



*Celebrating 50 years of Athletics*

***Courtesy City of Belmont Museum***

-Front Cover Photo

-Back Cover Photo

-Page 8 (top)

# CONTENTS

The contents contained in this publication were researched and compiled by Joanne Richardson, sourced from archives including, but not limited to, Yearbooks, The Little Athlete Souvenir Book, Meeting minutes, Centre AGM reports, previous athletes and members, the Kalamunda Library and the City of Belmont Museum and website. This document has been published by Belmont Little Athletics Centre (BLAC). Whilst BLAC has made every attempt to ensure the accuracy and reliability of the information contained in this publication, it does not accept any responsibility or liability for the accuracy, completeness or reliability of the information contained in this publication.

President's Message	1
Where we began	2
50 years of Committee's	3
Clubs...here and now....been and gone...	4
Life members	5
Patrons	6
Registrations	7
Memories from Past & Present...	8
~Colleen Finnerty nee Palmer	9
~David Jarvis	11
~Vanessa French	13
~Karrina Pittaway	14
~Timothy McMillan	14
~Janet Milne	15
~Joanne Richardson	16
~Jade Lewis nee McSherry	17
~Anne Barham nee Reddish	19
~Michelle Dufall nee Brnich	21
~Tim Blake	23
~Paul Stervaggi	24
~Douglas Castle	25
Young Athletes on Golden Glory Trail	27
~Stefan Humphreys	28
~Catherine Morton nee Laws	30
~Helen Runciman nee Laws	31
~Scott Cummings	31
~Melissa Hoskins	32
~Harry Edwards	32
~Laura Stump	33
~Craig Middleton-White	34
~Sarah Greenway	37
Special Report – 1990- Japan	38
Centre Achievements	39
Interesting facts...	40
Memories.....from the 50 <sup>th</sup> season	46
Special thanks	47

# Memories.....

*From the 50<sup>th</sup> Season*



*Family - Fun - Fitness*



# President's Message.....

So what an awesome achievement for the Centre, 50 years. What a momentous occasion!

I have seen Belmont Little Athletics Centre as an athlete, as a parent and for the last 6 seasons as President of the Centre.

I began my association with Belmont Little Athletics way back when I was 9 years old. My school sports days had shown me I was a pretty good sprinter, so my mum signed me up at High Wycombe Little Athletics Club (and there are still a few records there with my name on them). I competed on a Saturday at Gerry Archer, back when we had a black synthetic track that could get so hot that it would literally melt the bottoms of your shoes on some hot days. I discovered I was pretty good at most things (except long distance, that's just crazy stuff) but my absolute favourites were the throws, discus and javelin. This passion for the throwing events lasted all through my time as an athlete. Eventually enabling me to compete at a junior international competition level.

Back when I did it we finished up Little Athletics when we were U15. After then it was Senior Athletics on a Saturday afternoon at Perry Lakes Stadium. I never did Senior Athletics. It wasn't until I had my own children that I was able to return to the sport I loved so much. I have a passion for this sport, like many, it gets inside you. Returning to the sport and to Gerry Archer with my own kids was like coming home. It just fits with me. I loved the coaching, I love the competition days. I loved seeing all the smiling kids. I lasted a single season as a parent before I was on the BLAC committee. A few more years and I ended up the President of the centre and I haven't looked back. Being part of the committee is a highly rewarding job. Getting to be part of the process that makes our centre so great. It is a lot of work, not only on the Saturdays, as a lot of time is spent behind the scenes, which many of you don't see. But getting to see the kids smiling and having fun, telling me excitedly about a new PB or achievement makes all the time and hard work so worth it.

I would like to thank all the families for their support over the years and the BLAC Executive and Non- Executive Committees of the present and the past. To the many people that put in the hard yards back in 1970 and all the following years, Thank you, without your dedication and groundwork, the Centre would not be what it is today.

Athletics attracts a certain type of person to it, for most of us, we start by bringing our children along, do our rosters, complain about the gaps in the programs and bemoan the hot days. But, the volunteer nature of our sport requires a huge effort from all those involved. Any parents that last more than one seasons are the type of people I like the most. Their commitment to their children's enjoyment of the sport is impressive and I thank them for their efforts.

Since I have been involved on the committee I have spearheaded many new ideas for the Centre. Thanks to the City of Belmont, we have access to such a great facility and I feel we need to use the venue as much as we can for many different events. In recent times, these events have included The Great BLAC Camp Out, Development squad style training at Gerry Archer on Wednesday afternoons, BLAC Relay Night and January Holiday Wednesday Competitions under lights, all off which I would like to see continue for years to come. For whatever reason, (you can never predict these things) we have had a substantial increase in registrations this year with 435 compared to 354 in the 2018/19 season. We are only 1 of a few centres that have had an increase this season. I feel this reflects well on our centre as a whole, the way it is run and all the people involved in it.

Memories are important, this is what this book is about. Most of my best memories as a child involve Athletics and Belmont Little Athletics in particular. Now as an adult I treasure my time at the centre getting to watch the athletes grow and achieve, creating their own memories. Many of my best times now are at the centre as well. I have been lucky enough to make some lifelong friends whilst volunteering and interact with some truly exceptional people. It's wonderful to see so many of my childhood athletics friends, bring their own children back to the centre that gave them so many great memories. Creating new memories for their own children. I hope you enjoy reading through the special 50<sup>th</sup> Anniversary Book. I would like to take this opportunity to thank everyone who contributed information and photos for its creation.

Here's to another 50 years!! – Nathan Cunningham

# Where we began.....

Little Athletics in Western Australia developed, like many community organisations, because of the efforts of one person.

In 1967, Robin Johnson saw Little Athletics in action in Victoria where he met Trevor Billingham, the founder of the Victorian Little Athletics Association. Robin was impressed by what he saw and decided on his return to Perth to commence the organisation in the West.

He enlisted the aid of a dozen helpers, athletes and officials and in February 1968 the first Little Athletics meeting was held at Perry Lakes Stadium.

Belmont's Little Athletics was launched at Forster Park in 1971. An athletic park was established between 1972 and 1973 on Abernethy Road. It was later named the 'Gerry Archer Athletic Park' in honour of Gerry Archer, who served on the Shire Council from 1974 to 1979. This facility became the home of the Belmont Amateur Athletic Club and Belmont Little Athletics Association.

Mr Archer was president of the Belmont Little Athletic Centre for three years and held various other offices in the junior and senior athletics clubs at this centre in their formative years. He first served as a Belmont Councillor in May 1974 and held the post with distinction until his death in September 1979, at the age of just forty five.



Forster Park, later named Gerry Archer Athletics Park after Mr Gerry Archer.  
Now, Gerry Archer Athletics Track. *Picture: Courtesy – City of Belmont Website*

# 50 years of Committee's

SEASON	PRESIDENT	EXEC OFFICER	TREASURER	REGISTRAR
2019/20	N. Cunningham	J. Walters	J. Richardson	N. Nanut
2018/19	N. Cunningham	J. Walters	J. Richardson	N. Nanut
2017/18	N. Cunningham	B. Iffe	J. Richardson	N. Nanut
2016/17	N. Cunningham	L. Wallace-Gibb	J. Richardson	N. Nanut
2015/16	N. Cunningham	L. Wallace-Gibb	M. Munro	N. Nanut
2014/15	N. Cunningham	L. Wallace-Gibb	M. Munro	E. Allison
2013/14	G. Bartlett	T. Blair	A. Munro	M. Munro
2012/13	G. Bartlett	-	J. Rowe	M. Munro
2011/12	J. Farr	C. Navlies-Pereira	J. Rowe	J. Burgess
2010/11	J. Farr	-	J. Rowe	J. Burgess
2009/10	-	D. Iffla	J. Rowe	C. Geneste
2008/09	-	-	D. Iffla	A. Evles
2007/08	-	-	D. Iffla	S. Rowe
2006/07	J. Farr	-	D. Iffla	K. Kentish
2005/06	J. Farr	T. Lee Kang	D. Iffla	K. Kentish
2004/05	-	C. Davis	D. Iffla	K. Kentish
2003/04	D. Fare	-	S. Wraight	-
2002/03	S. McMorland	G. Boyle	S. Wraight	R. Spargo
2001/02	M. Llewellyn	G. Boyle	J. Mustica	C. Stewart
2000/01	M. Llewellyn	G. Boyle	-	-
1999/00	G. McKay	T. Gunn	D. Luckens	-
1998/99	I. Stewart	T. Gunn	D. Luckens	M. Hayward
1997/98	R. Bowen	H. Greer/T. Gunn	D. Luckens	M. Hayward
1996/97	R. Bowen	H. Greer/T. Gunn	K. Roberts	-
1995/96	B. Frost	H. Greer/T. Gunn	K. Roberts	I. Powell
1994/95	B. Frost	K. Roberts	K. Roberts	-
1993/94	J. Marsh	K. Roberts	K. Roberts	J. Godfrey
1992/93	N. Roberts	K. Roberts	K. Roberts	J. Godfrey
1991/92	A. Adams	G. Castle	K. Roberts	G. Castle
1990/91	F. French	J. Adams	B. Smith	J. Hov
1989/90	F. French	J. Adams	B. Smith	J. Hov
1988/89	R. Hutchinson	J. Adams	R. Milburn	W. Murray
1987/88	F. French	B. Wickham	R. Milburn	W. Murray
1986/87	J. Hardman	F. French	Gl. Murray	W. Murray
1985/86	J. Hardman	F. French	J. James	W. Murray
1984/85	J. Hardman	F. French	J. James	W. Murray
1983/84	T. Netherway	F. French	L. Hardingham	W. Murray
1982/83	N. McKenzie	T. Young	L. Hardingham	W. Murray
1981/82	N. McKenzie	T. Young	G. Murray	W. Murray
1980/81	N. McKenzie	M. Harman	G. Murray	W. Murray
1979/80	N. McKenzie	M. Harman	-	W. Murray
1978/79	N. McKenzie	M. Harman	M. Elliott	W. Murray
1977/78	N. McKenzie	-	-	W. Murray
1976/77	N. McKenzie	D. Balcombe	M. Carter	W. Murray
1975/76	N. McKenzie	D. Balcombe	M. Carter	W. Murray
1974/75	G. Archer	D. Balcombe	E. Bryan	W. Murray
1973/74	G. Archer	S. Hay	D. Parker	T. Millar
1972/73	T. Wilson	S. Hay	D. Parker	J. Sweeney
1971/72	R. Hardman	S. Hay	M. Stewart	J. Hardman
1970/71	R. Hardman	M. Tomlinson	-	-

*Thank you to all who made up the balance of each season's committee including, but not limited to: Arena Managers, Championships Officers, Records & Rankings, Officer of Officials, Admin of Clubs, Equipment Officers, Publicity Officers, Winter Officers and Coaching Coordinators.*

*We couldn't have done it without you!!*

# Clubs...here and now..... been and gone.....

Belmay: 1970/71- 2007/08

Belmont Park: 1970/71- 1974/75

Canning Districts: 1970/71- 1976/77 .....then became Forrestfield

Carlisle: 1970/71- 1972/73, 1975/76- 1995/96 .....then merged with Rivervale

Cloverdale: 1970/71- 1999/00

High Wycombe: 1970/71- now

Kewdale: 1970/71- now

Lathlain: 1970/71 only

Notre Dame: 1970/71- 1972/73, 1975/76-1989/90

Redcliffe: 1970/71 only

Rivervale: 1970/71-1995/96 .....then merged with Carlisle

Tranby: 1970/71- 1984/85

Whiteside: 1970/71- 1984/85

Forrestfield: 1977/78- now

Kalamunda/Lesmurdie: 1980/81- now

Carlisle/Rivervale: 1996/97- now

Victoria Park: 2012/13- now

Willandra: 2014/15- now.....transferred from Dale

Willandra changed its name to Kelmscott Athletics Club: 2019/20

## **Age Groups**

1970/71: Only athletes U8 to U13 could compete.

1982/83: Introduction of U14's

1985/86: Introduction of U15's

1986/87: Introduction of U7's

1997/98: Introduction of U16 & U17's

1999/00: Introduction of U6's who were called the 'Flying Bees'



# Life Members

1977 Joy Hardman	1996 Krys Roberts
1980 Roy Cannon	1996 Neil Roberts
1980 Margaret Harman	1997 Rob Bowen
1980 Noelene MacKenzie	1997 Jill McIntosh
1980 Verna Mason	1998 John Fouweather
1980 Wendy Murray	2001 Trish Gunn
1983 Merle Carter (dec.)	2004 Craig Middleton-White
1983 Mavis Lee	2007 Georgie Boyle
1984 Tony Salmon (dec.)	2007 David Jarvis
1985 Jean Crockett	2009 Toni Clarke
1985 Frances French	2010 Kevin Kentish
1987 Lesley Romeo	2013 Catherine Geneste
1992 John Milburn	2014 Cheryl Short (dec.)
1993 Bev Frost	2014 Glenn Bartlett
1993 John Marsh	2016 Michael Munro
1994 Ron Hardman (dec.)	2018 Janet Milne
1996 Anne Redmond	2018 Jim Farr
1996 Peter Redmond (dec.)	



# Patrons

2009 Mr. Fred Rae (dec.)

2010 Mr. Eric Ripper

2011 Mr. Eric Ripper

2012 Mr. Eric Ripper

2014 Mrs Glenys Godfrey

2015 Mrs Glenys Godfrey

2016 Mrs Glenys Godfrey

2017 Ms Cassie Rowe

2018 Ms Cassie Rowe

2019 Ms Cassie Rowe



# Registrations.....1970-2019

SEASON	MALE	FEMALE	TOTAL
2019/20	209	226	435
2018/19	164	190	354
2017/18	203	210	413
2016/17	181	220	401
2015/16	197	209	406
2014/15	146	187	333
2013/14	186	188	374
2012/13	255	179	434
2011/12	161	147	308
2010/11	155	166	321
2009/10	127	136	263
2008/09	136	119	255
2007/08	106	94	200
2006/07	156	114	270
2005/06	154	123	277
2004/05	163	134	297
2003/04	134	85	219
2002/03	138	99	237
2001/02	146	105	251
2000/01	135	105	240
1999/00	109	99	208
1998/99	113	83	196
1997/98	117	106	223
1996/97	131	137	268
1995/96	126	141	267
1994/95	132	150	282
1993/94	95	122	217
1992/93	102	118	220
1991/92	149	125	274
1990/91	138	104	242
1989/90	155	116	271
1988/89	183	113	296
1987/88	163	106	269
1986/87	216	152	368
1985/86	194	155	349
1984/85	285	187	472
1983/84	264	172	436
1982/83	236	189	425
1981/82	224	184	408
1980/81	357	262	619
1979/80	375	300	675
1978/79	349	276	625
1977/78	400	259	659
1976/77	472	315	787
1975/76	417	255	672
1974/75	417	274	691
1973/74	404	298	702
1972/73	521	362	883
1971/72	524	430	954
1970/71	594	353	947



# Memories from Past & Present.....





# Colleen Finnerty (nee Palmer)

I started competing at Belmont Little Athletic Centre in 1981 as a 10 year old. After Anne Redmond approached my mum and I at my school sports carnival, I was encouraged to come down to Carlisle LAC training to try it out. I really enjoyed it and joined up. My favourite events were the sprints at that stage. Peter Redmond was the coach of the club and took me and a few others under his wing for extra training as well.

I was very competitive from the start and loved running against the new friends I had made. In my first season I was selected in the 4x400m team for the State Relay Champs which was very exciting and a lot of fun. Running at the Perry Lakes stadium for the first time was awesome. As a bonus we were lucky enough to win a silver medal.

The next season I started to be more interested in the throwing events. Under the guidance of Mr Redmond I learned the techniques. 'Chin - Knee - Toe' was one of the tips he would say a lot to get in the right throwing position. It worked, as a U/12, I won a State championship Gold in Javelin and two bronze medals in the Discus and Shot Put.

In the 1983-84 season I changed clubs to the Kalamunda/Lesmurdie LAC. The coach there was Mike Roads. He was a fun coach with a lot of knowledge and a big voice. You could hear him yelling out support from anywhere on the ground. I stayed with the club through to the end the 1985-86 season. This was the inaugural year of the U/15's competing. There weren't too many of us left competing at Belmont at this time. We were all very supportive of each other and competed in each other's favourite events to make up the numbers. I remember very well having massive water fights between events at the centre championships which were held over 2 full days on a weekend.

This was my most successful year of little athletics. In the 1986 state championships, I won 3 gold medals in the Javelin, Discus and Shot Put (with 3 inaugural state records), a silver for long jump and a bronze for triple jump. The shot put record still stands today. I was also chosen for the 'Athlete of the Year Award' and selected in the very first international team to compete in Singapore. It was a huge step to travel overseas for the first time, but we had a ball. I was fortunate enough to win 3 golds in the throws and a silver in the long jump.

After little athletics I joined seniors with the Curtin Athletic Club with my new coach Matt Barber. I enjoyed competing for another 5 years, but unfortunately due to ongoing knee injuries was unable to compete and train anymore.

My children got involved with little athletics for a short time, which was when I met up with my old school friend Dennis Fare. He invited me to help out as coach for the Carlisle/Rivervale LAC in the 2011-12 season, back to where I started. I was able to pass on some things that I had learned and helped the kids achieve their own goals.



### 1981-83

**Left** - 1981 State Relay Champs – Silver Medal in the 4x400m (Team from L-R, Colleen Palmer, unknown, Raquel Walsh and Renata Zmak, Coach is Deanne MacKenzie)

**Middle Top** – 1983 Centre Champs with coach Mike Roads

**Middle Bottom** – 1982 Centre Champs with Coach Peter Redmond

**Right top & bottom** – 1983 Centre Champs March Past – Carlisle LAC



### 1984-86

**Left Top** – 1985 State Champs March Past @ Perry Lakes stadium

**Left Bottom** – 1986 Athlete of the year winner

**Right Top** – 1984 State Champs (Action shot) Javelin gold medal U/13s

**Right Bottom** – 1986 State Champs March Past – Kalamunda/Lesmurdie LAC – flag bearer Colleen Palmer

# David Jarvis

My family started little athletics in 1973 at Forster Park. I was under 11 and my sister Kate was under 8. In those days the age group only went from u/8 to u/13. We eventually moved to the new track at Gerry Archer Belmont across the road from Forster Park. My mum Muriel became a club manager for Canning Districts and my dad Tony did many years as a starter and arena manager.

Many years later when Kate and I had kids they started athletics from 1992. Leah and Ben joined and Kate's sons Daniel and Philip, they competed for the Forrestfield club.

Kate did walk judging and I did a couple of years as a winter officer. David became arena manager for over 4 years. Now we have grandkids. Maddison has joined and this year being the 50th anniversary little Jaxson can compete.



**Back row** (left to right): Leah van der Togt (née Jarvis), David Jarvis, Brigitte Jarvis (née Salmon), Benjamin Jarvis, Daniel Steer

**Front Row** (left to right): Tony Salmon, Jaxson van der Togt, Muriel Salmon, Maddison van der Togt, Kate Becklake (née Salmon)





1974 some of the Canning Districts Athletes



Masters Choc Team 1996



Leah Jarvis - Sportsperson of the Year 1998



# Vanessa French

I now live in the U.K. in the county of Kent. I am married to James Hannam and have 2 children: Alexandra aged 14 and Christopher aged 11.

I retired from Athletics after the Commonwealth Games in 1990 while at university and graduated from UWA in 1992 with a law degree. I spent the following 10 years working as a lawyer in and around Perth. After back packing through Europe in 2002 I settled in the U.K. and met James. After working for Kent County Council as a lawyer for nearly 9 years, I left the profession and became a foster carer. I started throwing again in 2018 competing in Senior and Master events for the Medway and Maidstone Athletics Club in the discus, shot put and javelin. I have also obtained my Throws Coach qualification from U.K. Athletics as I coach junior athletes in the throwing evenings at my club.

In 2018, in the Women's 45-49 age group, I was nationally ranked 2nd in the discus and 5th in both the shot put and javelin. At the National Masters Championships I won gold in the javelin and silver in both the shot put and discus. I am thrilled to be throwing again and am grateful to Little Athletics for the part it played in discovering and realising my love for athletics.



# Karrina Pittaway

My two boys Pierce and Kieran Pittaway spent 5 years at BLAC and we absolutely loved being part of the community there. We moved to Eastern Hills to be closer to home. Both boys have now finished LA's as they reached and finished U17's. I spend most of my time at BLAC on long track under the McDonalds tent and enjoyed the volunteering aspect.



# Timothy McMillan



Ex-KLLAC athlete Timothy McMillan is a familiar face (and voice) to many of us. He was born and bred in Perth and was a part of the Club for five seasons from 1983 until 1988. After completing a Bachelor of Science at UWA and a degree in Broadcasting at WAAPA he started working with ABC 720 in Perth. He spent many years in Melbourne and Sydney working as a news reporter and anchor for the Channel Nine news. He then returned to Perth and launched Perth's first live and local morning news bulletins for Channel Nine. Tim then returned to ABC radio as a presenter on 6PR, and currently hosts the "Inspiring Stories" program. He also works as a Media Training Consultant and MC.

# Janet Milne

Our Little Athletics journey started when my young son came home from school one day asking to do athletics. Not really knowing anything about the sport and thinking it was just a phase, I discounted the idea. When he asked again the next year, I realised he was actually serious about this athletics thing, so thought we should look into it. Best Decision Ever. He enjoyed 10 years at Belmont, going all the way to U17's. My daughter joined in the fun a year later starting as a Flying Bee (U6) and has also just completed U17's. So 13 years later, our athletics has finally come to an end.

We have met so many wonderful people along the way and made some great friendships. I couldn't let the kids have all the fun, so I joined the Belmont committee. I was treasurer for 4 years and ran the canteen for a year too, before taking a break for a few years. I then came back as the Records and Rankings officer for a couple of years. To all the committee members I have worked with over the years – both club and centre, it is such a privilege to work with people who have so much passion about their child's sport and I thank you all. These people spend considerable hours of their spare time keeping the place running smoothly, for the benefit of everyone else's children, quite often missing their own compete in the meantime.

During my first stint on the committee we oversaw some big changes to the grounds. With the changes to Leach Highway with the Gateway Project, the oval had to be moved and as such, so did every other site. A couple of very dedicated committee members followed the Gateway project closely, and working with the Belmont Council, worked very hard to get the fantastic grounds we have today. While the Gateway Project team were prepared to make sure we had at least the same facility available as before the realignment of the oval, these fantastic committee members ensured that we got much more, redesigning the whole space, to ensure that we had the best of facilities possible. I can only imagine the amount of hours they spent negotiating and re-negotiating every single tiny detail, creating a whole new arena. While we couldn't get everything on the wish list, the outcome that was achieved was amazing.

Belmont Little Athletics Centre has been an amazing place to be associated with for the last decade, as it was before we turned up, and I'm sure will continue to be for many years to come.

Happy 50<sup>th</sup> Birthday BLAC





# Joanne Richardson

We first became involved with little athletics when I noticed a flyer at our local shopping centre. As you say the rest is history with myself being involved now for 15 years.

My son Liam began little athletics as an Under 7 and continued until U17's with only 3 seasons competing at Belmont LAC from 2013/14 to 2015/16 seasons.

My daughter Matilda started her athletics journey at Belmont in 2015/16 as an Under 6 and is currently in Under 10's.

Liam attended many Zones and State championships but was never lucky enough to come away with a medal however received many medals by competing in Centre Championships.

He still has his medal collection displayed on the wall. He was a Doug Hancy Award nominee in 2013/14 season. Matilda tries always to be her best and was extremely surprised and excited to come away with a Bronze medal for Vortex in the 2016/17 season at Centre Championships. This was her first medal since becoming involved.

My time at Belmont has consisted of several roles including Treasurer, Website Administrator and Canteen Manager all of which I thoroughly enjoyed. All roles I could not have done without the support of the executive committees from season to season.

I have received several Centre Administrator awards over the years and was the first person to receive the newly added Centre Person Trophy in the 2014/15 season. I have received my 3 year, 6 year and 10 year service award certificates from LAWA and it was an honour to be nominated and receive the Award of Merit in the 2016/17 season.

In 2016 I commenced re doing the centre's constitution with the assistance of the 2016/17 & 2017/18 Executive committee and the 2016/17 Sub Committee, which was completed in September 2017.

I am especially proud of the work I have done in the canteen since commencing as canteen manager in the 2014/15 season. The menu has changed slightly each season and in turn the profit has increased.

I look forward to another few years volunteering my time at the centre.





# Jade Lewis (nee McSherry)

## **Kewdale Club**

**1985-1992**

### **Achievements**

Doug Hancy Award Winner

State Medallist from Under 10's – 15's

Current Record Holder of 800m and 1500m

Belmont Little Athlete of the Year

Centre Captain

Club Captain



### **Highlights**

Growing up I always had a dream of going to the Olympics. My primary school teacher encouraged my parents to enrol me into Little Athletics. I joined in 1985 as an Under 8 in Cross Country. I then went onto Under 9's in the Summer Season.

Whilst I was always competitive from a young age, the thing I enjoyed most about little athletics was the friends I made, the frozen choc milk in the cartons, twilight events and the relay teams.

My parents took on Kewdale Little Athletics Club as Coach and Club Manager soon after I joined and were very involved at all levels. I loved my dad coaching me, and I still believe today that the love and respect I have for my dad was really established during our time together at the track. My parents also made many friends at the Club and some of them they are still very good friends with today. I remember the black track we used to run, it was a fast track but it was so hard on our legs.

I remember when our relay team went to the State Little Athletics Relay when I was Under 10's and won our first State Medal for the 4x200m. Not only was the team excited, but I will never forget the happiness I saw on the coaches face; he was so proud. He went on to be our relay coach all the way through to Under 15's.

I won my first individual State medal when I was Under 12's in the 800m. Back then, we had to do heats and finals. I ran a very strong heat which gave me the confidence for a strong final. My other training partners had each won a medal, and I was determined to as well. I was coming fourth for most of the race, but my dad's cheering at the 200m mark to "go now" made me sprint, catch up to the third place runner and we ran across the line together. When I heard, Belmont, Dale – I knew I had got the bronze. I will never forget that moment.

I became more serious about training and competing as I really wanted to go to Singapore in the Under 14 team. The year that I was eligible to try out for this team, was the year that I was run over by a motorbike 4 weeks into the Summer Season.

I was in hospital for several weeks and was told that I probably wouldn't compete that season. Understandably, I was devastated. Silently determined, I made my mind up that I would get better, get stronger and make it into the team.

Surprisingly, when the State Relays came around in December, I had made progress in my recovery. Against everyone's wishes not to run (for my safety), I did. I ran the second leg in the 4x400m and we got a silver medal. My confidence was back and I spent most of the Christmas holidays training to make up for lost time.

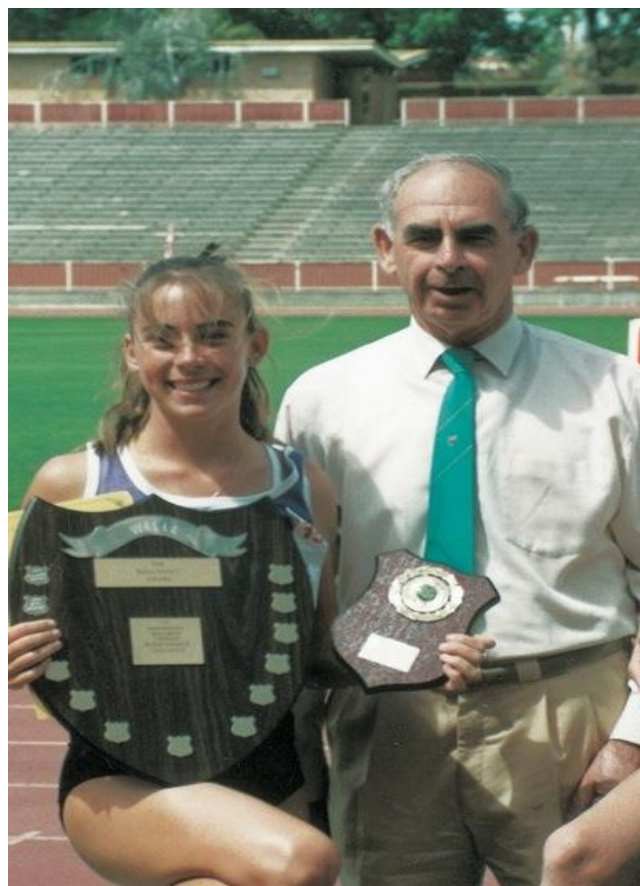
After the Christmas break I came back and broke the 800m records at both Centre and Championships and went to the State Little Athletics Championship and won a medal in the 800m and went to compete in Singapore later that year. I also won the Doug Hancy Award and Belmont Little Athlete of the Year. I believe that overcoming this adversity, prepared me for overcoming other adversity later in life.

In Under 15's I broke the 800m and 1500m records. My records still stand today 27 years later.

My greatest highlight would be now; my three children competing at Belmont Little Athletics in the Kewdale Club with me as the coach. Now, this is full circle.

My Under 15 daughter will be competing in the same team in Malaysia as I did all those years ago. And my son holds records at the Belmont Centre today, his name in the same record pages as mine.

All my children enjoy Little Athletics and learning the same life skills and principals as I did, which I know is going to set them up for a successful life. Whilst I am cheering on my children in the sport, I often reminisce of the good old days of Belmont Little Athletics when I was an athlete. I hope that this tradition continues and my children's, children will also compete down there.





# Anne Barham (nee Reddish)



*Picture: Courtesy Anne Barham*

Training is fun to the Reddish twins and coach Don McKenna, who says he can tell them apart after five years coaching them, shares a joke with Ann (No. 15) and Margaret (No. 38).

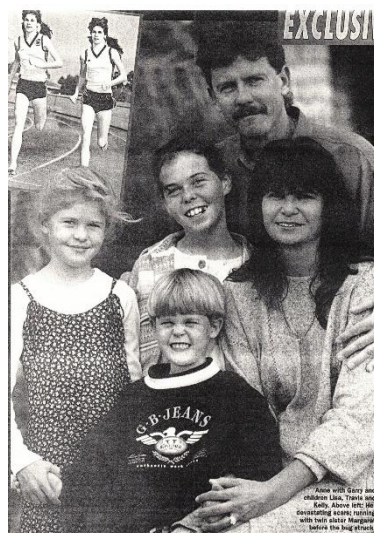
"We get no lift from shoes. We like to feel the ground, and our feet are tough." Apart from a rigorous training programme in the sand dunes near Perth airport (ever tried fast high knee lifts up a sand hill?) they run for fun. After a recent athletics meeting at Perry Lakes they ran home to Cloverdale . . . barefoot of course. Margaret has a job with the local milkman. Not that she loves milk so much—but the five hours a day, six days a week delivering milk keeps her running . . . barefoot naturally. But with honours even in the grab for the lime-light (Margaret holds cross country titles while Anne dominates the track), there must be a hint of jealousy in their close relationship. Perhaps nervous tension in the household on the day-of a big race? A period of "no speaking" afterwards? Anne and Margaret grinned at the very idea. "We don't talk about it. We are out to beat each other during a race, but that's the end of it. "Some Saturdays we don't even know which race the other has chosen to compete in. "And we are always pleased if one runs a good time," they said. The twin ship is touching when you ask about their performances. Margaret can give an instant appraisal of Anne's times and her national ranking. Ask about Margaret and Anne will jump in—a mine of information about her twin's capabilities. Margaret won the Australian schoolgirls' cross country championship over 2000m in Sydney in August while about the same time Anne finished second in the national Sydney-to-Surf Fun Run, having won the WA title. Anne won the WA in-augural 10,000m road race and the State Roads Championship over 3000m. Anne also holds all state walk titles from three to 10 kilometres, "and was the first girl in WA to break seven minutes for the 3000m," Margaret chimed in.



But this track season it is their wins in the 1500m over experienced senior athletes that have fired the imagination of selectors. Anne has run 4min 27 sec and Margaret 4.27.6. The best in Australia this season is 4.26. Coach Don McKenna has mapped out a rigorous training schedule based on the girls' own wishes. They revel in bush and sand hill training two or three times a week often running in the sand blind folded to get higher knee action. Three nights a week their track work includes interval training over distances between 100m and 800m with the intervals broken by Don McKenna's whistle. For instance included in one night's work they would run 700m at 16 seconds for each 100m—the last one at full speed. This type of training is aimed to bring their 800m times from 2.9 (Anne) and 2.10 (Margaret) down to about 2.8. The Australian record is 2.7.6. "At the moment they enjoy the work. And I want to keep it that way," McKenna said. "They are only 16 with two more years as juniors. The record is only a matter of time. "They sometimes run 10 events between them of a Saturday if they feel like it.



**Right:** Anne Reddish (15)—right—and her twin sister, Margaret, with Ross Wickham (14) and the prizes they won at the Belmont Athletic Club. Ann won the champion girl title, Margaret came third and Ross was the junior champion.



Anne with Garry and children Lisa, Travis and Kelly.



# Michelle Dufall (nee Brnich)



**Left Top** – Whiteside Club after March **Right Top** – Michelle Brnich Champion Trophy Winter walk  
**Left Middle** – Tanya Brnich Champion Trophy Winter walk **Right Middle** – Tanya Brnich finishing race  
**Left Bottom** – Michelle Brnich walks **Right Bottom** – Michelle with Andrea Robinson and Odette Smith in the new Whiteside colours of green and black





**Left Top** – Gold Michelle Brnich, Silver and Bronze medals awarded to Tranby athletes

**Right Top** – 1st Lara Matlejan, 2nd Vanessa French and 3rd Michelle Brnich

**Left Middle** – Belmont Track - Zones **Right Middle** – Michelle Brnich, Perry Lakes – Silver medal

**Left Bottom** – Jonny Clait, David Ogg, Jon Brnich medal presentations

**Right Bottom** – West Australian newspaper pic of Michelle competing for Belmont in the winter road walking championships



# Tim Blake

I began little athletics with the Forrestfield club as an U13 in 1982. My brothers Shane and Kristian were already competing but I didn't start till high school. In U14 I set my first centre record in the 100m Hurdles. It was in U15 that I started to come through as an athlete. It started with the state relays. In the 4 x 400m relay I was last runner and when I took the baton we were in fourth place 75m behind the front three. I went hard and by the time I reached the finish line I had caught the three front teams and we crossed the line together unfortunately still in fourth. It took track officials another 10mins to realise I was unconscious on the grass. In the 85/86 season I set centre records in the 100m, 200m, 400m, 800m, 110m hurdles, javelin, discus, triple jump and high jump and one Open record at the Rockingham Club in the 1500m. My U15 800m record still stands to this day. I was also in the first ever U15 multi event competition at the Australian Championships held in Adelaide in 1986. The events were 100m, long jump, discus and 800m. I won the 800m after winning medals at States that year in 110m hurdles and 800m I got to go to the inaugural International Team trip to Singapore where I won the bronze medal in 110m hurdles. Also on that trip was Colleen Palmer better known now as Colleen Finnerty who I bumped into again here at the Belmont Centre with our kids competing. With the lack of encouragement and support in senior athletics at the time very few athletes went on to compete at a senior level. I myself pursued full contact bare fist fighting, or MMA as it is now known. Over the last 20 years I have returned to athletics both competing and coaching as well as taking roles at club and centre level in Little Athletics. When I returned as a coach I got the bug and decided I wanted to compete again. I got back into training in 2005 and by 2007 was planning a competition schedule which included National and then an attempt at Masters World Champs in 2008. Unfortunately I had an accident which left the surgeon telling me I would be cripple and unable to walk. Twelve months later I walked back into Mr Lim's office and he asked how was I walking, I told him I walked 5km every day so he told me to go away until I couldn't walk. Six months later I won the bronze medal at the Australian Championships in Javelin and a number of years later I came 9th and 10th in javelin and discus at the Masters World Championships in Perth. I have held coaching positions at Wanneroo Little A's, and Forrestfield as well as Centre roles at Belmont and Southern Districts in coaching. In 2014 I coached the State development squad for hurdles, the state team for hurdles and the International team for sprints, hurdles and u15 boys relay teams. In 2015 however I was voted onto the State Board of Management for Little Athletics as the new Coaching and Accreditation Officer. In my time on the board my initiative - the Transition Clinics, a coaching program to upskill parent helpers at club level to ensure coaching skill development and to ensure a constant level of coaching capability at clubs, came to fruition and is the highest attended and most successful coaching program in WA. 110 parents attended the first clinic. With athletics coaching being a career for me I have coached at numerous educational institutions too - Wanneroo Primary, St Anthony's, St Stephens, Mercy College, Guildford Grammar, Hillside Christian College, Corpus Christie, John 23rd, Christchurch Grammar, Iona Presentation College, Mercedes College and of course Darling Range Sports College. Darling Range Sports College was formerly known as Forrestfield High School and in 1986 I won the overall school athletics champ as a year 11, so coming back a few years later, to coach and then start a very successful athletics program was great.

In the first few years we went from D to A division and then we won a total of six state All Schools Knockout comp titles in three years and we came fourth at the Australian Championships. I am still coaching and run sessions at HBF Stadium every week for developing through to international athletes. I am currently coaching two Botswanan athletes and may soon be travelling to Botswana to meet with the country's top coaches and officials to discuss me being a Botswanan Team coach. I am also in talks with a producer re a new television show based on a few of us coaches and our athletes as we prepare them for international competition and the road to the Olympics.

## Paul Stervaggi

It all started when I was 8 years old and my parents enrolled me in Kalamunda Lesmurdie little athletics club. I loved it from the very beginning. I started to develop confidence in events and smash my times week in week out to the point where I was winning some events. When I was younger my preferred events were the 100m, long jump, high jump, javelin and 60m hurdles but as I matured and spent more time at little athletics, I realised that I preferred the longer events, being 400m, 800m and 1500m. One of many great memories that I have is when I broke the 800m record for U14s that stood for 20 years. Little Athletics has made a huge impact on my life in a positive form, making new friends, learning new skills and the happiness that it brought to me every weekend was indescribable. I will always think as little athletics as a treasured memory.





# Douglas Castle



1989 Boys U8 State Relays

(L-R) Andrew Hall, Ben Castle, Mathew Vlahov, Mathew McDowell

Coach Michael Vlahov



1992 Boys U11 State Relays

Ross Hall, Unknown, Ben Castle, Andrew Hall, unknown, Ryan O'Malley







Boys 1991 U10 State Relays

Andrew Hall, Unknown, Ben Castle, Mathew Vlahov

Jessica Castle at rear



1996 Boys U15 State Relay

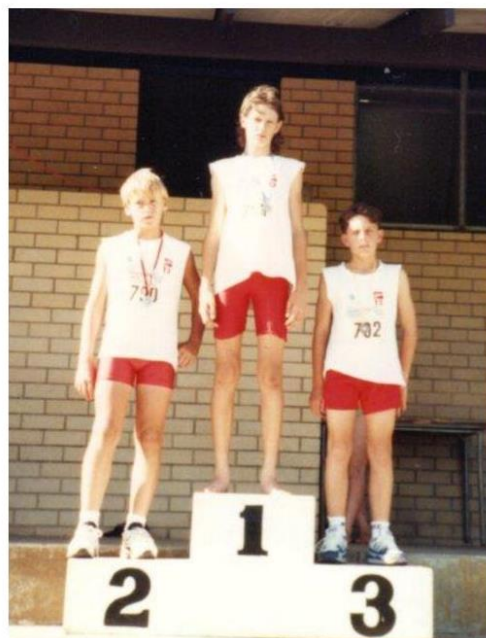
Andrew Hall, Ben Castle, Mathew McDowell, Trent Hunter, Unknown

Ben and Andrew represented Belmont in the State Relays from under 8 through to under 15 and the U15 team to represent Curtin SAC.



1993 Centre Champs U7 girls

(L – R) Unknown, Leah Castle, Unknown



Centre Champs 1994 Under 13

(L – R) Andrew Hall, Ben Castle, Ryan O'Malley

1994 State Relays Girls Under 8



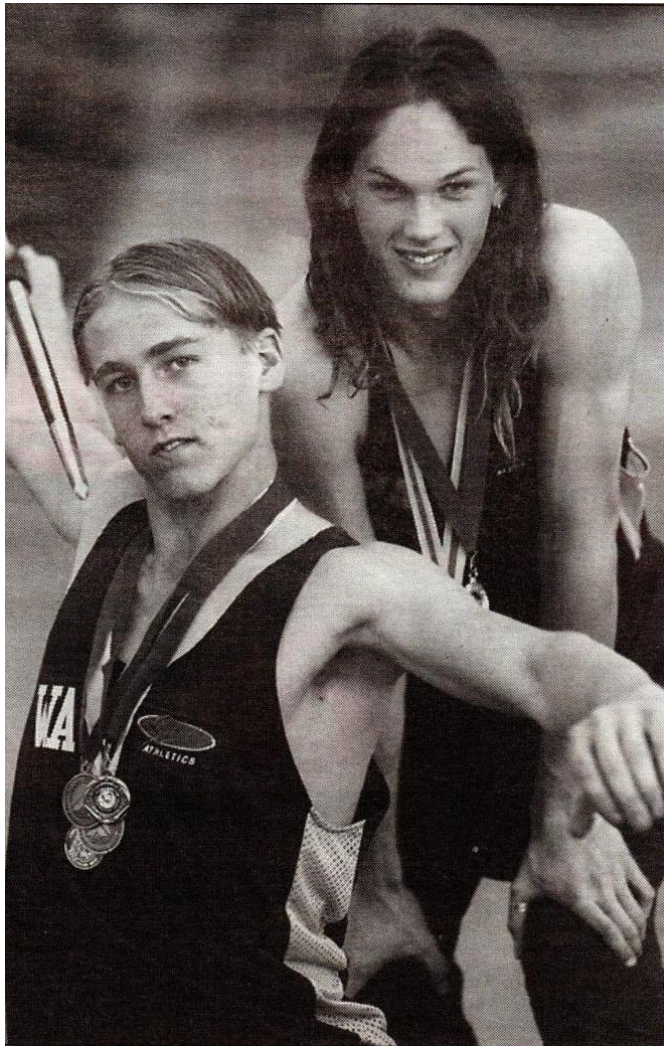
Leah Castle (on right) others unknown



Leah Castle (2<sup>nd</sup> from left) others unknown



# Young Athletes on Golden Glory Trail



Andrew Hall (left) and Ben Castle

*Picture: Courtesy –*

*Kalamunda Reporter Community News April 1999*

FORRESTFIELD'S Andrew Hall and Ben Castle have come a long way since they both joined the local little athletics club at the age of seven. Now 16 and 17 years old respectively, Andrew and Ben are national gold medallists. They won gold at the Underage National Championships at Perry Lakes, from March 26 to 28. Andrew won the javelin with a throw of 66.24 metres (700 gram size), successfully defending his title, which he claimed last year in Adelaide. His throw qualified him for the 1999 World Youth Track and Field competition in Poland, from July 16 to 18. He is waiting to hear from Athletics Australia for his selection. Ben won gold in the triple jump with 14.71 metres. It did not get him into the world youth competition so he will have a rest from competition until next athletics season. In the meantime, he will continue to train six days a week, including an Olympic weightlifting schedule at Midland PCYC. March was a busy month for Andrew. He also competed in the New South Wales State Championships, where he won gold and at the Under 20 and Open National Championships in Melbourne, taking home silver. Both Andrew and Ben aim to represent Australia in the 2000 World Juniors in Chile.

# Stefan Humphreys

I started Little Athletics as a 6 year old in 1985 and finished as a 15 year old in 1994. I Competed for 9 Seasons for Kalamunda/Lesmurdie LAC & Belmont LAC – U/8's (twice as there was no U/7's yet) through to U/15's which was the final year back then. I captained the Centre over the 1992/'93 season and also captained my Club in the 1993/'94 season, through which I also helped coach my Club. KLLAC trained at St. Brigid's High School Oval throughout my years in the sport. In my first year competing (1985), competitions were run on the adjacent grassed ovals to the Gerry Archer Athletic Track, as the old rubber track was being resurfaced.

My first memory/first race was a win in a 200m race. It has always stuck with me how another kid in the race sized everyone up and advised us all what placings we would come prior to the start (he was wrong and he came last!).

Back in the 80's and 90's we had a black rubber track at Gerry Archer Athletic Track and it is sad to see it is gone. The track would get very hot in the summer sun and you couldn't run with bare feet unless you wanted to burn your soles off. However, we were always very proud to have the rubber track, as the only other Centre with rubber were Coker Park & Perry Lakes.

## Lowlights –

- U/8's - Running a 200m race with a jumper tied around my waist, because I didn't want to leave it behind at the start. The jumper fell off coming down the straight whilst I was leading the race, so I ran back to pick it up and lost. I remember everyone screaming at me when I turned around to run back to the jumper... quite embarrassing!
- U/9's - I missed my 200m final race in the state championships, because we missed the event call. It was very upsetting at the time. I remember being in the stands at Perry Lakes, waiting for the race call, when I saw the runners in my race come around the bend.

## Highlights –

- Leading the teams march for BLAC (opening ceremony style) at the State championships as the male Centre Captain.
- The State Relay Championships were always great fun, given the team aspect in what is normally an individual sport.
- Competing in Canberra with the State Athletics Team, at the Australian Institute of Sport athletics track, in the Australian All-Schools Championships in December 1993.
- Helping coach my club as a Captain in my final year in Little Athletics gave me great satisfaction.
- The Centre Championships were always a lot of fun, given the rewards of medals on offer. There were always a lot more spectators and it gave a great atmosphere and feel at the Centre, as well as a lot of club camaraderie.
- Dad buying a Count-Chocula ice-cream each year at the State Championships at Perry Lakes at the end of our events, as a treat. They always had the same ice-creams every year.
- Training with Mr. Redmond in later years at Gerry Archer Athletic Track. He was a legend at the Centre.





1992/'93 Centre Captains – Stefan Humphreys & Nerine McIntosh



1992/'93 Centre March Past winners – Kalamunda/Lesmurdie LAC



Centre Champion Clubs Presentation – Stefan Humphreys (Year unknown)

# Catherine Morton (nee Laws)

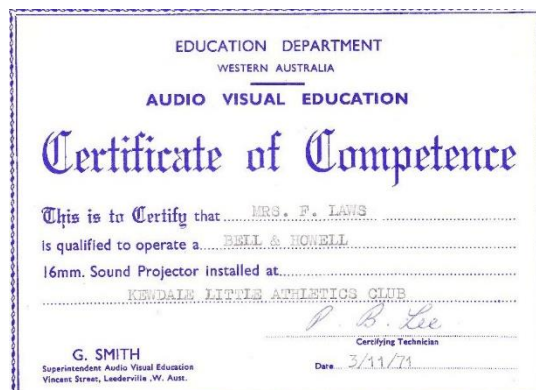
I have attached some photos that are from the Laws family (Helen, Malcolm, Catherine and Ruth). My family was involved in the Belmont Little Athletics from the beginning as we lived in Wendron Street, which is very close to Forster Park in Cloverdale. My siblings and I all attended Kewdale Primary School and belonged to the Kewdale Little Athletics Club. My mother Frances Laws was involved with the Kewdale Little Athletics Club organisation and I have attached a certificate that she obtained which made her qualified to operate a sound projector.

I think I participated from 1971 to 1976

(when I finished primary school). The first photo shows me standing in the front yard of our family home with a medal around my neck. The second picture is from a slide and shows me standing in 2<sup>nd</sup> place on the award blocks. I think the first placegetter was Cathy Tunstall (if I have remembered her name correctly) from Whiteside Primary. This would have been for the Walk event and was probably taken on the same day as the first photo. The third photo is of my older brother Malcolm Laws standing on the 2<sup>nd</sup> place block. This is from a slide, Malcolm would have been 9 years old.

I have a few memories of Little Athletics: We didn't own sport shoes and always competed in bare feet. I wasn't particularly good at any of the events, apart from the Walk. The great thing about Little Athletics was that it was very inclusive and supportive. It didn't matter whether you were fast or strong but you still participated in all of the events and races.

The races were graded by different heats, with the fastest runners in the first heats and so on down to the last heat for the slowest runners. I was always in the last heat but still happy to receive a 4<sup>th</sup> or 5<sup>th</sup> place card. At the end of the year, I still received a trophy for participation. I still have my two trophies.





# Helen Runciman (nee Laws)

This photo was taken in October 1971. It shows, from left to right: Ruth Laws, Malcolm Laws (U10), Catherine Laws (U8) and Helen Laws (U12). I remember our Mum, Frances, was on the Committee in the early years and a few meetings were held at our house. Little Athletics was a great opportunity for children to participate in all the track and field events. While I was in Little Athletics, it was held at Forster Park. At this time the site of the future Gerry Archer Athletics Track was surrounded by swamps and horse paddocks. By the time the Gerry Archer Park was built I was above the age limit.



Ruth Chodorowski nee Laws two children belonged to Kalamunda Lesmurdie Little Athletics Club and competed at Belmont. Joshua and Nicole Chodorowski. Nicole competed longer at Belmont than Joshua. Nicole finished competing about four years ago.

## Scott Cummings



Before becoming well-known for his AFL career, Scott Cummings was a part of KLLAC. One of their earliest athletes, starting as an under eight athlete in the clubs second year (1981/1982 season) and going through to the oldest age group at the time, under fifteens. Scott was a very committed Little Athlete, setting many Club Records and some Centre Records too. At some stage he held records in all three jumps, all three throws and hurdles too. The former Mazenod College student medalled at State Championships several times and was the Belmont Centre's Captain in the 1986/1987 season. Ending his Little Athletics career after an impressive 496 events, Scott focused his energy on football. He played for Swan Districts in the WAFL before being selected in the 1992 AFL draft. Interestingly, Essendon traded one of KLLAC's favourite parents, and present-day Coach Ed Considine for him (Sorry Ed!) Scott played forty games for Essendon from 1994-1996 and was their leading goal-kicker in 1994. He was also an AFL Rising Star Nominee in the same year. He then played 37 games for Port Adelaide in 1997 and 1998 and was again leading goal-kicker in 1997. Scott was also awarded the Graham Moss Medal in 1997. In 1999 he joined the West Coast Eagles and played 46 games over the next three seasons and was leading goal kicker for a third time in 1999. Since retiring from professional football, Scott has taken part in many EJ Whitten Legends matches and has worked extensively in the media. Since 2008 he has been based in the Melbourne office of engineering firm Robert Bird as a Business Development Manager. We hope he remembers us fondly! Special thanks also go to Scott's parents Rod and Robyn Cummings who spent many years running the Club and supporting our athletes. Rod also spent many years on the BLAC Committee as their Technical Officer.



# Melissa Hoskins



Melissa Hoskins competed for KLLAC in the 1997/1998 season. She has since represented Australia in the field of cycling, both track (team pursuit) and road racing. Melissa started track cycling at the age of fifteen, and by sixteen she was cycling competitively. She had scholarships with both the Australian Institute of Sport and the Western Australian Institute of Sport. In 2011 she won Bronze in the team pursuit at the Beijing World Cup and Gold, Silver and Bronze medals at the National Championships. 2012 brought more medals on both the National and World stage. Melissa won Silver in both the World Track Championships and the World Road Championships. She also won the Tour of Chongming Island. 2012 was also the London Olympic Games where her team finished in a very close fourth place. In 2013 Melissa again medalled at both the World Track and World Road Championships. The Glasgow Commonwealth Games were in 2014 and Melissa was the only cyclist selected for both disciplines. 2015 saw Melissa win Gold at the World Track Champs, and her team also broke the world record. She was the first female cyclist to win the WAIS Athlete of the Year. The 2016 Olympic Games in Rio brought disappointment to her Australian team after a major crash in training a few days before the Qualifying Rounds. Melissa was hospitalised but was back on the bike for the team to achieve fifth place overall. Melissa retired from professional cycling in 2017 after an amazing career which allowed her to compete and train all over the world.

# Harry Edwards



Harry was a part of KLLAC for five seasons from 2008/2009 to 2012/2013. He was a Perpetual Trophy winner for Belmont three times, for Jumps and Middle Distance. He is also a former member of the Kalamunda & Districts Junior Football Club who, in 2018, was recruited to the West Coast Eagles in the AFL Rookie Draft! Good luck for a successful professional football career Harry!

# Laura Stump



Laura is one of KLLAC's current athletes, going into the Under 15 age group in 2019/2020. She is an amazing runner who has had a lot of success on the track running for KLLAC and BLAC, as well as Western Australia, and (very soon) Australia too. Laura has been invited to attend the 2019 Coles Little Athletics Australia National Camp for 800m training at the Australian Institute of Sport. She is also a part of the 2019 International Team heading to Malaysia after successful Gold medal performances in the 400m and 800m at the State Championships. Laura competed at the 2019 Australian Athletics

Championships making it into the finals of both the 800m and 400m. Laura also competed in both finals in 2018 at the Australian Little Athletics Championships, winning an amazing National Silver medal in the 400m. One of Laura's highlights of the 2017/2018 season as an Under 13 athlete, was breaking the Centre Championships 800m record with a time of 2:26.55. The previous record of 2:29.20 had stood since 1975. In the 2018/2019 season, Laura broke the Under 14 1500m Centre Champs Record with a time of 5:03.66 breaking the previous record of 5:27.10 which was set in 1983. This lovely young lady is also a talented ballet dancer, swimmer, pianist and singer. We are so proud of you Laura, can't wait to see what you will achieve next!!



Photos – Courtesy Sylvia Van Groningens



# Craig Middleton-White

My story began in 1993 when we joined Belmont Little Athletics Centre because my daughter Eleisha was doing very well at school sports.

At the beginning my wife Genevieve and myself were just happy to sit and watch all the events from the sidelines. Before long I helped out on timekeeping. Back at the beginning it was so different with the eight timekeepers holding their individual stop watches to get all of the times. It has come such a long way since then to now, with the highly sophisticated timing gates.

It was such an honour to be Chief Timekeeper for so many years. It was a position I enjoyed immensely, often seeing athletes achieve magnificent feats, breaking records that sometimes had being held for decades.

One of my fondest memories was watching my daughter, Eleisha as a little eight year old receive a State Bronze Medal in her cross country winter event, seeing her keep fighting on, when she hardly had an ounce of energy left, was truly unbelievable.

It was also such an honour to be High Wycombe Coach for many years. It was so rewarding to often see athletes, who were weak at an event, through training and fierce perseverance often to go so far as receive medals, that at the beginning would have seemed impossible.

Another wonderful memory was when I coached my U10 girls in the 100 metres State Relay, My daughter, Eleisha, was part of the group that went from coming about second last at the trial run at Coker Park, to them all smashing their personal bests, to go on to receive the Gold Medal at Perry Lakes.

I also couldn't believe it when the U15 girls that I coached went on to receive a Gold Medal in the 200 metres and a Silver Medal in the 400 metres. I was so proud of what they achieved, that I took them all out to Sizzlers to celebrate.

It was such an honour for me to receive the Centre Coach of the Year Award for the 2010/2011 season.

I loved officiating for many years at Zones and States too. I particularly enjoyed being key official on the jump events. The distances that a lot of the athletes jumped just took my breath away. I would often think there goes a future Olympian.

Our oldest child, Daniel, also really enjoyed Belmont Little Athletics and particularly liked the long distance events. Unfortunately when he went to high school it clashed with his Special Art Programme.

Our youngest son, Christopher, was also better at the long distance events. Another not so fond memory, was the day a fellow athlete, forgot he wasn't a little doll (he was very small for his age) and threw him high into the air. This resulted in Christopher going off to hospital in an ambulance with a broken wrist.

A much happier memory that brought tears to our eyes was when Christopher was in U11's and was given the immense honour of being awarded the Belmont Sportsperson of the Year.

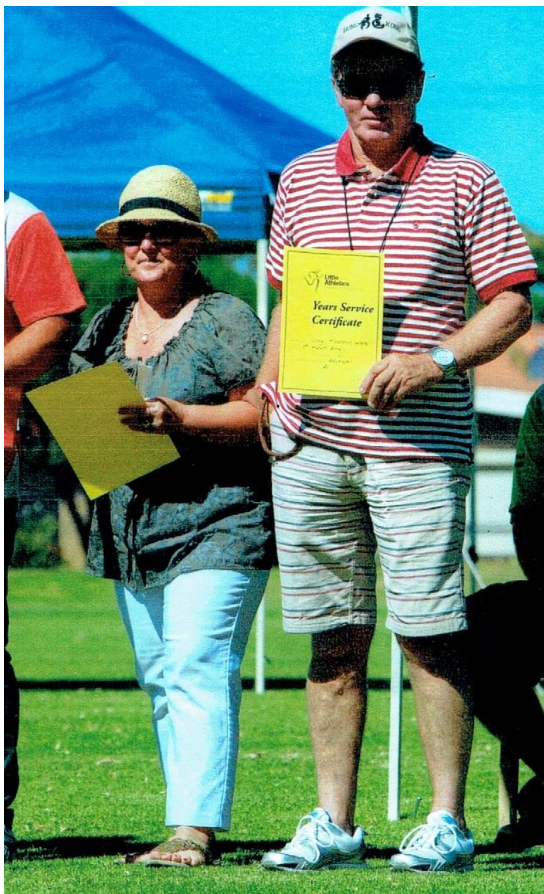
I was so proud of him. Christopher was an athlete that wasn't very strong at events but would try his little heart out at everything and give it 100% and more.

Another fond memory I cherish, was when I received my W.A.L.A. 20 Year Service Parent Award at the end of the 2014-2015 Season at a function at Challenge Stadium.

We were also over joyed when Eleisha despite being in a team of less athletes than the others, twice received a Bronze Medal in the State Field Relay. I used to love watching her throw the javelin. She had such a graceful style, with a very long run up and it would soar high up into the heavens and land such a long distance. We were stoked when she broke the existing girl's Javelin Centre Record when she was an U13. We were also overcome with emotion when Eleisha finally received the elusive Javelin State Medal in the U17's after so often narrowly missing out.

It was such a great honour to receive my Life Membership at the end of the 2003/04 season. As a life member, I now love coming to Belmont Little Athletics Centre's Opening and Closing Day Celebrations. It is just fabulous to see all the athletes in their March Pasts and learn of their many achievements. I love catching up with everyone and seeing some friends that go way back, not to mention the delicious refreshments we are served.

I have so many wonderful memories of my time at Belmont Little Athletics Centre and I am so happy to be just a small part of its 50 year history. These memories I will cherish forever.



20 Year Service Award Presentations



## GIRLS STRIKE GOLD!



Elisha receives Bronze for Javelin in 2003 as an U17

GOLD was in the eyes of five young hills girls over the festive season, and if the history books are right, this sort of gold was, even rarer than the stuff in the ground. Claire Dufty, Eleisha Middleton-White and Ebony Lane of High Wycombe, and Forrestfield's Amanda Fouweather and Chona Richardson, returned from the recent state relay championships at Perry Lakes with gold medals draped around their necks. It was the first time an Under 10 girls team from the Belmont Centre had ever stood on top of the dais, and they beat the 1994 record holders to boot.

The girls outgunned 24 other relay teams from around the state to take the 4x100m race, but it almost never happened, according to coach Craig Middleton-White. The team was disqualified after finishing second in the earlier 4x200m finals, and most onlookers expected them to be too disheartened to run their best in the 4x100m. That's until Mr Middleton-White stepped in, keeping them occupied in the lead-up to the big race and cheering them up with ice cream.

"Ice-creams won't harm the girls before a race—it's greasy food that should be avoided," he said. Mr Middleton-White admits he never thought he had a gold medal team on his hands, although the girls had trained for months before the championships, which represent the highlight of the Little Athletics calendar. "They were thrilled- it was a dream come true, although they really wanted a medal in both events," he said. "Now they want to get a silver and a bronze to complete the set, but I guess they'd settle for gold again."



The victorious Under 10's girls relay team: Ebony Lane (reserve), Claire Dufty and Eleisha Middleton-White from High Wycombe and Forrestfield's Amanda Fouweather and Chona Richardson with Coach - Craig Middleton-White.



# Sarah Greenway

Our amazing Club was first affiliated with the Belmont Little Athletics Centre in the 1980/1981 season, which sees us celebrating our 40<sup>th</sup> season as Belmont celebrates their 50<sup>th</sup>. Prior to this we had some athletes compete as visitors, dressed all in black, but soon our own lime-green and black Club was formed with Mike and Judy Roads at the helm. We have had around seven hundred athletes come through our Club over the past forty years, and we hope they have all loved it! We joined in the 2014-2015 season and by season two I was on the Committee as Registrar and have been in this role or that of Secretary ever since.

Our first season and first group of friends. Thanks to Chloe for being so speedy on the track! From that first race in Kindy, Bonnie has been trying to catch you. You are the reason we joined this amazing Club and, five seasons later, we are still here loving it, and she is still chasing you! We were also lucky enough to make friends with one of the nicest girls ever-Grace Cunningham!



Special thanks go to our Centre President, Nathan Cunningham, for taking care of my Facebook Profile Pictures over the last few years.



I remember saying to Bonnie “Nathan’s taking our photo-act like I’m saying something funny”

Her response was “What would you say that is funny?”

If this little one likes Athletics as much as his sister does, we may just catch you at the 70<sup>th</sup> anniversary too!





## **SPECIAL REPORT: 1990 ODAWARA CITY SCHOOL CHILDREN'S RELAY, JAPAN**

At the Belmont LAC meeting on November 29, 1989 it was announced that the Belmont Centre had been invited to provide an Australian Representative team to participate in the 9th Odawara City School Children's Marathon Relay in Japan on February 4, 1990.

This was the third year that a foreign team had been invited to compete in this event. Previous invited countries being Taiwan and Sri Lanka. The event organisers and the Yaomasa Supermarket, Odawara, the sponsors, decided that a representative school or district team from Australia would be invited in 1990.

By good fortune Mr Fred Rae, a former mayor of the City of Belmont was approached by the organisers to suggest a team. Being a good friend of the Belmont LAC he nominated our Centre, and in November we were selected to provide a team in the Boys Japanese Grade 6 (final year of primary school) race. The sponsors generously covering all costs of travel and accommodation for a team of seven and a Team Manager.

A Selection Committee was given the job of picking a team of six runners and one reserve from the Centre's Under 11, 12 and 13 boys who would be 11 or 12 years old on February 4, 1990. Because the event was a relay of six legs each of 2500 metres, those boys meeting the age criteria and who had a current 1500 metre time recorded at the Centre were considered eligible for selection.

Given that international travel was involved which required passports and early organisation of travel arrangements, it was decided to select an initial training squad of 10 athletes so that injuries and/or illness would not prevent a full team from going to Japan.

After a final trial on Saturday, December 2 the following athletes were announced as being in the Training Squad: Vernon Campo, Darren Edmunds, Garath Hughes and Neil Roach from the Kalamunda/Lesmurdie Club; Adam Clatworthy, Christopher Smart, Craig Tipping and Shannon Wilson (Forrestfield Club); Shawn Doherty (High Wycombe Club); and Michael Jones (Kewdale Club).

**Belmont boys win Japanese school relay**

A TEAM of 11 and 12-year-old boys from Belmont returned to Perth last night after winning a school children's marathon race in Japan last week.

The six Belmont boys won a 6x2500-metre relay against 56 teams from the city of Odawara, 80km south-west of Tokyo.

The Odawara School Children's Relay Marathon is an annual race where an invitation is also extended to one foreign team.

Belmont is the first Australian team to participate in the event and the first foreign team to win. In trying conditions,

with the temperature at about 4°C, they smashed the record for the 15km relay in a time of 55min. 38sec.

Runner of the last leg for Belmont, Craig Tipping, ran a time of 8.59, the fastest 2500m time for his age recorded in Japan.

Team manager Aubrey Adams said he was surprised by the level of importance given to the race and to the boys' victory.

"The race was televised throughout Japan and because we were the first foreign team to ever win it, there was a lot of attention on us in the newspapers and on television," he said.



*Newspaper Clipping/Picture: Courtesy - Fred & Norma Rae*

# Centre Achievements.....

## ***State Combined Event Championships (Multi Event) – 2018/19***

*Champion Centre – 71,135 points*

## ***State Combined Event Championships (Multi Event) – 2019/20***

*Champion Centre – 57,967 points*

## ***State Relay Championships – 1977/78***

*Commonwealth Bank Shield- Highest Points Score*

## ***State Track & Field Championships – Host Centre***

*1970/71 – Forster Park*

*1971/72 – Forster Park*

*1977/78 – Belmont Athletic Park*

## ***State Track & Field Championships – Athlete of the Meet***

*1996/97 - Trent Hunter*

## ***State Cross Country Championships – Host Centre***

*2007/08 – Jorgenson Park, Kalamunda*

*2015/16 – Jorgenson Park, Kalamunda*

*2018/19 – Garvey Park, Ascot*

## ***State Road Walk Championships – Host Centre***

*2014/15 – Maida Vale Primary School*

## ***Australian Little Athletics Championships – Team Captains***

*1977/78 – Brett Renton*

*1979/80 - Teryl Heys*

## ***International Athletics Championships – Athlete of the Meet***

*1991/92 – Stephen Anderson*

*1997/98 – Shaun Luckens*

## ***LAWA – Athlete of the Year***

*1970/71 – Ian Stewart*

*1972/73 – Marie Brignoli*

*1983/84 – Vanessa French*

*1985/86 – Colleen Palmer*

*1986/87 – Gareth Bird*

## ***LAWA – Doug Hancy Award***

*1991/92 – Jade McSherry*

*1995/96 – Lance Gunn*

*2007/08 – Stephanie Lam*

*2008/09 – Vincion Geneste*

*2011/12 – Amanda Short*

*2015/16 – Justin Russell*



# Interesting facts.....

## *Snippets from Annual Reports*

### BELMONT LITTLE ATHLETICS CENTRE

#### SOCIAL CLUB

#### ANNUAL REPORT – 1971

The Belmont Little Athletic social club was formed at the February centre meeting. Since this time we have had three fundraising functions, these being–

1. A Barbeque held at Yanchep on the 7<sup>th</sup> March, which was very well supported and a profit of \$153.85 was raised.
2. Sale of lucky dips and novelties at our centre championships on the 21<sup>st</sup> March. Although only \$13.75 profit was made the pleasure the children derived from their purchases was worth the effort put in.
3. A dance at Redcliffe hall on Friday 23<sup>rd</sup> April raised \$118.78 clear profit. This was a most successful evening and the social club felt that everyone who attended thoroughly enjoyed themselves.

A total of \$286.38 profit was made over these two months.

From these profits \$1.50 purchased a cheque book and \$50 was paid to the Belmont Centre towards their contribution to the state travel fund. The social club also had much pleasure in purchasing a yellow and black towel which was presented to Ian Wilson on the eve of his interstate trip on behalf of the Belmont centre. This was valued at \$5.

Our bank now shows a balance of \$229.88. From this balance we would like tonight to pay a cheque to the centre to the value of \$100 with the suggestion that it be used to purchase materials for the construction of a set of hurdles. We have a number of future activities in mind the first being a 'roaring twenties' dance with a prize for the most appropriate costumes, to be held at the Redcliffe hall on the 16<sup>th</sup> July.

The social club thanks all clubs for their support in their previous endeavours and hope for their continued support in the future.

OFFICER FOR TECHNICAL AND EQUIPMENT

ANNUAL REPORT 1971/72

Equipment purchased this season:

6 x 500g Discus      6 x 750g Discus  
6 x 400g Javelin    6 x 600g Javelin  
4 x Walkie-Talkies      7 x 30m F/Glass tapes  
1 x 100m F/Glass Tape  
Table for serving the cool drinks  
6 x 2kg shotputs    6 x 3kg shotputs  
2 x high jump stands      4 x high jump bars  
5 x Jungham stop watches      2 x Loud Hailers  
12 x Chairs      4 x high jump buns  
40 x hurdles      1 x dais  
30 x markers      1 x tent  
12x umbrellas      6 x Aluminium circles

Equipment belonging to the Centre 1970-1971 season

4 x Jungham stop watches  
4 x 30m F/Glass tapes  
1 x 100m F/Glass tape  
4 x wooden rakes for long jump pits  
2 x Judges stands  
1 x shovel  
3 x chairs  
40 x markers  
30 x Flags

Four new high jump buns were covered along with one small square bun and two old buns that had to be recovered.

There are still two small square and three old buns to be recovered before the start of the 1972/73 season.

*VERNA MASON*



## OFFICER FOR RECORDS AND RANKING

### ANNUAL REPORT 1972/73

#### RECOMMENDATION

I recommend that a separate points system be adopted for officials, thus not penalising children for the non-participation of parents.

Points would be awarded as follows:

Each club signing on required ratio of parents to children i.e. 1-7 by 8.30am receives 500 points.

Each club signing on required ratio of parents to children by 8.45am receive 250 points.

Points would not be deducted for failure to field the correct number of officials.

The leading club at the end of the season would receive a suitable award.

*FRANCES LAWS*

#### SECRETARY

### ANNUAL REPORT 1972/73

As the 1972/73 season draws to its conclusion I am happy to report that our centre has, during this season been able to produce most of our printed requirements. The purchase of a large carriageway typewriter and a large filing cabinet together with the Gestetner have facilitated the production of written materials. With the continued growth and extra activities undertaken by our centre I feel that consideration must be given to the purchase of a new Gestetner. Our present one is an obsolete model and although it is doing a good job at present, spare parts are not available if it should require repairing.

I, personally, would like to congratulate the centre for the success it has achieved in the past seasons and wish it continued success in the future years.

*SHEILA HAY*



An A4-size Gestetner  
offset-printing machine

## CHAIRMAN' S ANNUAL REPORT 1973/1974

Our fourth and final season at Forster Park is over and we can feel proud of the children in our community. Their successes over the past four years have made all the effort that we, as parents, have put into Little athletics well worthwhile. I do not count successes in terms of trophies won, for this is not what Little Ath' s is all about – success to me is happy children participating every Saturday morning with their friends and having a good time. Naturally little champions emerge from such a great centre as ours and I would personally wish them every good fortune in whatever they undertake, in all walks of life. Next season, thanks to the shire of Belmont, we will take up residence at our wonderful rubber bitumen track in Kew Street, the running surface of which, I would venture to say is better than that of Perry Lakes. This should give our children a decided advantage at the 1974–75 State Championships. The continued support by the shire in fostering athletics in Belmont is most pleasing and both Little and Senior athletes will reap enormous benefits from performing on a first class sporting arena. My report must include reference to my fellow executive members who have run and guided your centre with an excellence of efficiency that cannot be matched anywhere in the Little Athletics Association. It would be true to say that only on rare occasions has there been any disagreement during the past year and always common sense has prevailed in the end. They all deserve your vote of thanks for a job well done.

To the parents– I say Thank you for giving your children the support and guidance they deserve. Previous chairmen have made reference to Little Athletics Centres being turned into child minding centres. I do not think that Belmont falls into this category. Each and everyone of us who does his or her little bit of Saturday morning enjoys it– of this there is no doubt whatsoever. It reflects in your children who are a credit to the Belmont district. To those parents who do not support their children, I urge you to show an interest in their development next year–after all, you brought them into the world, therefore they are your responsibility.

To my favourite people– the children of Belmont Little Athletics Centre, I say a very big thankyou for all the pleasure you have given us during the past year. As you are aware, I do not count success as medals on the mantle shelf or pennants around the bedroom wall. I count success as one more athlete who can go home Saturday lunchtime and truthfully say that he or she had a good time.

Sadly, every year, we say goodbye to the under thirteen age group or do we have to say goodbye?? I would like to see an intermediate age group competition started to fill the transition stage to senior athletics. We have a growing senior club in the district and I believe we should try and keep our children together for as long as possible and help them enjoy life to the full.

Finally to my many new friends and to the older ones, I say thank you for your help and I hope that I can serve the community again this coming year. Be good to each other, especially your kiddies.

*GERRY ARCHER*

REGISTRAR  
ANNUAL REPORT 1974/75

My sincere thanks to all who helped me during the season. May I suggest that registration material be available before the 1st of September to assist club managers with registrations, thus enabling the registrar to issue numbers promptly.

Belmay 73    Belmont Park 37  
Canning Districts 102    Cloverdale 101  
High Wycombe 56    Kewdale 83  
Rivervale 48 St. Norbert 51  
Tranby 60    Whiteside 80  
Centre Total = 691 417 Boys & 274 girls

*WENDY MURRAY*

OFFICER FOR CHAMPIONSHIPS AND SPECIAL MEETINGS  
ANNUAL REPORT 1974/75

The 1974-75 track and field season for Belmont ended with four girls being chosen in the WALAA state squad. All Belmont centre wishes these girls luck at the final trials to be held early August. The Australian championships will be held in Perth on the 31<sup>st</sup> August 1975. In the state relay championships Belmont won three gold, two silver and two bronze medals. During the state championships, Belmont won the following medals- Twelve gold, seventeen silver and nine bronze.

Congratulations to all the boys and girls who competed, for their sportsmanship at all championships. Belmont were visited by Inglewood, Mundaring and Bayswater centres during the season, with Belmont paying a visit to the Melville Centre. Belmont Athletics Park was the venue chosen for the Division 6 championships between Bayswater, Belmont, Gosnells and Mundaring. These championships were very successful being held on our own track for the first time.

The introduction of the '100 club' badge was a great incentive for the children to go in events, with every child having equal chance of receiving one. Over ninety children qualified for a badge during the season. I would to thank the Executive Council for their help during the season. Also the selection committee for all their help during the championships.

RECOMMENDATION

Special bibs be made for numbers on new centre tops, as pins have made holes in several of them.

*JOY HARDMAN*



CANTEEN MANAGER  
ANNUAL REPORT 1995/96

My job as Canteen Manager was enjoyable and although I kept prices down as much as possible it was still a successful season.

We did lose quite a bit of stock with a couple of break-ins but now with the cage door and extra security we shouldn't have any more problems with that.

Thank you to everyone who helped during the season.

My season was topped off with the lovely surprise of Life Membership of the Belmont Centre. A special thank you for that.

I will treasure it always.

*ANNE REDMOND*

CENTRE COACH  
ANNUAL REPORT 1995/96

For the past 20 years I have been coming to the Belmont Little Athletics and every year it gets better.

Many parents were so willing and keen to learn just how the sites are run which makes the program run smoothly.

Just a few hiccups at the beginning of the season but these were soon rectified.

Thank you to all concerned for my award of Life Membership. Now I will be working towards my Long Service leave! Ha!

The athletes who came to Belmont for extra coaching all did extremely well with most winning State medals. Well Done to you all.

See you back next season.

*PETER REDMOND*



# Memories.....

*From the 50<sup>th</sup> Season*





50<sup>th</sup>  
*Anniversary*



50<sup>th</sup>  
*Anniversary*



50<sup>th</sup>  
*Anniversary*



Special thanks to everyone who has been involved with  
Belmont Little Athletics Centre at one time or another  
between the 1970/71 and 2019/20 seasons.

50<sup>th</sup>  
*Anniversary*

50<sup>th</sup>  
*Anniversary*

Without your continued support throughout these years, the  
Centre would not be what it is today.



50<sup>th</sup>  
*Anniversary*



50<sup>th</sup>  
*Anniversary*



50<sup>th</sup>  
*Anniversary*



50<sup>th</sup>  
*Anniversary*





