



5th February 2009

website:southlakesathletics.org.au/

President's Message

Welcome back to the second half of our athletic season.

The first half of the season produced some great efforts both at our club and also at the zone competition.

An amazing effort with 22 athletes qualifying. Congratulations and well done to all those athletes.

We now switch our focus to the regional competition to be held at Glendale in just a few weeks time.

Training for the events is an important element to being successful at this level, so we would hope that our athletes are doing all they can in preparation to assist themselves to a good result on the big day.

We have some very competitive athletes representing our club and I know some are working very hard to achieve their goals.

Keep the effort and commitment up and the rewards will be yours.

This weekend saw the results of much hard work put in by the club committee over a very long time.

The inaugural Southlakes Summer Athletics Carnival was held at our ground on Sunday, and judging by the comments of our many visitors was a resounding success. Very hot conditions kept numbers down a bit, but for our first carnival hosting experience was probably a blessing. The track looks great and I know that all the visiting athletes were excited to compete on it, well done and thanks for your hard work Geoff

We have come along way in just a couple of years, with increased members, better facilities and a forward thinking committee that wants to give the athletes the best centre and opportunities possible.

I would personally like to thank all our committee team for their dedication to ensuring the days success.

A big thanks also to the regular helpers we have that assisted on the day. A fantastic effort and a lot of time donated to the cause. Thank you.

Thank you also to Jason Lewis for

offering to run the BBQ. It would have been 40 degrees where he was standing all day. Rough job in the heat but some one had to do it. Thanks for volunteering your time Jason.

The remainder of season is the opportunity for athletes to strive for further P.B's, learn the techniques of the events more and most importantly.... have fun. Parents too!

We hope you are enjoying the season, and to those many that assist us on competition nights, we thank you too.

Without this assistance I can assure you that the committee members would pretty soon get frustrated and walk away.

If you are interested in helping your athletic club further, why not come to a committee meeting and put forward your suggestions as to how we can take more giant leaps.

Best regards

Mark Roberts

President

Keeping on Track

I must reiterate what Mark has said - Thankyou to everyone for making our Carnival a success.

Please remember to pick up your Personal Best Certificates and result sheets.

Some people have approached me in relation to the 70% participation award. If you are in doubt and your child's name appears on the list please contact me. I don't want anybody to miss out.

Check out the calendar. These are the Training nights and Competition nights left. Be aware that on Friday 6th March our Competition night will be held at Wangi Wangi. We will let you know the details soon.

We have been invited by Westlakes to compete on their field. More information regarding this will be available next week. We urge that you do attend as it will be another fun night.

Keep running
Rosemarie Dal Cin

Important Dates Please read

Please ensure you check this section every week for up coming changes to competition nights and events.

Monday 9th February

Training All Ages

Thursday 12th February

Competition

Monday 16th February

Training All Ages

Thursday 19th February

Competition

Saturday 21st February

Regionals at Glendale

Sunday 22nd February

Regionals at Glendale

Monday 23rd February

Training All Ages

Thursday 26th February

Competition

Monday 2nd March

Training All Ages

Friday 6th March

Competition at

**Westlakes
Athletics Centre**

Wangi Wangi

More information soon

**(No Competition at Dora Creek on
Thursday 5th March)**

Personal Best Corner
29th January

Age Group Name

Tiny Boys	Daniel Evans
Tiny Boys	Timothy Ainsworth
Tiny Girls	Alyssa Griffiths
Tiny Girls	Grace Dash
U/6 Boys	Luke Johnson
U/6 Boys	Daika Scott
U/6 Girls	Taleah Ryan Stewart
U/7 Girls	Codie Tisdell
U/9 Boys	Lachlan Borgas
U/9 Boys	Chase Karn
U/9 Boys	Jack Riley
U/9 Boys	Bailey Smith
U/10 Boys	Nathaniel Ginn
U/10 Boys	Alec Mortimer
U/10 Boys	Sean Gill
U/10 Boys	Jordan Makin
U/10 Girls	Olivia Mellenbergh
U/11 Boys	Ned Harris
U/11 Girls	Dana Gill
U/12 Boys	Sam Armitage
U/12 Girls	Hayley Evans
U/14 Boys	Sjion Stephens

REGIONAL
CHAMPIONSHIPS

Sat 21st and Sun 22nd Feb

Athletes in the age groups U8 through to U17 are eligible for this event. U8 athletes do not progress past the Regional Championships. Qualifying to the Regionals is via performances at each of the Zones. For more information, please contact your Centre Secretary or Zone Co-ordinator. Click on the links below to see the list of events and the dates and venues for this season's Regional Championships. Please note, all Regions - 1, 2, 3, 4 & 5 will be running under the 2-day format this season.

More info and list of events go to

<http://www.laansw.com.au/>

then

Competitions - Championships

then

click on **Regional Championships**

then

click on **List of Events**

Times are most likely the same as at Zone but there are many more people competing.

Qualification for
Participation Trophy

Part of the centre's rules is that your child requires to attend a minimum of 70% of competition nights (Thursday) to be eligible for a participation trophy.

This means that if we have 17 competition nights you must attend 12 of these to qualify.

If you have concerns that your child may not qualify for the trophy - due to illness, family holiday or school events please make sure that you let us know in writing so that we can make some allowances.

We have 3 nights of competitions to go until the end of the season. If your name appears on this list you may not achieve our 70% participation award. Please check this list and if you have any questions or concerns come and see me (I'm floating around) or email me on rose@first-strike.com.au

New Records achieved Thursday 29th January

Tiny Girls	Alyssa Griffiths	50M Run	12.75
U/7 Boys	Liam Borgas	200M Run	39.35
U/7 Girls	Codie Tisdell	200M Run	39.22
U/9 Boys	Chase Karn	High Jump	1.06
U/9 Boys	Lachlan Borgas	100M Run	16.24
U/9 Boys	Chase Karn	200M Run	33.84
U/9 Girls	Jordann Johnson	Shot Put	5.72
U/10 Boys	Nathaniel Ginn	200M Run	35.65
U/10 Girls	Emma Sue Greentree	High Jump	1.15
U/10 Girls	Emma Sue Greentree	200M Run	34.07
U/11 Girls	Dana Gill	Long Jump	3.48
U/12 Boys	Zak Armitage	Discus	18.45
U/12 Girls	Bonnie Mason	Discus	18.59
U/13 Boys	Patrick Mellenbergh	200M Hurdles	37.37
U/14 Boys	Sjion Stephens	200M Hurdles	33.09
U/14 Boys	Timothy Evans	1500M Run	6 03.01

Name	Days to Go	Day Started
Jayson Vale	-6	18/09/2008
Emily Kernick	-5	15/09/2008
Chloe Vale	-5	18/09/2008
Baidon Misiepo-Kelly	-4	18/09/2008
David Coleman	-4	15/09/2008
Connor O'Loughlin	-3	15/09/2008
Tyler Gillett	-3	22/09/2008
Emily Dillon	-3	18/09/2008
Teigan Gillett	-3	22/09/2008
Sam Gillett	-3	22/09/2008
Amon Webb	-2	15/09/2008
Ryan Leslie	-2	15/09/2008
Anthony Robinson	-2	15/09/2008
Ryan Dowman	-2	18/09/2008
Chloe O'Loughlin	-2	15/09/2008
Brooke Martin	-2	15/09/2008
Max Ogden	-2	02/10/2008
Brooke Dowman	-2	18/09/2008
Laney Jones	-2	18/09/2008
Jack Scarlett	-1	15/09/2008
Aaron Jackson	-1	15/09/2008
Ned Harris	-1	15/09/2008
Lucy Scarlett	-1	15/09/2008
Matthew Westcott	-1	16/10/2008
Brendan Westcott	-1	16/10/2008