



20th November 2008

Keeping on Track

Last week went well with Westlakes. There were so many children. It ran a little late but it was expected. Westlakes was very impressed with our evening and the amount of helpers we had, they want to know our secret. They are envious of our grounds and can't wait until we have our Carnival in February.

Cancelled Comp night - Never mind if we really need to make up the nights we can use some of our Monday training nights. Its not been to bad this year.

Fundraising is going well. - thanks to some very ingenious people we have a **Tupperware and Board Games Fundraiser** happening. Don't be surprised if you start seeing some new equipment in the new year. Remember to bring something for our **Xmas Hamper**.

Xmas Party - we are looking forward to giving back some of the wonderful spirit that you have been showing. So please come along and enjoy some Fun & Games.

Southlakes Summer Carnival - Keep Sunday 2nd February free because it is going to be our turn to show off and shine. More details will be following next week.

Keeping running
The Editor

New Records achieved Thursday 13th November

U/6 Boys	50M Run	10.12	Flynn Karn
U/6 Girls	50M Run	11.08	Olivia Lineau
U/7 Girls	Shot Put	3.98	Nicole Henderson
U/8 Boys	Long Jump	3.16	Jordan Henshaw
U/8 Boys	60M Hurdles	12.68	Jack Youngman
U/8 Boys	Discus	15.85	Jordan Henshaw
U/9 Boys	60M Hurdles	11.65	Chase Karn
U/9 Boys	100M Run	16.43	Lachlan Borgas
U/9 Boys	400M Run	1 22.27	Chase Karn
U/9 Girls	Shot Put	5.64	Jordann Johnson
U/10 Boys	60M Hurdles	12.08	Jordan Makin
U/10 Boys	100M Run	16.08	Jordan Makin
U/10 Girls	60M Hurdles	11.81	Emma Sue Greentree
U/10 Girls	100M Run	16.18	Emma Sue Greentree
U/11 Boys	Long Jump	3.81	Louis Roberts
U/11 Boys	100M Run	14.71	Isaac Goodhew
U/11 Girls	800M Run	3 21.96	Erin Talbut
U/12 Boys	High Jump	1.4	Jake Ellis
U/12 Girls	Long Jump	3.63	Bonnie Mason
U/14 Boys	800M Run	2 50.68	Timothy Evans
U/15 Boys	Triple Jump	10.1	Mitchell Smith
U/15 Boys	100M Hurdles	17.58	Mitchell Smith



A REALLY FUN FUNDRAISER

Did you know that 2 of our parents create board games that are sold all over the world? Games like *Sorts*, *Deal or no deal* and *Compatibility*.

So, we thought that since Christmas is fast approaching, what better way to raise funds than to offer a range of quality family board games directly from the inventors and their partner distributors Crown & Andrews. We will hand out a flyer and order form on Thursday 27 Nov. You can order straight from the form or in person, on Thursday 4 Dec (we will have the games on show at this time also). Ordered games will be available for pick up on 11 Dec.

All games are below RRP and 10% from every game sold goes straight towards our High Jump Mats!

Important Dates

Please read

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

Competition is on every Thursday for everyone

Monday 24th November

Training U6-U9

Sunday 30th November

Kotara South Annual Gala Day

Monday 1st December

Training TBA

Sunday 7th December

Racewalking at Bluebell Park, Chittaway Bay

Monday 8th December

Training TBA

Thursday 11th December

Last Comp night until January

Sat 13th & Sun 14th December

Lake Mac Zone Chapionships - Glendale

Monday 15th December

Southlakes Littles Athletics

Christmas Party

Santa Claus

Lollies

Novelty Races

Raffle

Every athlete will receive a

FREE

Soft drink

Ice Block

Sausage Sandwich

BBQ available

Monday 12th January

Start Training TBA

Thursday 15th January

Start Comp night

Saturday 17th January

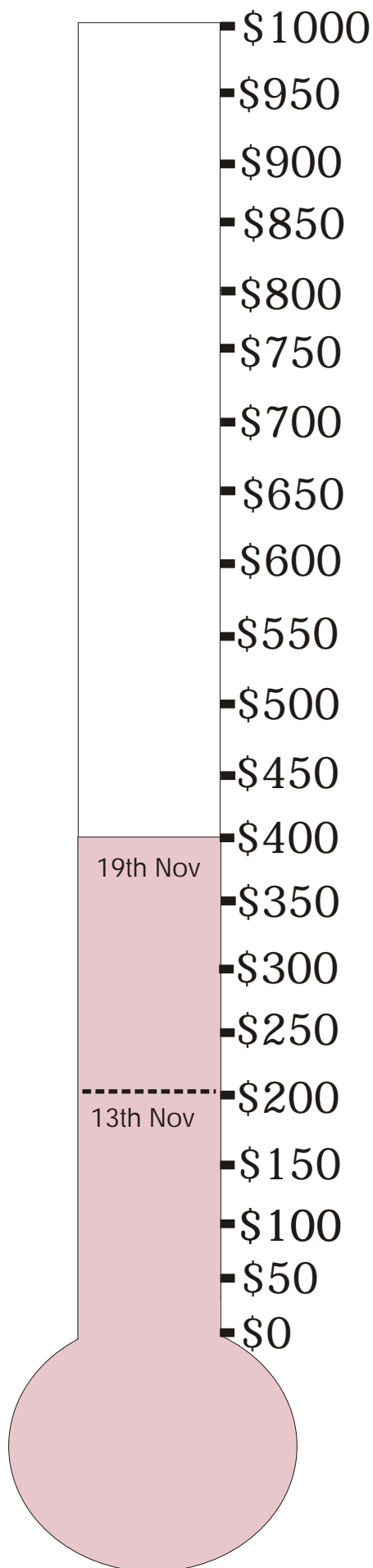
Woodberry Australia Day Carnival

Sunday 2nd February

Southlakes Summer Carnival

Fundraising Thermometer

To make a Fundraise Thermometer that reaches \$5000 is a little ambitious. Therefore we will start with Trying to get to \$1000. Once \$1000 is achieved we will try for \$2000 and so on.



Personal Best Corner

As we know, not every one can win all of the time. Some athletes may never come first in an event. This does not indicate failure. What we are looking for above everything else is the ability to improve ourselves and achieve great things within ourselves.

Therefore every week we will publish the names of those athletes who have achieved 4 or more Personal Bests.

If your name is on this list there will be a McDonalds Personal Best Certificate waiting for you (unless you have already picked it up last week).

Last week 13th November there were 444 PBs - 37 of these received 4 or more PB. There have been 22 new/broken records. A list of record breakers is also attached.

This achievement is cause for celebrations.

If by any chance you think I have made a mistake please accept my apologies. To organise this list there is a lot of cutting, copying and pasting

More Fundraising Ideas Tupperware Fundraiser

A Tupperware fundraiser is being held to contribute cash and future prizes towards our much needed High Jump Mats.

Final orders need to be placed by next Thursday 20th November (when some of the items will be displayed).

Payment can be made by Credit Card on Cash on Delivery on Thursday 11th December.

Anyone wishing to have a pre Xmas party please phone Amanda on 0413183503 or 49734702 and \$10 cash will be raised for each party booking.

and if I get distracted I may delete or paste something incorrectly. If you feel strongly that you have not been recognised on this list please let me know.

Age Group Name

U/6 Boys	Luke Johnson
U/6 Boys	Daika Scott
U/6 Boys	Flynn Karn
U/6 Girls	Taleah Ryan Stewart
U/7 Boys	Jake Osbourne
U/7 Girls	Jade McKinnon
U/7 Girls	Lucy Scarlett
U/8 Boys	Jamison Costa
U/8 Boys	Jordan Henshaw
U/8 Boys	Lucas Puller
U/8 Boys	Jack Youngman
U/8 Boys	Nathan Williams
U/9 Boys	Cameron Johnson
U/9 Boys	Chase Karn
U/9 Boys	Jack Leonard
U/9 Boys	Jack Riley
U/9 Girls	Jayanna Gibson
U/9 Girls	Jordann Johnson
U/10 Boys	Matthew Bennett
U/10 Boys	Blake Lewis
U/10 Boys	Craig Martin
U/10 Boys	Fletcher Killen
U/10 Boys	Jack Scarlett
U/10 Girls	Caia Khomoutov
U/10 Girls	Mackenzie Scott
U/11 Boys	Matthew Westcott
U/11 Girls	Clara Gill
U/11 Girls	Erin Talbut
U/12 Boys	Amon Webb
U/12 Girls	Taylah Henry
U/12 Girls	Bonnie Mason
U/12 Girls	Courtney Evans
U/13 Boys	Patrick Mellenbergh
U/13 Boys	Liam Talbut
U/13 Girls	Louise Dash
U/14 Boys	Sjion Stephens
U/15 Boys	Mitchell Smith

These certificates and your results are in the black age folders that the Age Coordinators carry around all night.

Can you please remember to pick up your sheets before you go home

Winners of our Raffles are:

13th Nov	Raffle Cash Prize
\$120 Cash	Mel Blackburn
13th Nov	Raffle "Hamper"
	Beth Abrahams