



ON TRACK

Page 1

UPCOMING EVENTS

Sun 30 April 4pm - 4:45pm

**NDLAC Cross Country
Season Starts @ Foxglove**

**No charge for current
LANSW athletes!!**

Sat 6 May 430PM

**NDLAC Presentation Day
Asquith Girls High School**

**TINY TOTS TO U17
Raffles, Awards, AGM &
more!**

SPONSORS

Jetstar



**PLEASE SUPPORT OUR
VALUED SPONSORS!**

**Thomson Landscape and
Garden Supplies**

**Mt Kuring-gai Village
Butchery**

**The Coffee Squad (50c from
each coffee donated to
NDLAC)**

**Dynamic Motion
Physiotherapy, Asquith**

PRESIDENT'S NOTE - STUART GUTHRIE

I would like to congratulate all our **State Representatives** that competed at the LANSW State Championships out at Sydney Olympic Park on the weekend. No matter what your results were, we are all very proud of your achievements. Just making it to state is a feat in itself, so well done. We had a number of fantastic achievements. Here are our top **8 results** from the weekend:

- Gemma Gallagher (17s) 3rd 1500m & 5th 800m
- Ethan Oliver (12s) 2nd Javelin, 3rd 60m Hurdles, 4th 400m, 8th 800m
- Lana Waddingham (9s) 3rd HJ
- Annabelle Rodgers (13-14 Parra) 1st Disc, 4th LJ, 4th 100m
- Jasmin Guthrie (14s) 3rd 400, 6th 200m
- Isabella Guthrie (14s) 5th 200m Hurdles, 6th 400m
- Abbey Le Lievre (11s) 8th HJ
- Nosa Obaseki (13s) 4th Discus, 7th SP
- Eli Sagala (13s) 4th LJ
- Oskar Enasio (14s) 4th 800m, 6th 400m

For all those athletes who don't want to stop, the **NDLAC Cross Country** is fast approaching. It is a great warm up for the school Cross Country season, as well as the Little Athletics State Cross Country Championships. We will aim start our first Cross Country on Sunday April 30, and the season will run until June 25th. We have 500m (U6 and younger), 800m (U7-8s), 1500m (U9-10s), 2000m (U11-12s) & 3000m (U13+ & open). Timetable: 4pm 2000m & 3000m; 4.25pm 500m; 4.35pm 800m & 1500m. The program has been devised so that athletes can run more than once if they want to race over distances more aligned with the school XC season.

Leading up to and at Presentation Night, we will be seeking expressions of interest for **new Committee Members**. This is key to the continued successful running of our Club, see below for more details!

I look forward to seeing you all at our **Presentation night on Saturday May 6** at Asquith Girls High School.

**Stuart Guthrie
NDLAC President**

STATE CHAMPIONSHIPS – WELL DONE TEAM!!



Congratulations to the ND Lacrosse State Team who represented our Centre proud recently!!

(Thanks also to Bec Marr of North-Creative for photo-shopping in athletes who missed the group photo – can you spot them?!)

NEW CENTRE RECORDS – SAT 11 MARCH 2017

A big congratulations to the following 2 athletes, who in the final week of competition @ Foxy broke centre records.

Shayla Gleeson (U11G) broke her own Javelin record with a new throw of 13.37m.

Ella Gibbons (U11G) broke the Shot Put record which was set in 1996 (yes, over 20 years ago!!) by S. Garde. Ella broke the record by 4cm with a throw of 10.08m.





ON TRACK

PAGE 3

A CALL-OUT FOR COMMITTEE ROLES AND OTHER ASSISTANTS!!

Our Centre would not be able to put the wonderful week-to-week program and associated events together during the season without the wonderful work of our **Committee team**. Comprised from mostly parents / guardians and former parents of the Centre, the Committee has a range of roles which support the running of ND Lac, in an enjoyable environment.

Each year we put the call out for **new and returning Committee Members** to ensure we can continue the successful operation of the Centre. We are seeking interest from anyone who can help for the 2017-18 season in almost any capacity – **the more support the better!** In particular we'd like to get some additional assistance in the areas of:

- Championships Officer
- Records / Rankings / Results
- Officers for Assistants (Sat)
- Uniforms & Social
- Timing Officer (Tech support)
- And more!!!!



CROSS-COUNTRY SEASON – NO CHARGE FOR CURRENT ATHLETES!

Looking for ways to keep up your fitness over the Winter period? Or to support your efforts at upcoming school cross-country events? Our Cross Country season offers a **FREE** (for current LANSW athletes), fun way to do this in a supportive group environment.

Starting on **Sunday April 30**, the season will run until June 25th. We have 500m (U6 and younger), 800m (U7-8s), 1500m (U9-10s), 2000m (U11-12s) & 3000m (U13+ & open).

Likely Timetable: 4pm 2000m & 3000m; 4.25pm 500m; 4.35pm 800m & 1500m. The program has been devised so that athletes can run more than once, so come along!!

More details can be found on our website link by clicking here [ND Lac Cross Country Season Info](#)