



ON TRACK

SAT 16 FEB – Multi-Distance Handicap & Invitational Sprint!

PRESIDENT'S UPDATE – MATT GLEESON

Once again, the [extraordinary spirit, talent and energy of Northern](#) Districts was on display over the Regional Championships weekend at Narrabeen. Whilst there were some great performances, it was actually the way in which our athletes applied themselves that was the biggest highlight of the weekend. Whilst the trips to the medal dais for several of our athletes were extremely special (more on that elsewhere in this bulletin), I think one highlight of the weekend for me was hearing the voices of the ND Lac supporters when Penny Gill entered the home straight of the 800m. From my location half way across the ground, there was no mistaking the encouragement and support that was being shown to our athletes. And against the tough competition that Region 5 provides, it is equally important that all our athletes feel the support and encouragement just as they would on a Saturday at Foxglove.

And our voices will be out in force this weekend with **TWO great spectator events packed at the beginning and end of our Program:**

The Middle Distance Handicap being run before Program commencement (open to all athletes U11 and above – please note that if U10 athletes are wishing to race please contact me specifically at president@ndlac.org.au). The race is run over 1500m with all competitors given a handicap to allow the race to conclude with an exciting end.

The Invitational Sprint to find out our fastest Girl and Boy athlete at the club. The qualifiers for this prestigious race are listed later in this newsletter and will be contacted on Saturday to confirm if they are racing. I can assure you, this is a great spectator event as we watch our clubs fastest battle it out down the 100m straight!

Naturally we will also have a full program of events and I hope to see a lot of PB's as the surface of Foxglove is green and fast! Note that PBs at this end of the season are a great measure of continuing improvement of our athletes. There is always a surge of PBs pre Xmas, but those in February are rarer and I hope all Parents and Age Managers will add extra emphasis on this improvement as they happen.

On Saturday 23rd we will run our ND Lac Multi Day, which is a fun opportunity to do lots of events. An early start for the older kids, and for everyone across all age groups. please make sure you don't arrive late and miss the first event ☺.

If you are interested in seeing some of the best talent in Australian athletics (in addition to what we put on display at Foxglove ☺), Little Athletics members are provided **free entry** to the Sydney Track Classic being run at 5pm on February 23rd at SOPAC (<https://www.ticketebo.com.au/athletics-australia/sydney-track-classic-2019.html>). Looks to be a great night of Athletics!

Look forward to seeing you all at Foxy.

THIS WEEK

Program 4

**Multi-Distance H'Cap.
Early Event. Invitational
Sprint @ end of Meet**

WHAT TO BRING

**Please be sure to bring
the following each week:**

- Water bottle
- Hat & Sunscreen
- Smiles & best effort!!

DUTY ROSTER

SAT 16 FEB. 2019

7:15AM

U14, 15-17

Set-up **AND** Pack-up (in
addition to parental assistance)

SPONSORS

**PLEASE SUPPORT OUR
VALUED SPONSORS!**

coles



Mt Kuring-gai Village Butchery

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

Ashburn Tax Accountants

Rebel Sports

Thomson Landscape & Supplies

UPCOMING DATES (WITH SOME CHANGES)

14 Feb '19 [Thursday afternoon weekly training](#)
430pm to 530pm
All athletes welcome, bring some water and a hat.

16 Feb '19 [Annual Middle Distance Handicap PLUS Invitational Sprint Challenge \(NEW DATE!\)](#)
1500m handicap race for U11-17 before the start of our Sat meet. Register at 8:05AM for an **8:20AM SHARP start**. And at the end of the meet, watch the 100m sprint-off between our fastest male and female athletes who will compete for the perpetual trophies.

See below for more details on both events.

23 Feb '19 [MULTI-EVENT CHAMPIONSHIPS \(NEW DATE!!\)](#)
Postponed from the cancelled 2 Feb meet. **745AM start for U13-U17 athletes**, 830AM for others. Please red on for more details.

LOST PROPERTY & PERSONAL BELONGINGS

We have a growing amount of lost property which is gathered from the Oval and surrounds and age group buckets at the end of each Saturday meet. Please take some time to check the pile in front of the canteen each week to ensure we do not have your lost drink bottle, hat or other item of clothing.

Also, a friendly reminder to keep an eye on your possessions whilst at Foxglove, including training, at all times. We generally find Foxy to be very safe in this regard, but a recent incident of some spikes being taken as an athlete was getting changed for training has highlighted the need to stay diligent.

HELP SPREAD THE WORD

As we enter the registration period for Winter sports, feel free to let us know if any of your clubs need a hand to spread the word on their rego days etc through our newsletter. We are happy to do this in return for clubs doing the same for us come Spring-time as we lead up to our 2019-20 season start! Email news@ndlac.org.au for details.

NDLAC ANNUAL INVITATIONAL SPRINT 16 FEB (NEW DATE!)

At the **END** of our next Saturday meet, the fastest boy and girl athletes over 100M based on year-to-date results will compete in this prestigious invitational event, with the whole Centre cheering the races on.

First place getters will have their names etched on the perpetual handed out at Presentation Night. The current rankings by YTD personal bests are as follows. **The fastest 8 athletes in attendance on the day from these lists will be eligible to participate:**

Rank	Athlete	Reg	Club	Best	Date	Second	Date	Third	Date	Results	Average
1	15 G CASEY GRIFFITHS	43533	N	13.9s	24/11/2018	14.2	21/12/2018	14.3	29/9/2018	3	14.1
2	15 G MAYA MCMULLEN	43555	N	14.2s	24/11/2018	14.3	15/12/2018	14.4	21/12/2018	3	14.3
3	15 G ELLA HOSCHKE	43506	N	14.4s	29/9/2018	14.6	24/11/2018	14.8	15/9/2018	3	14.6
4	13 G SARAH PASSAFARO	43512	N	14.6s	24/11/2018	15.0	17/11/2018	15.2	3/11/2018	3	14.9
5	17 G RHONA CHOAT	43566	N	14.8s	24/11/2018	15.0	27/10/2018	15.1	15/12/2018	3	15.0
6	13 G SIOBHAN MCMAHON	43529	N	14.9s	24/11/2018	15.0	26/1/2019	15.1	21/12/2018	3	15.0
6	14 G SARAH HUGHES-NARBOROUGH	43507	N	14.9s	29/9/2018	14.9	26/1/2019	15.0	15/9/2018	3	14.9
8	13 G NATASHA TINDALE	43556	N	15.0s	17/11/2018	15.1	26/1/2019	15.4	24/11/2018	3	15.2
9	17 G ANNIKA NICKLIN	43545	N	15.2s	24/11/2018	16.0	27/10/2018	16.0	21/12/2018	3	15.7
9	15 G MINHA LEE	43564	N	15.2s	17/11/2018	15.4	20/10/2018	16.0	21/12/2018	3	15.5
11	17 G MIKAELA QUINLAN	43546	N	15.4s	15/12/2018	15.4	17/11/2018	15.4	27/10/2018	3	15.4
12	14 G ELLA GIBBONS	43561	N	15.5s	24/11/2018	16.4	29/9/2018	17.4	27/10/2018	3	16.4
12	14 G ERIN JONES	43549	N	15.5s	24/11/2018	15.9	29/9/2018	16.0	17/11/2018	3	15.8
14	13 G APRIL MULLER	43548	N	15.6s	15/9/2018	15.9	24/11/2018	16.1	26/1/2019	3	15.8
15	14 G ABBEY LE LIEVRE	43538	N	15.6s	21/12/2018	15.8	29/9/2018	16.2	9/11/2018	3	15.9
16	15 G MIRANDA AUDITORE	43525	N	15.6s	29/9/2018	16.1	15/9/2018	16.2	3/11/2018	3	16.0

Rank	Athlete	Reg	Club	Best	Date	Second	Date	Third	Date	Results	Average
1	17 B CAMERON ROSS-EGARR	43517	N	12.5s	24/11/2018	12.8	17/11/2018	13.0	9/11/2018	3	12.8
2	15 B ETHAN OLIVER	43530	N	12.6s	24/11/2018	12.6	15/12/2018	12.7	17/11/2018	3	12.6
3	17 B BENJAMIN MCNAMARA	43552	N	12.8s	15/12/2018	12.9	18/1/2019	12.9	9/11/2018	3	12.8
4	15 B MARCO DE PAULIS	43499	N	13.0s	17/11/2018	13.4	27/10/2018	13.4	15/12/2018	3	13.3
5	17 B LIAM OLIVER	43540	N	13.1s	15/12/2018	13.2	24/11/2018	13.4	18/1/2019	3	13.2
6	15 B HARRISON LARKIN	43508	N	13.3s	24/11/2018	14.7	15/9/2018			2	14.0
7	17 B RUBEN SAMER	43558	N	13.7s	27/10/2018	14.0	9/11/2018	14.3	15/9/2018	3	14.0
8	14 B DANIEL HATCH	43503	N	13.8s	3/11/2018	14.0	17/11/2018	14.3	27/10/2018	3	14.0
9	13 B LYNDEN WIESENHAAN	43519	N	13.9s	24/11/2018	14.2	17/11/2018	14.6	11/1/2019	3	14.2
10	13 B JESSE ROBINSON	43515	N	14.2s	24/11/2018	14.4	21/12/2018	14.5	15/9/2018	3	14.4
10	14 B MALAKYE ENASIO	43568	N	14.2s	24/11/2018	14.6	17/11/2018			2	14.4
10	17 B CONOR CAHILL	43542	N	14.2s	29/9/2018	14.3	15/12/2018	14.6	21/12/2018	3	14.4
13	15 B KANE ROBINSON	43516	N	14.3s	21/12/2018	15.2	24/11/2018	15.3	29/9/2018	3	14.9
14	13 B KISHO CARLINO-MIZUNO	43494	N	14.6s	17/11/2018	14.8	24/11/2018	14.8	3/11/2018	3	14.7
15	13 B COOPER EASTWOOD	43537	N	14.7s	15/9/2018	15.0	17/11/2018	15.7	9/11/2018	3	15.1
16	14 B JAI COHEN	43557	N	14.8s	24/11/2018	15.2	29/9/2018	15.9	9/11/2018	3	15.3

NDLAC ANNUAL MIDDLE DISTANCE HANDICAP 16 FEB

All U10-17 athletes are invited to compete in the 19th running of the prestigious NDLAC Middle Distance Handicap ("MDH") to be held **8.20 sharp prior to our regular program** Saturday 16 February 2019.

The MDH is a mixed age race over 1500m for athletes U10 through U17. As competitors will be allocated a time handicap, the winning boy and girl will not necessarily be the fastest runners, and this evens out the challenge across the age groups.

The first three boys and girls across the line will be **awarded trophies** at our end of season presentation night, whilst the names of the two winners will be inscribed on perpetual trophies. Two additional prizes will also be awarded to the boy and girl whose net running time is closest to a time they nominate before the race starts (no watches please!).

Pre-registration is NOT required. **Any athlete interested in competing should be at Foxglove Oval no later than 8.05am** to receive their handicaps, record their net time prediction and warm up. The handicap stopwatch will **start at 8.20am**.



ANNUAL NDLAC MULTI-EVENT CHAMPIONSHIPS – NOW 23 FEB!

The Multi-Event competition structure is similar to last November's Pentathlon, where **athletes accumulate points for their performances** (not placings) across all the events they compete in that day. An excellent warm-up for Region Championships, all athletes may also use their total score as an extra event towards their yellow / green / red / blue achievement levels.

Events for all age groups (except U13-17s -- see below*) will start at 8.30am. Athletes arriving late will miss the opportunity to accrue points from any events conducted in their absence. Awards will be presented to the top three point scorers in each age group, provided they make a reasonable attempt at ALL events.

***Under 13 to 17 athletes will need to be at Foxglove by 7.45am sharp for their first two events -- long jump and shot put. These are program events, not optional early events!**

- U6s: 100m, 200m, long jump, shot put;
- U7s: 100m, 500m, long jump, shot put;
- U8s: 100m, 700m, long jump, shot put, discus;
- U9s: 60m hurdles, 200m, 800m, long jump, shot put, discus
- U10s: 60m hurdles, 200m, 800m, long jump, shot put, discus
- U11s: 60m hurdles, 200m, 800m, long jump, shot put, discus
- U12s: 60m hurdles, 200m, 800m, long jump, shot put, discus
- U13s: 80m hurdles, 200m, 800m, long jump, shot put, discus, HJ
- U14s: 80m H (girls) or 90m H (boys), 200m, 800m, LJ, SP, discus, HJ
- U15s: 90m H (girls) or 100m H (boys), 100m, 800m, LJ, SP, discus, HJ
- U17s: 100m H (G) or 110m H (B), 100m, 800m, LJ, SP, discus, HJ.



REGIONAL CHAMPIONSHIPS WRAP

I always enjoy spending time in the NDLAC tent with the athletes and families competing and supporting one another at our region championships. As the athletes return from their field events with celebrations of achieving a PB, or emotional from not doing as they had hoped, the team is there supporting and encouraging each athlete, from the littlest to the most experienced. At the fence in front of the tent, there is a continuation of NDLAC families cheering on the athletes in blue passing down the final stretch of track. We had a few injured athletes there supporting the club, and even Loki Gleeson from Tiny Tots turned up in his NDLAC blue shirt to show support for his sisters and the team.

This year, we had a number of athletes that had never been to a region carnival before. To those athletes, I hope you had a great experience, and I hope you are planning what you will be able to do next season at the zone carnival.

Out of 52 athletes in 108 events, 33 athletes had finals placings (top 8) in 55 events. **An amazing result for a small club** in a region of an exceptionally high standard.

Well done to every athlete for your efforts over the weekend. **Your club is proud of you.**

A special congratulations to the following Medal Winners.



Isabelle Cruickshank - U13G Javelin Gold



Shayla Gleeson - U13G High Jump Silver; U13G 1500m Walk Bronze



Lynden Wiesenhaan - U13B 200m Bronze

Isabelle and Shayla automatically qualify for the State Championships in Javelin and High Jump respectively. There may be many more qualifying for State, but at this stage, there is an anxious wait for the last of the regions to hold their championships so that the results can be tallied and State placings confirmed. We will be watching those results with anticipation. The full results of our region can be found here: <http://www.lansw.com.au/Portals/44/Competition/Results/Region%205%20results%202019.pdf>

Thank you to all the parents for willingly doing your parent duties, and for all the extra duties that were done when help was required. Thank you for helping to maintain NDLAC's good reputation.

A special thank you to Cheryl Burnett & Michael Halmy. Years after their kids have left Northern Districts, they are still volunteering and representing our club in an official capacity. Thank you also to Matt Gleeson, Frank Lemckert and Peter Holmes. The championships are dependent on people like you volunteering as officials. Officials give up their free time, and often lose the opportunity to watch their own kids compete. Thank you.

Your championships team,

Adelle & Heather

SET UP AND PARENTAL ASSISTANCE 2018-19 SEASON

Compared to other sports, Little Athletics needs a larger number of parents to help run all events. Parents find that they get a great deal of enjoyment from active participation in their children's sport and your assistance is greatly appreciated.

The minimum requirement is for one parent per family to assist every second week

In addition, each age group is rostered **twice** each season to assist with setting up the oval before competition and packing up the oval after the completion of competition.

Please make sure you are at the oval at **7.15am** to assist with set-up. You can sign in at the table under the orange Jetstar tent and get pointed in the right direction to help out!

Set-up and pack-up duties are in addition to parental assistance requirements

DATE	AGE GROUP	DATE	AGE GROUP
15/09/2018	U14,15-17 PARENTS	11/01/2019	U9 PARENTS – FRIDAY TWILIGHT
22/09/2018	U13 PARENTS	18/01/2019	U8 PARENTS – FRIDAY TWILIGHT
29/09/2018	U12 PARENTS	26/01/2019	U7 PARENTS
05/10/2018	U11 PARENTS - washout	02/02/2019	U6 PARENTS
12/10/2018	U10 PARENTS – washout	09/02/2019	REGIONAL CARNIVAL – NO MEETING
20/10/2018	U9 PARENTS	16/02/2019	U14, 15-17 PARENTS
27/10/2018	U8 PARENTS	23/02/2019	U13 PARENTS
03/11/2018	U7 PARENTS	02/03/2019	U12 PARENTS
9/11/2018	U6 PARENTS – FRIDAY TWILIGHT	09/03/2019	U11 PARENTS
17/11/2018	U14,15-17 PARENTS	16/03/2019	STATE CHAMPIONSHIPS – NO MEETING
24/11/2018	U13 PARENTS	END OF SEASON	
01/12/2018	ZONE CARNIVAL – NO MEETING		
08/12/2018	U12 PARENTS		
15/12/2018	U11 PARENTS		
21/12/2018	U10 PARENTS – FRIDAY TWILIGHT		

We rely on you to get to events early so we can start competition on time. Delays cause unnecessary frustration for all participants! Help us keep things running smoothly and on time by:

- **Signing on at 8.15 am** so we know where the gaps are for the morning
- Being present at your post at **the start of competition**
- **Introducing yourself** to the event's Key Official prior to the athletes arriving. **Thank you for your assistance and cooperation!!!**



