



# On Track

No 9 Saturday 14 November 2008

## EVENTS

Upcoming Events for  
your Calendar

### State Relays Campbelltown

22nd/23rd November  
(No Competition Foxglove)

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TOSHIBA

## State Relays—Campbelltown 22 and 23rd November

Good luck to all athletes competing in the state relays next weekend! This year state relays are again a 2 day event with seniors (U12-U15) on Sunday and juniors (U8-U11) on Saturday. This format proved very popular last year with smaller number each day and a much more informal and relaxed atmosphere than the previous years single day program. As usual parental assistance will be required.

If any selected athletes know now that they will not be able to participate please let Kara Van Noort (0414 607 532) know as soon as possible so that another athlete can be given the opportunity.

The address is as follows:  
Campbelltown Athletic Stadium  
Cnr Rose Payten Dr & Pembroke Rd  
Leumeah.  
Adjacent to Leumeah Railway Station.

**PLEASE NOTE THAT THERE WILL BE NO FOXGLOVE COMPETITION ON 22nd NOVEMBER**

## Age Manager Reports 8th November

**Under 9 Girls:** Lots of PBs this week. Discus, shot & high jump especially. Techniques improving. Listening certainly helps. Well done girls.

**Under 9 Boys:** Only 16 boys this week in the wind. Must mention 5 PBs to Liam plus 2 CBs to Nicholas for discus & 60m hurdles which was great. Also a CB for Jack D in the 400m. What a great effort from all the boys.

**Under 10 Boys:** The boys keep amazing me! Another 50 PBs from 16 boys. Top effort from Jordan, John, Joshua B & Nick with 5 PBs each. Michael & Lachlan H got 4 PBs. Well done boys. Keep it up!

**Under 11 Boys:** Again this week we had a number of PB's. Its encouraging to see the boys improve as the season progresses. Here is this weeks PB's for honorable mention: 5 PB's to Mitchell L and Jamie W, 4 PB's to Connor, 3 PB's to Ben P, Tim S, Alexander D, Haider A and Adam H. The PB of the week goes to Adam H who jumped an amazing 1.26m which is 0.11m better than his previous best.

**Under 14 Boys:** Just a few PBs this week -- a very low key week! A CB to Josh and PB 2 PBs to Maclean. James, Nick, Kaitlen and Max pick up a PB each.

## Awards

Congratulations to the following athletes:

**Blue level achievement certificate awarded to:** Mitchell Barratt (6B), Charley Moffat (6G), Alysha Burnett (12G)

**Red level achievement certificate awarded to:** Charley Moffat (6G), Cara Simms (6G), Madeline Playford (7G), Sarah Playford (9G), Ali Burke (12G), Alysha Burnett (12G)

**6 PB's on 8/11/08:** Sarah Flavell (6G), Lachlan Dixon (9B)

**5 PB's on 8/11/08:** Sam Parry (6B), Oliver Scholey (8B), Ebony Grandinetti (8G), Aaron Halvey (9B), Joshua Baddock (10B), John Martin (10B), Natalia Mageropolous (10G), Nicholas Pearson (10B), Mitchell Liquete (11B), Emma Cryan (11G), Frances Goodman (11G), Madison Williams (11G), Alysha Burnett (12G)

## Centre Champions take Centre Records from Centre Champions

Our two reigning Centre Champions achieved their first Centre Records of the season in the past fortnight. Last week Alysha Burnett broke the 12G discus record set by 4-time Centre Champion Samantha Garde in 1997 by 2.5m with a might throw of 31.48m. One week earlier Adam Halmy scored 3684 points to add 144 points to the 11B pentathlon record set by 3-time Centre Champion Cameron Wyper in 1999. Congratulations to Alysha & Adam!