



On Track

No 10 Saturday 29 November 2008

EVENTS

Upcoming Events for
your Calendar

Last Pre Christmas
Competition Day
Saturday 13th December

SPONSORS

**Mt Kuring-gai
Village Butchery**

**Thompson Landscape
and Garden Supplies**
Hornsby

 **CLUB BEROWRA**



**Mt Kuring-gai
Village Pharmacy**



TOSHIBA

State Relay Results

Despite the winter weather on the weekend, Northern Districts fared very well at the State Relays. With a total of 32 teams entered, 25 placed in the top eight. We were awarded 6 medals, with two new State Records. Well done to all the athletes who competed and a very big thank you to all the dedicated parents who helped make the weekend a success.

U8 GIRLS	Long Jump	2ND	
	Shot/Discus	6TH	
U8 BOYS	Shot/Discus	8TH	
	Long Jump	6TH	
U9 GIRLS	Long/High	5TH	
	Shot/Discus	4TH	
U9 BOYS	Long Jump	2ND	
	Shot/Discus	1ST	RECORD
U10 GIRLS	Long/High	4TH	
	Shot/Discus	1ST	RECORD
U11 GIRLS	Shot/Discus	6TH	
U11 BOYS	Shot/Discus	8TH	
JUNIOR BOYS	4 x 800m Relay	7TH	
U12 GIRLS	Long/High	4TH	
	Shot/Discus	6TH	
U12 BOYS	Long/High	5TH	
	Shot/Discus	4TH	
U13 BOYS	Long/High	7TH	
	4 x 100m Relay	4TH	
U14 GIRLS	Long/High	4TH	
	Shot/Discus	4TH	
	4 x 100m Relay	8TH	
U15 GIRLS	Long/High	8TH	
	Shot/Discus	3RD	
U15 BOYS	4 X 100m Relay	2ND	

Trans Tasman Competitors

Congratulations to both Emma Frost (U11G) and Adam Halmy (U11B) who were successful in making the NSW Trans Tasman team. They will compete in Sydney against Auckland on January 18, 2009. We wish them good luck!

Photo Orders

If you would like to order a CD of photos, orders will be taken near the canteen until Saturday 7th Dec. The CD costs \$7. Those CD's already ordered are ready for collection.



On Track

No 10 Saturday 29 November 2008

EVENTS

Upcoming Events for
your Calendar

Last Pre Christmas
Competition Day
Saturday 13th December

SPONSORS

**Mt Kuring-gai
Village Butchery**

**Thompson Landscape
and Garden Supplies**
Hornsby

 **CLUB BEROWRA**



**Mt Kuring-gai
Village Pharmacy**



TOSHIBA

Awards

Congratulations to the following athletes:

Blue level achievement certificate awarded to: Billy Pollard (7B)

Red level achievement certificate awarded to: Billy Pollard (7B)

5 PB's on 15/11/08: Rhys Graham (7B), Laura Grime (8G), Hayley Millington (8G), Elly Gallagher (10G)

Age Manager Reports—November 15

Under 6 Boys; We had 9 boys on this overcast day. With 19 PBs which is a good average. Ryan L—3, Jarad—3, Sean M— 3, Chris—3. Good effort by the boys

Under 7 Girls: After a drizzly morning start, and an exciting Pentathlon presentation, 8 girls participated. A total of 18 PBs and a new CB for vortex for Taleah of 12.38m. Congratulations and keep up the great enthusiasm girls.

Under 8 Boys; 11 boys today performed 13 PBs .Ben, Mitchel, Timothy, Jasper and Josh W all got 2 PBS.

Under 9 Girls: How many PB's can the girls keep getting with a wet start/ They all made a terrific effort in each and every event today. Lot's of fun and enthusiasm. We were very proud of their efforts.

Under 10 Girls: A very small group of only 9 girls today. Well done to Bridget M with a new CB in Long Jump, Elly with a new `500 M CB and Tiana with 4 PB's.

Under 10 Boys: A very quick, cool & enjoyable day! 20 PBs from 7 boys & 5 events. 4 PBs from Andrew & Nick, well done!

Under 12 Girls: 100M: they did it very well. Long Jump: all 4 got PB's. 400 M: New CB by Ali. Shot Put: New CB by Alysha