



On Track

No 11 Saturday 6 December 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**
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**Mt Kuring-gai
Village Pharmacy**



TOSHIBA

December/ January Program

Next Saturday (13 Dec) will be our last competition day for 2008. There will be regular track & field events as well as some novelty events. We will return in 2009 with three twilight meetings from 5.45pm on Fridays 9, 16 & 23 Jan. Early javelin & 3000m events will start at 5pm with walks at the end of the relevant twilight program (about 8.30pm). Saturday competition resumes on 31 Jan with our Multievent Championship -- an excellent warm-up event for Zone Team members and others chasing PBs. U13-17 athletes should note the early 8am start for Multievent high jump

Age Manager Reports 29th November

Under 6 Boys: A very good result this week. RyanThom, Xavier Smith - 5 PBs. Nathan S, Sam Parry, Cody, Jack Herbert - 4 PBs.

Under 7 Girls: After another English drizzly start, 11 girls participated today. 3 CBs today!! A new CB in long jump for Ella Warren of 2.64m. 2 new CBs for Madeline Playford in 50m of 9.71s, and in 100m of 19.12s. A total of 23 CBs for 11 girls. 5 PBs for Charlotte, Marissa and Lauren. Congratulations girls!!

Under 8 Girls: Smaller group today with 11 girls and lots of PBs. Well done to Jemma on 6 PBs.

Under 8 Boys: We achieved 37 PBs from 15 boys in just 5 events. Max, Oliver, Joe, Mathew and Zac got 4 PBs each.

Under 9 Girls: With another wet start and a smaller turnout the girls had a great day. Sarah P started the day with a CB at long jump, 8 others got PBs too. Sasha finished the day with a CB in the 400m.

Under 10 Girls: Great effort this week. 26 PBs in all. Special congratulations to Elly & Tiana with 4 PBs. We also set 3 new CBs -- Elly 800m, Tiana shot put and Bridget 70m. Well done everyone.

Under 14 Girls: Just 6 girls today but still plenty of PBs with Katie H & Jessica with 3 each and Rachael picking up the CB in long jump. Well done.



On Track

No 10 Saturday 29 November 2008

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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