



# THE BANNO WEEKLY

Ku-ring-gai Little Athletics Newsletter 5 February 2016

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*A proud supporter of Ku-Ring-Gai Little Athletics*

## AGE GROUP ROSTER THIS WEEK

BBQ/CANTEEN: U9s

SET UP (7am please): U12s

### HEADS UP!!!!

Parents of athletes competing at Region need to sign up for a duty on this link <http://www.signupgenius.com/go/20f0e45a5ae29a5fe3-2016>

At least one parent from each family competing at Region must signup for a duty.

Check KLAC website for weather updates

### THIS WEEK'S EVENTS

7.00 am	Set up	Bannockburn Oval
8.00 am	Check program	Off oval
8.45 am	KLAC comp (WEEK 4 PROGRAM)	Bannockburn Oval

### UPCOMING EVENTS

13/14 Feb	LANSW Regional Championships	Narrabeen
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### FROM THE PRESIDENT

It was great to get the athletes onto the ground for some events last Saturday. Things are looking good for this weekend so we will be able to conduct a full program of events at last!

Thank you to everyone who helped out with duties last Saturday. There were a number of new faces stepping in to assist which is a very good sign for the future. Aside from our Coaches there are no other remunerated helpers at our Centre. My role as President, all our Committee, Key Assistants, Age

...and our supporters: **Café 2 U** coffee van onsite at Bannockburn oval

[Calendar](#)

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Managers, etc, everyone is a volunteer who has chosen to get involved so the athletes can have fun while developing athletic skills. With planning underway for the 2016/17 Season about to begin I encourage more of you to come and have a chat about how you may be able to make a really useful contribution to Little Athletics in Ku-ring-gai.

A number of our teen athletes will be competing at the ANSW Junior Championships this weekend on the newly refurbished T&F facilities at Homebush. We wish you every success as you strive to do your best. You can't control what others do so focus all your energy into putting your best self forward and remember, wanting to win is far more important than winning.

The **Week 4** program will be in use at Bannockburn Oval this Saturday. Early events at 8am (U13-17 3,000m or U14-17 Javelin – off oval) and 8:30am (U10-17 Walks only for athletes who contested walks at Zone). Rostered duties for this week:

**Set-up:** U12s parents to assist our regulars at 7am

**Canteen / BBQ:** U9s parents

As always we do ask that parents assist throughout the morning if help is needed. The last Age Group for the morning at each event area is asked to pack up and return the equipment to the shed at the rear of the amenities block.

John McFadden

President

## PARA EVENTS AT STATE CHAMPIONSHIPS

Entries are now being taken for athletes who wish to enter the PARA (previously AWD) events at the 2016 Little Athletics NSW State Track & Field Championships.

PARA athletes enter the state championships via direct entry, ie. they do not need to progress from zone to region to state.

Events are scheduled for Sunday, 20 March at SOPAC.

Further details on the State Championships, including PARA events can be found in the State Track & Field section of our website. Link below.

<http://www.lansw.com.au/Competition/Championships/State-Track-Field-Championships><<http://www.lansw.com.au/Competition/Championships/State-Track-Field-Championships>>

Entries close on Wednesday, 24 February 2016. CLICK

HERE <<https://eventdesq.imgstg.com/index.cfm?fuseaction=main&EventDesqID=16138&OrgID=914>> to go directly to the online entry form. Manual entry forms can be downloaded from the State Track & Field page, link above.

Lindfield Rotary Club  
**FUNRUN**  
2016

Another Rotary community project generously supported by:

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**Sunday 3rd April 2016**  
Roseville Park  
Clanville Rd, Roseville

5km run/walk starts at 8am | 10km run starts at 8.15am

Enquiries: lindfieldrotaryfunrun@hotmail.com

For more info and to register online, visit:  
[www.lindfieldrotaryfunrun.org.au](http://www.lindfieldrotaryfunrun.org.au)

**THE 2016 KURINGGAI CHASE FUN RUN AND BARRY EASY WALK FOR SPECIAL OLYMPICS SYDNEY UPPER NORTH SHORE**

To be held on 13 March 2016.

The Kuringgai Chase Fun Run and Barry Easy Walk is a community fun run and walk incorporating both a 4.5km walk/run and a 9km fun run. The course comprises of either one or two 4.5km loops through the leafy streets of Wahroonga. All funds raised go to Special Olympics Upper North Shore.

**COURSE**

The Kuringgai Chase 9km event will start at 9:00 am and require two circuits of the course.

The Barry Easy Walk 4.5km event will start at 9:10 am and runners will be positioned at the front for the start with walkers to the rear.

**WHERE** The event will start and finish at Claude Cameron Grove in Wahroonga, Sydney.

**PRICING**

Early bird entry pricing will be available until the 21st of February and pricing for the Kuringgai Chase Fun Run (9km) and Barry Easy Walk (4.5km) will be as follows:

Registration Type	Up to 21st February	After 21st February
Adult – 4.5km	\$25	\$30
Child (Under 18) – 4.5km	\$15	\$20
Adult – 9km	\$35	\$40
Child (Under 18) – 9km	\$20	\$25
SO Athlete (4.5km or 9km)	\$5	\$5

Our Special Olympics athletes will enjoy a free sausage sizzle with their entry (normally \$4)!

**LOCAL SEAMSTRESS TO SEW ON PATCHES**

If you would like someone to sew the registration, age patches etc on to your athletes' uniform please contact: Sue Klammer - mobile 0413599545

**TRAINING AND COACHING**

<b>General Training</b>	Wednesday	4.30 - 6.00pm
<b>Specialist Training</b> for <b>U9</b> and older athletes (High Jump - <b>U10</b> and older) & U8s going to regionals		
<b>Walks</b>	Monday	4.30pm - 6.00pm
<b>Throws</b>	Tuesday	4.30pm - 6.00pm
<b>Hurdles</b>	Tuesday	4.30pm - 6.00pm
<b>High Jump</b>	Wednesday	4.00pm - 5.30pm
<b>Long Jump</b>	Wednesday	4.00pm - 5.30pm
<b>Middle Distance</b>	Wednesday	6.00pm – 7.00pm
<b>Sprints</b>	Thursday	4.30pm - 6.00pm