



THE BANNO WEEKLY

Ku-ring-gai Little Athletics Newsletter 26 February 2016

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AGE GROUP ROSTER THIS WEEK

BBQ/CANTEEN: U8

SET UP (7am please): U10

HEADS UP!!!!

Check KLAC website for weather updates

THIS WEEK'S EVENTS

7.00 am	Set up	Bannockburn Oval
8.45 am	Round 2 of the President's Relay	Bannockburn Oval
8.45 am and a little bit	KLAC comp (WEEK 5 PROGRAM)	Bannockburn Oval

UPCOMING EVENTS

18/19/20 March	LANSW State Championships	SOPAC
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FROM THE PRESIDENT

It was great to finally stage the Centre Septathlon last Saturday. Some great results were recorded (including two records that our Records & Rankings Official will include in their report) and the PB count from all results was extremely high. Thanks also to everyone who assisted throughout the morning. Final pointscores will be released once all recorded results have been verified.

A number of athletes from KLAC are representing senior clubs at the NSW Open Championships being held on the new competition arena surface at SOPAC. We wish all of those athletes every success.

The **Week 5** program will be in use this Saturday at Bannockburn. Please note that the U13 Javelin event will be held as part of a general, on-oval Javelin event at the conclusion of the regular event program.

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

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Prior to the first events we will be holding **Round 2** of the **President's Relay**. Age Managers are asked to ensure they have a representative from each Club ready to be a part of the Club Team if required.

Set-up: the **U10s' parents** are required to assist our regular helpers with equipment set-up from **7am**.

Canteen / BBQ: the **U8s' parents** are looking after canteen and BBQ this Saturday.

As always, the last Age Group for the morning at each event area are asked to assist by packing down and if possible returning all equipment to the shed at the rear of the amenities block.

John McFadden

President

RECENT RECORD BREAKERS

Congratulations to the following for setting new records at the pentathlon:

U6 Boys Long Jump **Rian Connors** 2.62m; previously Lachlan Herbert 2011/2012 2.61m

U10 Boys High Jump **Jed Wigley** 1.50m; previously Jonathan Yerbury 1986/1987 and James King 1994/1995 1.40m

TRAINING AND COACHING

General Training has concluded for the season.

Thank you to Kirsty Curnow for her enthusiasm and time in coordinating these sessions with the help of the Junior Coaches.

Specialist Training for **U9** and older athletes (High Jump - **U10** and older)

Walks	Monday	4.30pm - 6.00pm
Throws	Tuesday	4.30pm - 6.00pm
Hurdles	Tuesday	4.30pm - 6.00pm
High Jump	Wednesday	4.00pm - 5.30pm
Long Jump	Wednesday	4.00pm - 5.30pm
Middle Distance	Wednesday	6.00pm – 7.00pm
Sprints	Thursday	4.30pm - 6.00pm