

KLAC NEWSLETTER 26/04/2017

Track Remediation

Towards the end of our summer season some damage was done to the 70m track that impeded our use of the track and posed an ongoing risk of injury to any athletes doing training in that area over the winter. Arrangements were made with KMC for the delivery of 9 tonnes of soil and with the very generous efforts from members of the Jones, Greig, Berthold and Duncan families the soil was spread and rubbed-in across the whole area of the track last Tuesday. Then on the Thursday Hamish Greig and daughter Lily put in another stint to spread a further 2 tonnes of soil. The result is we now have a track surface that will provide a safer training area over the winter and that will be in better condition for the start of the new summer season. The track remains roped-off and only accessible for athletes doing running training. Football boots are not to be worn on the track area.

AGM and Presentation Day

A reminder that our Centre AGM and Presentation Day are on Sunday 7th May at West Lindfield Sports Club, Highfield Rd, Lindfield. The AGM starts at 3pm. All parents are encouraged to attend the AGM and become more involved in the running of Little Athletics at Ku-ring-gai. At time of typing there are still a number of vacancies on our Centre Committee for the 2017/18 Season:

Vice President – assist President with conduct of Centre activities / meetings.

Publicity – identify opportunities for promoting Little Athletics within our area.

Newsletter – collating material that has been supplied by portfolio holders for the weekly distribution to Centre members.

Records & Rankings – ensure that results are uploaded to website, provide reports for selection of teams, and maintain register of Centre records.

Uniforms – manage inventory of Centre representative gear and sale prior to competitions.

Centre Award presentations will follow from 4:30-6:00pm. Season Best Certificates, Age Manager's Medals, Septathlon Trophies & Medals and Major Awards will be amongst the awards being presented. A full list of Award Recipients is attached to this Newsletter.

There will be a free sausage sizzle for everyone, soft drinks for the kids, and full bar facilities for the parents.

Sprints Training with Clayton Kearney

Group sessions available Sundays 4:00-5:30pm at Narrabeen and Wednesdays (from Wed 3rd May) 5:00-6:30pm at Bannockburn Oval.

Australian Little Athletics Championships

The LANSW Team spent most of their school holidays in camp preparing for ALAC. The final camp commenced on Tuesday 18th May with competition to be held Saturday 22nd and Sunday 23rd April. In wonderful autumn weather the Championships got underway with the Opening Ceremony at which Emilia Duncan (KLAC U13s) sang Advance Australia Fair in awesome style. This perhaps gave additional inspiration to the three KLAC representatives on the LANSW State Team. Their results were as follows:

Jessica Maciver U13G

7th in Shot put

4th in Long Jump (on a count-back decided by 1cm!)

Gold medal as first runner in the U13G 4x100m Team

Riley Hemsworth U13B

Bronze medal in 200m

8th in 100m

Gold Medal as second runner in the U13B 4x100m Team

Jack McFadden U15B

Silver medal in Heptathlon

Overall results for the 2017 LANSW State Team were unprecedented:

- 1st in U15 Combined Pointscore
- 1st in U13 Combined Pointscore
- 1st in Overall Handicap Pointscore
- Winner of all three relays
- First NSW Team to win all 3 Major Trophies
- First Team to amass over 1,000 points

According to NSW Team Managers this is “arguably the best ever LANSW State Team”!

Being part of the LANSW Team at ALAC is promoted as the ‘ultimate Team experience’. Our three athletes went into the first Team Camp on Friday 7th April not really knowing a whole lot about what lay ahead. As parents we pretty much handed over our children into the care of five Team Managers. Contact with the Team was limited but the glimpses we got indicated that they were all having an amazing time together. On Monday 24th April we met with the Team for a final lunch and presentations following the Championships. At the end of that lunch when it came time for everyone to leave the children didn’t want to go. There were tears and hugs aplenty. The Championship successes were now irrelevant with the most important, enduring things for these young athletes being the new friendships and bonds they had formed as a Team. In some cases those friendships will last a lifetime and that folks is the best thing anyone could ever hope to gain out of sport.

John McFadden
 KLAC President
Award Recipients List

Olivia	Achike
Lars	Ackland
Inge	Ackland
Veda	Arabolu
Caleb	Ashton
Caleb	Ashton
Noah	Ashton
Gracie	Atkins
Nora	Aubineau-Schuessler
Angus	Baily
Benjamin	Bassett
Sam	Bates
Eva	Bates
Will	Bayley
Hannah	Bayliss
Ellie	Beck
Jonathan	Bell
Amelia	Berthold
Amelia	Bicego
Jessica	Bird
Caitlin	Blackburn
Amalia	Bond
Samara	Bond
Sienna	Bond
Connor	Bond
Amalia	Bond
Sienna	Brett
Scarlet	Brett
Emily	Buchner
Ethan	Burgess
Caitlin	Burgess
Fletcher	Cairns
Ben	Carey
Alexa	Carey
John	Chapman

Alannah	Hickson
SOPHIE	HICKSON
Julian	Hollants
Jonathan	Ivanac-Escobar
Amber	Jobson
Lily	Johnston
Teagan	Jones
Aidan	Jones
Nikolas	Kalimeris
Christopher	Kavanagh
Samuel	Kay
WILL	KAY
Thea	Kerr
Ella	Koster
Ashleigh	Kuznetsoff
lucas	Kwan
Kieran	Lander
Hamish	Lapsley
Gemma	Lapsley
Samuel	Larratt
Aidan	Lau
Paris	Lazanas
Annika	Lee
Dominic	Lee
Julian	Lee
Eve	Loebel
Sarah	Lovell
AVA	LUXFORD
Jessica	Maciver
Maia	Madden-Khan
Ruby	Mahendran
Henry	Mahendran
Lucinda	Maple
Phoebe	Mason
Harrison	Mavin

Cacia	Charles
Chanel	Charles
Jude	Cho
Seana	Chung
Siobhan	Chung
Matilda	Clement
Emelie	Coe
Rian	Connors
William	Constable
James	Constable
Kristen	Cook
Sophie	Crichton
Sophie	Crichton
Charlotte	Curran
Jaye	Daniel
Daniel	Davis
Nehara	De Mel
Max	Dennett
TOMAS	DENNETT
Max	Dennett
Max	Ding
SEBASTIAN	Doney
Max	Duncan
Emilia	Duncan
THOMAS	ELLIOTT
Alicia	Endicott
Zak	Evans
Sophie	Farrell
James	Farrington
Georgia	Fichardt
Claire	Field
Georgina	Fife
Thomas	FitzGerald
Callum	Gilchrist
Blake	Gillian
Charlotte	Greatrex
Isabelle	Green
Isaac	Greig

Jack	McFadden
Gemma	McIntosh
LACHLAN	MCINTOSH
Michaela	McLean
Joshua	Morris
Jacoby	Neal
Tyson	Neal
Emily	Newey
Luke	Osborne
Jack	Osborne
Yohann	Pereira
Jada	Powell
Henry	Pozzecco
Jack	Procter
Noah	Quayle
Cameron	Reid
Phoebe	Riley
Hayden	Roberts
Abbey	Rockliff
Saskia	Scholle
Felix	Scholle
Belinda	Scott
Brodie	Shearer
Catherine	Shen
alexander	Sherlock
Summer	Sivaraj
Will	Soden
Georgia	Spanswick
Jasper	Spiller
Emily	Stewart
Felicity	Stewart
Tom	Stewart
Jack	STONE-HEESH
Arthur	Taylor
Jimmy	Thebridge
Hannah	Till
Sienna	Vassella
Brodie	Waldock

Lily	Greig
Ines	Griffiths
Dylan	Hall
Stella	Hall
George	Hamblin
Fred	Hamblin
James	Harden
Kate	Harden
Veronica	Hardman
Matilda	Harrison
Thomas	Haslam
Griffin	Hemsworth
Riley	Hemsworth
Mia	Hemsworth
Annika	Henry
Lachlan	Herbert
Hugo	Hetherington
Archie	Hetherington

Kyle	Walsh
Colm	Walsh
Matthew	Walter
Samuel	Walter
James	Walter
Timothy	Walter
Amelia	Watkins
William	Watson
Charlotte	Watton
Imogen	Webber
Hamish	Webber
Jed	Wigley
Harlow	Wigley
Max	Wilkins
Sean	Williams
Georgia	Wood
Zoe	Woods
Brianna	Worsfold
Keira	Yerbury
Zack	Yerbury
Taya	Yerbury