

NEWSLETTER

Season 2018/2019

Edition #5

January 2019



SUTHERLAND LITTLE ATHLETICS - ESTABLISHED 1969

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SEASON CALENDER FOR 2018/19

February 2019

Event: Sutherland Little Athletics Centre Championships Day (You must have entered prior to January 31st) NO ENTRIES ACCEPTED ON DAY

Date: February 15th (3K Events Only) at 6pm

Location: Waratah Park Sutherland

Parent Duty: 1 parent with a nominated athlete is required for a duty

Event: Sutherland Little Athletics Centre Championships Day (You must have entered prior to January 31st) NO ENTRIES ACCEPTED ON DAY

Date: February 16th

Location: Waratah Park Sutherland

Parent Duty: 1 parent with a nominated athlete is required for a duty

Event: Competition Week (#16)

Date: February 23rd

Location: Waratah Park Sutherland

March 2019

Event: Competition Day (#17)

Date: Saturday 2 March 2018

Location: Waratah Park Sutherland

Event: SLA Centre Championships - Back Up Day / State Team practice session + interested athletes / Final Day of Season

Date: Saturday 9 March 2019 (3k events are on Friday at 6pm)

Location: Waratah Park Sutherland

Centre Champs - Athletes are allowed to enter 4 events only and must have entered prior to the day in order to be able to compete.

State Team practice - match races will be organised for State team qualified athletes, in preparation for LANSW State Championships.

(March 9th we will also include the Tiny Toys Presentation Day and our farewell to the U17's)

Event: LANSW State Championships

Date: 16-17 March 2019

Location: Sydney Olympic Park Athletic Centre (SOPAC), Homebush

The State Track & Field Championships are the culmination of the LA's track & field competition season. Athletes in the age groups U9 through to U17 are eligible for this event. Qualifying to State is via performances at each of the eight Regionals. The State Track & Field Championships will have up to 24 competitors in every individual event.

REGIONAL CHAMPIONSHIPS

On the weekend of February 2 and 3 the 2019 Regional Championships were held, we can report it was a very successful carnival for the club and we commend all athletes for their efforts as Sutherland stood out over the 2 days.

From these Championships we currently have 39 Sutherland Athletes qualified for the State Championships to be held next month. We do have many athletes waiting to see if they qualify as a next best 8 performance and that will be known towards the end of this month.

All athletes can be proud of their achievements and if you were not able to qualify for State we hope you enjoyed yourself but may have notched up a PB in your event.

Our U8's don't progress to the State Championships however what they did at this carnival was nothing short of amazing. They won a total of 18 medals and here are all the winners.

Saturday Results

Noah Griffiths 2nd Shot Put
Layla Peterson 1st Discus
Layla Peterson 2nd Long Jump
Sadie Rayment 3rd Long Jump
Sophie Howson 2nd 60H Final
Sophie Howson 1st Long Jump
Conner Wirth 2nd 60H Final
Connor Wirth 1st Long Jump
Ronia Warszawska 2nd 400m Timed Final
Zwi Ratajczak 1st 400m Timed Final
Zwi Ratajczak 2nd 100m Final

Sunday Results

Ronia Warszawska 2nd 800m Final
Zwi Ratajczak 2nd 800m Final
Zwi Ratajczak 3rd 200m Final
Noah Griffiths 2nd Shot Put
Layla Peterson 3rd 70m Final
Conner Wirth 1st 70m Final
Conner Wirth 1st 200m Final

Also a special mention to the rest of our U8's who toughed it out. Both days were long for our youngest competitors, but they all had a smile on their face come the end of the day.

ATHLETE PROFILE

This month's Athlete profile is on one of our departing athletes Bevan Lord. As he comes into the last few weeks of his time at Sutherland Little Athletics, I caught up with him and we reflected on his career. We also hear from his dad Daryn who has been his Age Manager over the years and he shares some of the lighter moments he has seen.

Bevan's Interview

- 1. First memory of Athletics at Sutherland and when did you start?**
I started athletics in the under 10's and one of my first memories is when we used to hide under the sliver chair when one of my peers was throwing the javelin.
- 2. Favourite track event and why?**
My favourite part track event is the 1500 metres as it is a mix between the speed of an 800m and the endurance of a 3km.

3. **You have set a few records at Sutherland is there one that stands out the most?**

The record that stands out the most to me is the 800m record as it was the last of my records that I achieved, and it was a very tough time to beat.

4. **Biggest achievement in Little A's.**

I would say one of my biggest achievements in Little A's is when I won the endeavour award two years in a row at the yearly award ceremonies.

5. **As for training what is your weekly schedule?**

My weekly schedule consists of a mixture of track work, grass sessions and a long run two to three times a week.

6. **Favourite field event and why?**

My favourite field event has to be high jump as no one in our age group wants to be eliminated first so it becomes very competitive. Also, one member of my age group, Nick, has a very weird and funny technique at jumping the bar.

7. **You're coming into last few weeks of the season and your time at SLA how does that feel.**

It feels both good and bad to know that I am finishing a big part of my athletics career with various achievements but at the same time I am excited about doing seniors next year.

8. **Whats it been like having your Dad as Age Manager throughout your time at SLA**

It has been great having my Dad as my age manager for many years as I have had someone to encourage me on the field and keep track of my times and progress throughout the years.



Bevan in action from the Regional Championships last weekend

Daryn's Interview

1. **Can you tell us some highlights or funny moments as Age Manager**

The funniest moment as an age manager was in Under 11's when a new member "Iram" tries high jump for the first time. He watched all the boys closely and then gave it a go. Iram rather than following his close arm over the bar, he did a complete reverse 360 up an over the bar. All the boys could not believe what we saw, and it

was unfortunate we did not video it as I'm sure it would be a hit on funniest home videos. Since then high jump has been a very competitive field event for the boys as anything is possible.

2. How long have you been an Age Manager for

5 or 6 years and that has been an easy decision to help out each year as all the boys are very friendly and they always encourage the whole group to do their best every week.

3. What's your proudest moment as you have watched Bevan throughout the years

After all the hard work of consistent training over the years it's is now paying off with records in the club this year and over the weekend having automatic qualification for State this year in the 3km run.

Bevan being one of the smallest kids has had his work cut out for him especially when your competing in our region against the National champions in his chosen events. Even though Bevan doesn't medal for the majority of his events, the training pays off with great times and PB's and he makes state teams each year.

All my wife and I ask is that Bevan puts all his effort to becoming a better athlete each week and we are very proud of commitment and dedication in his chosen sport.

4. Tell us something that we may not know about him

Bevan gets viral induced asthma (and has been hospitalised a few times by this) and this was our main reason for starting little athletics. Running has allowed him to expand his lung capacity and help control the asthma.

5. If you had to sell SLA to the wider community what would you say

Little Athletics is a fantastic summer-based sport for all kids. Kids are competing against themselves each week with goals of striving for their personal best. As an age manager when you tell them they got a new PB the smiles make it a worthwhile experience. (even for the under 17's).

6. With Bevan finishing up this year what will the 2019/20 season hold for you

Next year we are looking to move into Senior Athletics for Bevan as this will help maintain a good balance of sport and studies while doing year 12.

7. What do you do in your spare time

My spare time is taken up by taking the kids to athletics, cross county, soccer, netball, horse riding, helping with homework, learner driving – need I go on more as I'm sure we are the same so spare time is a luxury these days with a teenage family. However, I do very much like water skiing on the Port Hacking. When time permits and the wind is down, we will hit the water around 7am for a few hours so I can be back to mow the lawns and do the house chores my wife hands out.

PRESENTATION DAY

To end our 49th season at Sutherland Little Athletics we have our presentation afternoon, below are the details:

14th April – Sutherland Little Athletics Presentation Day

Spilt Format:

Junior Presentation - U6-U11 3:30pm-4:30pm

Senior Presentation - U12-U17 4:45pm - 5:30pm

GyMEA Trade Union Club (Tradies)

Tables will be set aside for children to sit with their respective age groups.



RECORD BREAKERS JANUARY

Date	Event	Age Group	Athlete	New Record	Old Record
19/01/2019	800m	U17 Boys	Bevan Lord	2:11.10	2:12.10 (2018)

Congratulations to Bevan on this achievement.

SPONSORS AND SUPPORTERS

We would like to thank our sponsors and supporters



The Mower Man - Terry Kerslake

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