

NEWSLETTER

Season 2018/2019

Edition #3

November 2018



SUTHERLAND LITTLE ATHLETICS - ESTABLISHED 1969

Webpage: www.sutherlandlac.org.au

Email: inquiry@sutherlandlac.org.au

Facebook: <https://www.facebook.com/suthlittleathletics>

SEASON UPDATE

Our first major carnival was held in November "The State Relay Championships". It was a fantastic effort from our club to win 20 medals our biggest haul in sometime. Thanks to our team managers Michelle (Junior) & Megan (Senior) as well as the current and former athletes that assisted with training our younger athletes with some of them tasting success. We also acknowledge the other athletes who placed outside the medals as we hoped you enjoyed the experience and maybe you achieved a personal PB. Thank you to all the parents that got their kids to countless training sessions and those that also performed a duty over the 2 days.

Our next major carnival is upon us with the Zone Championships on November 30, December 1 & 2. Sutherland is very well represented at these championships and we wish every athlete all the best.

Saturday December 15 is our Christmas family fun day. A modified program will be scheduled as it's also a get together before the Christmas break and if all the children are good a special visitor is booked in and visits around 10am. As usual parents v kid's races will be on the program, and please note no medics will be on hand for those that might think "I can beat my child", then halfway up the straight that hammy goes. We are planning to have an invitational handicap sprint race for our boys and girls. We are in negotiations to bring back some former Sutherland athletes, and they don't come for a picnic, they come and mean business. Our SLA Committee will select runners from each age group with more details to be published on Facebook next week.

Your SLA Committee would like to thank everyone for their support for the first half of the season and we wish everyone a Merry Christmas and Happy New Year. We will see you back at the track on January 12 when we resume our season.

CALENDAR DECEMBER

December 2018

December 8 Competition Week #11

December 15 Sutherland Little Athletics Christmas Party. A family fun day as we go into the Christmas and New Year break. A surprise visitor arrives around 10am

No Sutherland Little Athletics on December 22,29, 2018, and January 5, 2019
We are back January 12, 2019 at 8am.

LANSW STATE RELAY CHAMPIONSHIP RESULTS

Saturday November 17 and Sunday November 18 Sutherland Little Athletics entered 61 teams to compete at the State Relay Championships of the season. As the name suggests the championships are comprised entirely of relay events. It was our most successful carnival in recent years with the club winning a staggering 20 Medals. We would like to congratulate those medal winners as well as every other Sutherland athlete that was involved over the 2-day carnival. Below is a list of our medal winning performances. Special mention to Kiera Toohey, Ronia Warszawska, Zwi Ratajczak, and Cooper Penman who won 3 medals each.

Age Group	Event	Placing
Girls U8-U11	Middle Distance	1st
Girls U8	4x100m Relay	1st
Boys U8-U11	Middle Distance	1st
Mixed U8	4x200m Relay	1st
Mixed U11	4x400m Relay	1st
Girls U12-U15	Middle Distance	1st
Mixed U15	4x400m Relay	1st
Girls U17	Jumps Relay	1st
Boys U11	4x100m Relay	2nd
Boys U11	Throws Relay	2nd
Girls U14	Jumps Replay	2nd
Boys U8	4x100m Relay	3rd
Boys U10	Throws Relay	3rd
Girls U11	4x100m Relay	3rd
Girls U10	4x100m Relay	3rd
Mixed U9	4x200m Relay	3rd
Mixed U10	4x400m Relay	3rd
Mixed U17	4x400m Relay	3rd
Girls U15	Jumps Relay	3rd
Girls U14	4x100m Relay	3rd

“ATHLETE PROFILE” U8 GIRLS 4X100M RELAY TEAM

This month's athlete profile is with our youngest medallists from the 2018 State Relay Championships. Coached by our very own Jessica Wardrobe the girls won their heat and backed that up with a convincing win in the final. I sat down with the girls and asked them a few questions.

1. How does it feel to know as the fastest team in the state and for your age group?

Ronia - It feels like an amazing experience to have slowly gotten to this spot upon which we now stand proudly. And that we as a team have now achieved our goal. Thank you everyone who helped us to stand where we are, and we are all very proud of that

Isabelle - Excited, proud and special!

Frances - It makes me happy and excited and that my training has been worth it. I have worn my new shirt from State Relays every day this week

Layla - It feels good to know we are the fastest in the state.

2. How much did you learn from your Coach Jessica Wardrobe and was it fun?

Ronia - It was obviously fun because Jessica is a really fun and a friendly person and I learnt that whatever place we are in we stand tall.

Isabelle - I learnt a lot of good things, especially about how to pass the baton. She made it lots of fun and gave us a good luck card and lolly bag.

Frances - Jess made it so much fun. She taught me to pass the baton and helped me with my starts. She was very nice and kind to us. She cheered for us at Little A's last week too when we ran the 100m and we cheered for her when she did her 100m

Layla - I learnt a lot from Jess as I had no idea how to relay and was using 2 hands to receive the baton at first. Jess showed us how to pass the baton which helped us win. It was so much fun with Jess as she is so nice and really fast.

3. Where is the medal in your house and did it go to school on Monday for news?

Ronia - My medal is in my bedroom on my table and on Monday my medals did go to school

Isabelle - I keep it in my bedroom. I took the medal and some photos of our team to school for special news

Frances - Well I was going too but I forgot to take it!

Layla - I took my medals to school on Tuesday for news. I have them on my desk in my room.

“ATHLETE PROFILE” U8 GIRLS 4X100M RELAY TEAM

4. What is your favourite event at Little Athletics?

Ronia - It is the 700m

Isabelle - 60m hurdles

Frances - My favourite event is 100m

Layla - Discus

5. Could you hear your parents from the stands during the heat and the final?

Ronia - Yes! I could hear them screaming at me!

Isabelle - I heard lots of cheering, especially when the last person (Ronja) was running.

Frances - I could hear Jess cheering for me and my sister Evie. It was so exciting

Layla - No; but I could hear the cheers for 'Go Sutho'!



Jessica Wardrobe (Coach) with her U8 4x100m State Relay Champions

TRANS TASMAN TRIALS 2018

Sunday November 4 saw the 2018 Trans-Tasman Trials conducted at Campbelltown Athletics Centre. Sutherland was represented by 11 athletes and we would like to congratulate the following athletes who have been selected in the NSW team.

Cooper Penman

Mathilda Delfs

Matilda Fanning

Jade Pawson

Jesiah Low

Logan Toohey

Sophie Rogers

These athletes will compete on Sunday January 13 against a Team from New Zealand also to be held at Campbelltown Athletics Centre.

CENTRE RECORD BREAKERS

Date	Event	Age Group	Athlete	New Record	Old Record
03/11/2018	1500m	U17 Boys	Corey Denneen	4:38.30	4:38.70 (2017)
03/11/2018	1500m	U17 Boys	Bevan Lord	4:35.10	

We congratulate these athletes on their great achievements

SPONSORS AND SUPPORTERS

We would like to thank our sponsors and supporters



The Mower Man - Terry Kerlake

Waratah Park, Rawson Ave Sutherland, Mail: PO Box 374 Sutherland NSW 1499, Ground Phone (02) 9521 1974