



SUTHERLAND LITTLE ATHLETICS - ESTABLISHED 1970

NEWSLETTER

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Season 2019/2020

Edition #5

February 2020

SEASON CALENDER MARCH

Saturday March 14th & 15th LANSW State Championships

<https://lansw.com.au/state-track-field-championships/> (link to program)

REGIONAL CHAMPIONSHIPS WRAP

This year's Regional Championships had everything weather wise including a postponement of competition on Saturday , but in the end we got through the carnival and we commend all athletes on their performances.

Congratulations to the 75 athletes (see below for all those athletes), plus the Senior Girls Relay team, who have qualified to make up a strong Sutherland Little Athletics Team off to compete at the State Championships on Saturday 14 and Sunday 15 March. Sutherland LAC have every age group, from 9-17year old's, represented and we wish them all the best of luck as they aim for new PB's under what hopefully will be much better conditions than those at region. We remind all members of the state team to ensure they have access to Team App for any alerts or messages over the weekend. All information regarding program etc can be found on Team App. We are hoping club state gifts arrive prior to state and will notify members via Team App when collection will be.

Best of Luck!
M & M

LANSW STATE CHAMPIONSHIP QUALIFIERS

Congratulations to the 75 athletes that have qualified for the LANSW State Championships to be held on March 14 & 15 at SOPAC Homebush. The amount of qualifiers we have through is believed to be a club record as per below list.

Sienna Alderson	Emma Lee	Kade Rogers
Nova Batman	Jamieson Leigh	Sophie Rogers
Ivy Boothroyd	Jesiah Low	Channary Royal
Nicole Bowers	Jude Low	Russell Royal
Ty Brannock	Lachlan Margetson TF20	Felicity Ryan Sweeney
Jaimie Byrne	Mason McGroder	Toby Smith
Joseph Cantlon	Haylee McNally	Elizabeth Smithson
Elijah Cooper	Lauren McNally	Emerson Spence
Madison Cornish	Stephanie Mishkarudnaya	Cooper Starr
Trey Davids	Semion Mishkarudnaya	Christopher Szekeres
Mathilda Delfs	Jordan Moore	Zoran Szekeres
Ruby Delfs	Jett Nisbet	Keira Toohey
Corey Denneen	Mackenzie O'Riordan	Logan Toohey
Matilda Fanning	Jade Pawson	Mia Toohey
Molly FitzPatrick	Casey Pendleton-Cherry	Boston Traino
Ollie Francis	Cooper Penman	Taurus Traino
Jaxon Gotch	Layla Peterson	Samuel Veness
Charlie Hallam	Alana Pokorny	Jessica Ward
Summer Hannah-Campbell	Zwi Ratajczak	Blake Wardrobe
Thomas Harris	Molly Rayment	Jessica Wardrobe
Daniel Hornery	Sadie Rayment	Ronia Warszawska
Sophie Howson	Ava Reid	Ashleigh Waters
Jasmine Isabella Jackson	Jack Robinson	Lachlan Wheeler
Danny Kearney	Jay Robinson	Hanna Wichgers
Zara Lammers	Olivia Robinson	Connor Wirth

CENTRE CHAMPIONSHIPS

It was a good to call to postpone Centre Champs a few weeks ago (when our track looked more like a swimming pool) as conditions on the 29th of February were perfect. There were lots of PB's, records broken, smiles, cheers as our little athletes ran, jumped and threw with all their might.

Congratulations to our medal-winners ... the competition was fierce!. Thank you to all of our parent helpers as it's a massive day and we can't do it without your support. Finally thank you to our SLA Committee who did plenty of work behind the scenes to make it a successful day.

RECORDS JANUARY, FEBRUARY & MARCH

Congratulations to the following athletes who broke records in January, February and March.

January Records

<i>Date</i>	<i>Event</i>	<i>Age Group</i>	<i>Name</i>	<i>New Record</i>	<i>Old Record</i>
25/01/2020	800m	9 Girls	Ronia Warszawska	2:48.25	2:48.60 (1983)
25/01/2020	Discus 500g	11 Girls	Keira Toohey	25.82m	23.31m (2019)

February Records

<i>Date</i>	<i>Event</i>	<i>Age Group</i>	<i>Name</i>	<i>New Record</i>	<i>Old Record</i>
15/02/2020	Triple Jump	12 Boys	Mason McGroder	10.87m	10.70m (1997)
	Long Jump	15 Girls	Charlie Hallam	5.31m	5.27m (2019)
22/02/2020	Shot Put 2kg	12 Boys	Zoran Szekeres	13.11m	12.57m (2019)
29/02/2020	60m Hurdles	8 Boys	Ryan Hurst	11.64	11.90 (2000)
	60m Hurdles	9 Boys	Connor Wirth	10.87	10.90 (1994/2000)
	High Jump Scissor	9 Girls	Emerson Spence	1.14m	1.10 (2019)
	Shot Put 2kg	10 Boys	Jett Nisbet	11.71m	11.68 (2013)
	Discus 500g	11 Boys	Boston Traino	35.12m	34.29m (2019)
	Shot Put 2kg	12 Boys	Zoran Szekeres	13.44m	13.11m (2020)
	Long Jump	12 Boys	Mason McGroder	5.34m	5.22m (1997)
	800m	13 Boys	Jesiah Low	2:17.68	2:19.30 (1985)
	3000m	13 Boys	Jesiah Low	9:57.16	10:06.00 (2015)
	Shot Put 3kg	17 Girls	Felicity Ryan Sweeney	10.70m	10.60m (2016)
	Javelin 700g	17 Boys	Luke Nicholson	47.22m	44.91 (2019)

February Equal Record

<i>Date</i>	<i>Event</i>	<i>Age Group</i>	<i>Name</i>	<i>New Record</i>	<i>Old Record</i>
29/02/2020	70m	9 Girls	Sophie Howson	11.21	11.21 (2005)

New Event Records

<i>Date</i>	<i>Event</i>	<i>Age Group</i>	<i>Name</i>	<i>New Record</i>
29/02/2020	80m Hurdles	11 Boys	Matthew Ryan Sweeney	15.02
30/11/2019	80m Hurdles	11 Girls	Molly Rayment	15.02
			Keira Toohey	15.02
30/11/2019	80m Hurdles	12 Boys	Mason McGroder	14.64
21/09/2019	80m Hurdles	12 Girls	Jade Pawson	14.66

March Records

<i>Date</i>	<i>Event</i>	<i>Age Group</i>	<i>Name</i>	<i>New Record</i>	<i>Old Record</i>
07/03/2020	1500m	13 Boys	Jesiah Low	4:36.80	4:41.85 (1985)

END OF SEASON EVENTS

April 2019

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

5th April – Sutherland Little Athletics Presentation Day

Spilt Format:

Junior Presentation - U6-U11 3:00pm-4:30pm *

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

GyMEA Trade Union Club (Tradies)

* Time is subject to change by SLA Committee

May 2019

5th May AGM – 7.30pm GyMEA Trade Union Club (Tradies)

SPONSORS AND SUPPORTERS

We would like to thank our sponsors and supporters



The Mower Man - Terry Kerlake

NEXT SEASON

Keep an eye out for registration details around July & August for our 2020/2021 Season as we celebrate our 50th year.



NEWSLETTER'S

This will be the final ever newsletter and as from 2020 season all relevant info will now be published via Facebook, Team App and on our website www.sutherlandlac.org.au.