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[www.ballaratlittleathletics.com.au](http://www.ballaratlittleathletics.com.au)

Club President: Shane Bicknell

Secretary: Jo Edwards

## 11/12 Newsletter Edition 7 – 3/12/11

**Our Mission** - "To be a professionally run club which promotes participation in athletics and provide a framework for continual improvement of all members in a safe, inclusive and family oriented environment."

**Our Vision** - "To be a successful club with a strong and engaged membership achieving personal development as athletes and people."

**Our Values** - \* Personal Development, \* Participation, \* Equality, \* Enjoyment, \* Building friendships

**From the President** –Hi everybody, hopefully this week we can get some competition in. Everybody should be well rested and raring to go after two rainy weekends. There's only a couple of rounds to go before the Christmas break so if you have not achieved that PB goal you had for this year, now's the time for that extra effort. That's all from me for now and please feel free to provide me with any feedback and ideas via [shane@bicknell.com.au](mailto:shane@bicknell.com.au)

**Points to remember** - \$2 per athlete for track hire to be paid at "Parents Hub"  
Please ensure at least one parent/carer is present for the program.

### Ballarat Little Athletes shine at Horsham's Kannamaroo Gift

On Sunday 27th of November, 4 Ballarat Little Athletic athletes (Chelsie Smith, Ryan Friedrichs, Elizabeth Pattison and Natalya Hall – Dekleva) travelled to Horsham for the McDonalds Kannamaroo Gift at Dudley Cornell Park. They competed in many track and field events against representatives from various other little Athletic Centres from regional areas of Victoria. All Ballarat athletes came home with medals, broke or came extremely close to breaking records and achieved Personal Best results. Congratulations. Results were as follows:

Ryan Friedrichs: U/8 Long Jump 1st 3.18 metres, 60m Hurdles 2nd 13.14 seconds, 70 metre sprint 12.01 seconds, 100 metre sprint 17.20 seconds (new record), Triple Jump (u/10) 3rd 7.26 metres,

Chelsie Smith: U/12 800 metres 2nd 3.00.59 , 100 metres 2nd 15.69 seconds, Triple Jump 1st 7.69 metres,

Elizabeth Pattinson: U/12 400 metres (u/12/13) 1st 1.14.28, 800 metres 3rd 3.10.75,

Natalya Hall – Dekleva: U/13 800 metres (u/13/14/15) 1st 2.37.66 (new record), 400 metres 2nd 1.11.13 (new record), 80 metre hurdles (u/13/14) 3rd 18.55 (PB), 100 metres sprint 3rd 15.51 seconds (PB), Triple Jump 2nd 8.46 metres (PB), 200 metres 3rd 32.75 seconds (PB).

### REGIONAL RELAY CHAMPIONSHIPS

**REGIONAL RELAY CHAMPIONSHIPS-** Congratulations to those athletes selected for the Regional relays to be held in Ballarat on Sunday the 11th December starting at 10.00am. Teams will be posted the Notice board this week. In some teams, final selections will be decided after today's 200m events.

Athletes please note you will need to wear the navy blue "Ballarat Little Aths" uniform at these Championships. Note this uniform requirement is not enforced for the U7 and U8 athletes. It will be sufficient for those athletes to wear the white "Athletes Foot" t-shirt. Successful teams at this competition will go on to the State Relay Championships on Saturday the 28th January at Albert Park.





Bakery Hill

## ATHLETE'S FOOT AWARD:

Each week The Athlete's Foot Award is donated by **The Athlete's Foot in the Bridge Mall** and is presented to an Athlete who has achieved excellent results in an area of athletics, (and who has not received the award in recent years). Due to stellar performances at Kannamaroo, Natalya Hall-Dekleva and Ryan Friedrichs are dual winners this week.

## McDONALD'S ENCOURAGEMENT AWARDS –

**McDonald's Bakery Hill** donate encouragement awards each week to one person in each age group. There are no awards this week due to the washout.

## DATES TO REMEMBER

3 Dec	8.30am	Normal Program	Round 9	Llanberris
10 Dec	8.30am	Normal Program	Round 10	Llanberris
11 Dec	10.00am	Regional Relay Championships		Llanberris
17 Dec	8.30am	Normal Program	Round 11	Llanberris

## REGIONAL TRACK AND FIELD CHAMPIONSHIPS

These championships are open to U9 to U15 athletes and will be held at Llanberris on the 19th February 2011. These are also the selection trials for the State Championships to be held in Melbourne on the 24th and 25th March. Entry forms are available at the parent's hub (\$8 per event with a max of 4 events) and need to be submitted by the 17th December. Mark Dobbyn can provide more information if required. **DON'T MISS OUT.**

Please note that there will also be events available at these championships for the U6/U7/U8 and U16 age groups. These Athletes will not progress to State finals; however it is a good opportunity to compete against athletes from other centre's (\$4 per event)

**A couple of photographs from the weekend's event at Kannamaroo....**



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Check out our website at [www.ballaratlittleathletics.com.au](http://www.ballaratlittleathletics.com.au) for results, events or even our photo gallery. (<http://www.flickr.com/photos/43346494@N08>). Weekly results of competition are also published in the Ballarat Courier (normally Wednesday).

