

THE LITTLE ATHLETE

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Dates to Note:

Final Night

9th March 2006

Presentation Night

Sunday 22nd April 2007

2 pm at the Workers' Club.

Annual General Meeting

Wednesday 18th April 2007

7:30 pm Community Centre



Jaime shows the style that will carry her to the State.

Three take a running jump to the State

Helensburgh has repeated the successes of 2006 by once again providing three regional representatives for the Little Athletics State Championships to be held at Homebush.

The successful competitors were Jaime Cottrell-Dorner who finished third in the U/9 800m; Sam McNaughton, third in the U/9 800m; and Shane Murray who won the U/12 high jump.

Tim Burgmann is also to be congratulated on winning the U/8 70m sprint but the Regional is as far as he can go.

In total Helensburgh supplied 14 athletes for the finals and most of them achieved personal best performances.

Congratulations to all who competed. For full details of the results consult the Helensburgh Little Athletics website.



Shane Murray clears the bar in the U-12 High Jump on his way to the State Championships.

Dave Scott.

ANNUAL GENERAL MEETING

The Annual General Meeting of Helensburgh Little Athletics will be held at the Community Centre at 7:30 pm on Wednesday 18th April 2007.

There will be vacancies on the committee as some this season's stalwarts

are retiring and the committee needs new blood.

Whether you intend to stand for the committee or wish to suggest how the centre could be better run next year, come along and have your say.

All welcome at the washup

of the year.

A good supper and refreshments will be served despite Eric and Mal not cooking.

Dave Scott

Fancy some winter training?

Sutherland District Athletics Winter Cross Country Club runs every Saturday from 2pm on different courses around the Shire. You can choose between 1 km, 2km, 3km, or 5 km and they even have a 10km course for older people.

The season starts on Saturday 17th March at Como in the park at the end of Cremona Rd just past the Como Hotel.

Full details on: www.sutherlandathletics.com or from Bob Reus on 9548 1399

Late Xmas News

Christmas hamper winners:

1. Pat Scullis
2. Olivia Salmon
3. Nathan Parnell
4. Jane Troy
5. Dodge Cobb/canteen

Website

Don't forget to check the website on:

www.helensburgh-lac.com



Lena breaks the tape in the 1500

ZONE REPORT

Every one who competed at the Zone carnival on February 3-4th, at Sylvania, and there were 42 athletes, did the club proud reports Dave Scott. Of the 42 competitors 24 made it through to the Regional Championships, roughly 65% of families.

No doubt each athlete has their own story of triumph and disappointment but for me, these were the highlights:

- Billy Dublewicz, in the U/7 Boys, being placed in the three events he attempted, winning two silvers and a bronze;

- Sam 'Mr Determination' McNaughton, sprinting to a 1st in the U/9 800 and a 3rd in the 400m

- 'The blonde bullet' Jamie Cottrell-Dormer U/9Girls: 1st in the 800m; 2nd in the 400m and 3rd in the high jump

- Jake Trew and Tim Burgman in the U/8 Boys finishing 1st and 3rd in the 100m and then swapping places for the 70m.

- Shane Murray U/12 Boys 1st in high jump and 3rd in 100m [The editor was also impressed with Lena O'Donoghue in the U/14

girls when she finished 2nd in the 1500 and 3rd in 800 but he has been told that he lacks objectivity]

Everyone I have spoken to had a good time at the meet and enjoyed a good weekend..

We looked forward to the Regional with confidence.

Dave Scott



The yellow and black lead the way in one of the junior events

Parent Roster Update

A big thank you to the vast majority of parents who are fulfilling their commitments on the fortnightly parent roster.

The Committee has been working very hard this year to ensure that all parents are meeting their responsibilities and are contacting personally those who don't.

A special word of thanks to those who doubled up during the Christmas period when many parents were away on holidays and for those who assist every week!!!

Just a **reminder** for those parents who are assisting on the field events.

At the completion of this duty it would greatly assist the committee if you could return the equipment to our container located next to the long jump pit.

Equipment left on the field has to be packed away by workers finishing later than you.

Kathy Scullion.

Heard at the Regional

It is the middle of a stinking hot day at the Campbelltown-Regional; the temperature on the track near 40 degrees and a spectator turns to their neighbour. They note the kindness of an official who has placed water bottles on the track lanes for those who become thirsty during the race.

An interesting observation. Other, less compassionate observers, felt that the bottles might indicate where the 800m runners can cross out of their lanes.