

LITTLE ATHLETE

www.helensburgh-lac .com

Special points of interest:

Presentation date

27th april at 2pm

Workers club

Agm

Tuesday 8th April

7.30pm

Helensburgh community centre

PLEASE COME ALONG

• CENTRE TRAINING

Track training will commence at 5pm on Mondays

With field to follow 6.15pm

- **EVENT HELP** interested in **coaching** or **officiating** we want you . Come and help our kids

• POSITION VACANT

WE NEED NEW FACES

We have some long term committee finishing on the committee at the end of the season please come and see us if your interested

We're easy to get on with!!!!!!

WELCOME BACK looks like the rains returned

Zone and the rain follows us to Barden Ridge

Our successful season has continued with 27 athletes qualifying for Region on the 16/17th Feb. (listed below)

We also had Kurt Picken, Michael Foster, Bradman Bassingthwaighte, Shannon Scutts and Bailey Pulepule win medals in the u/7 (zone is as far as they can go). Congratulations to you all

THERE were many highlights over the weekend with our athletes enduring more rain. We had great performances from Tim Burgmann first 70,100,200m, Sam McNaughton, first 800,1500, Kurt Picken first 200 and packstart, Shannon Scutts 50,70m and Jaime Cottrell-Dormer first 400m, But for many the biggest thrill was seeing Micheal Foster win bronze in the 50m. This is what little A's is all about this boy got in and

THANK YOU!!!

Chris Trigg (TIME RIGHT appliance services) for repairing our fridge

FREE

had a go and his determination paid off. All our Athletes and their parents should be proud of there effort over the weekend. You all did your best and that's what its all about.

THE COMMITTEE CONGATULATE YOU ON YOUR EFFORTS



SOME OF OUR ATHLETES ENJOYING THE WEATHER AT ZONE

CHAMPIONSHIPS

Athletes through to Region

BOYS Luke Taylor, Zane Ross, Billy Dublewicz, Lochlan McPherson, Timothy Burgmann, Sam McNaughton, Liam Coffee, Reagan McPherson, Blake Charman, Rhys Holden, Jesse Cobb, Connor Mackne, Adam Coffee, Finn Dublewicz and Jake

Hozack

GIRLS Chloe Martiensen, Kiara Holden, Cleo Cottrell-Dormer, Annabelle Scullion, Erin Brooks, Jaime Cottrell-Dormer, Monique Paddy, Christie Picken, Zoe Dublewicz, Elona Rey-Costa, Bronte Pulepule and Sarah Bowden **GOOD LUCK THIS WEEKEND**

MORE HIGHLIGHTS FROM ZONE

QUOTE OF THE WEEKEND

When asked what happened at the finish line the reply was

"I didn't want gold I already have one of those I wanted Silver so I can get the whole set"

Some how he managed to get his wish with 2 gold 1 silver 1 bronze

The bronze came in the long jump how's that for good judgment.

OTHER PERFORMANCES OF NOTE

Great finishes by Blake Charman u/11 1500 3rd and 800 4th, Adam Coffee u/13 also produced a scintillating finish to gain 2nd in the 800. The u/8 boys performed the best with Luke Taylor leading the way with 1, 1st and 3 2nds. We had all 4 competitors in the final of the 70m what a site seeing all those helensburgh uniforms in one race. 5 of the u/8 boys are going to region.

FOR THE RECORD

SO FAR THIS SEASON WE'VE HAD **834 MM** OF RAIN AND USED **240**

LITRES OF BLACK PAINT. IT'S A SHAME WE CAN'T USE THE RAIN WATER FOR MARKING THE LINES.



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GIRLS SHINE TOO

Led by Shannon Scutts (pictured) 1st 50 and 70m and 2nd in the 100 and 200m.. Bailey Pulepule came away with 2x silver medals in shot and discus, we also had Annabelle Scullion, Kaira Holden, Cleo and Jaime Cottrell-dormer and Bronte Pulepule all qualified for region in more than one event



WE HAVE BEEN ASKED TO HOLD OUR COMPETITION IN SOUTH AND WESTERN AUSTRALIA

THEY REALLY NEED SOME RAIN

OTHER BITS AND PIECES

GOOD LUCK

Sam McNaughton and

Tim Burgmann at state multi's 1/2 march in Orange,

29th Feb we ask for helpers on this night as several of our members will be at state multi's and state surf titles

Good luck to all our members at state surf titles

TRAINING DVDS

We now have training DVD's available for a minimal cost of \$5.00.

See Glenn Bowden if you would like to purchase one. He has compiled 4 videos onto the one disk they cover sprints, throws, jumps & long distance