

Toukley District Athletics Centre Newsletter

January 2016



Welcome Back

We hope everyone enjoyed their summer holiday and are ready for fun-filled, fine weather Friday evenings. We are introducing skills coaching at the beginning of selected events each evening, based on principles from the LANSW "Introduction to Coaching" workshop and book.

Safety Warning: Snakes and ticks abound so please do not allow athletes to play in the bushes around the track!

Special Event

The inaugural "Wyong versus Toukley Carnival" will take place here at Warnervale next Thursday and Friday 28th and 29th January. Athletes from each club are invited to attend each day. There will be 2 track events, a jump and a throw for each age group, skills games for tots and ...everyone's favourite...relays each night. Wyong will host a sausage BBQ on Thursday and Toukley a chicken burger BBQ on Friday. Come along, earn participation points for your club championship and points in the Wyong vs Toukley comp.

Regional Carnival

Congratulations to the 21 athletes qualified (either place getters or with times/distances) to compete at the Regional Carnival at Hunter Sports Centre (Glendale) on the 13&14th February. Can you please check that you have your correct uniform Also check that your registration, age and centre number patches are sewn on the correct sites, with the red border visible. Athletes will not be allowed to compete if patches are incorrect.

Vanessa Freeman will be our team manager for the weekend. Please look for the TDAC banner under our blue gazebo, opposite grandstand. Parents are required to help at this carnival.

1. Abigia Barrett -
#42 Girls U 13 Shot Put (3.0 Kg) 7.08m
2. Nicholas Bignall - #7 Boys U 14 Discus (1.0 Kg) 36.05m
#54 Boys U 14 100 Metre Sprint Heats 13.16
#57 Boys U 14 Shot Put (3.0 Kg) 11.16m
#89 Boys U 14 Javelin (600 Gram) 31.27m
3. Amelia Carty –
#3 Girls U 11 1500 Metre Run 6:40.69
#77 Girls U 11 Long Jump 3.78m
#171 Girls U 11 200 Metre Sprint Heats 33.02
4. April Carty
#74 Girls U 13 Javelin (400 Gram) 14.62m

5. Chanelle
#67 Girls U 12 100 Metre Sprint Heats 15.47
#85 Girls U 12 400 Metre Sprint Heats 1:21.57
6. Mia Cross
#25 Girls U 9 60 Metre Hurdles (45cm) Heats 11.25
#58 Girls U 9 Long Jump 3.29m
#61 Girls U 9 100 Metre Sprint Heats 16.38
#167 Girls U 9 70 Metre Sprint Heats 11.63
7. Courtney Doyle
#53 Girls U 14 100 Metre Sprint Heats 14.46
#71 Girls U 14 400 Metre Sprint Heats 1:09.56
8. Travis Eagleton
#26 Boys U 8 Shot Put (1.5 Kg) 4.03m
#78 Boys U 8 400 Metre Sprint Heats 1:30.38
#146 Boys U 8 700 Metre Run Pack Start 2:37.14
9. Elijah
#168 Boys U 9 70 Metre Sprint Heats 12.70
10. Angie Faulks
#31 Girls U 12 60 Metre Hurdles (68cm) 12.82
11. Keegan
#12 Boys U 10 Long Jump 3.78m
#28 Boys U 10 60 Metre Hurdles (60cm) 11.44
#142 Boys U 10 1100 Metre Walk 8:29.22
12. Mackenzie Freeman
#43 Girls U 12 Javelin (400 Gram) 11.96m
#79 Girls U 12 Triple Jump 7.43m
13. Siena Hall
#65 Girls U 11 100 Metre Sprint Heats 15.18
14. Samantha Koedsawang-roberts–
#73 Girls U 12 Shot Put (2.0 Kg) 6.48m
15. Luca Mcdermott
#2 Boys U 12 High Jump (S/H 1.20m) 1.15m
#32 Boys U 12 60 Metre Hurdles (68cm) 11.50
#68 Boys U 12 100 Metre Sprint Heats 15.58
16. Lucinda Middleton
#69 Girls U 13 400 Metre Sprint Heats 1:19.21
17. Dane Priest
#92 Boys U 17 Javelin (700 Gram) 17.43m
#130 Boys U 17 3000 Metre Run 13:43.96
#206 Boys U 17 800 Metre Run 2:48.01
18. Justine Priest
#155 Girls U 17 1500 Metre Walk 10:23.18
19. Brandy Simpson
#61 Girls U 9 100 Metre Sprint Heats 17.06
#179 Girls U 9 200 Metre Sprint Heats 37.20
20. Mia Tongue
#25 Girls U 9 60 Metre Hurdles (45cm) 11.93
#79 Girls U 9 400 Metre Sprint Heats 1:22.17
#209 Girls U 9 800 Metre Run 3:04.39
21. Mia Watts
#62 Girls U 11 Discus (750 Gram)

Message from our Registrar

Club records set in the first half of the season are now updated on the website www.toukleydistrictathletics.org.au Rego numbers are now available. Collect from Vanessa on Friday evening.

Coaching

Coaching is now available on Wednesday evenings at the **Harry Moore Oval** in Toukley with Paul Carty. Please note the change in venue due to Lakes Grammar using the Warnervale facility on Wednesdays.