

Toukley District Little Athletics Centre Newsletter

28th February 2014



Your committee

- President and Zone Representative: Jo Richardson
- Vice President & Equipment Officer: Chris Nowland
- Treasurer: Stuart Hayward
- Registrar: Jo Richardson
- Championship Officer: Debbie Hentzschel
- Secretary: Tomiko Barrett
- Canteen Managers: Jo Collins and Kristy Payne
- Chief Time Keepers: Melissa Teale and Helen Kroemaer
- Chief Recorders: Emily Carty

Well Done Toukley Athletes!

Six athletes from Toukley competed at the LANSW Regional Carnival on 22nd & 23rd February. It's a long day, daunting weekend with a huge number of athletes from Port Macquarie, Hunter and Central Coast. Our athletes had some commendable personal achievements.

Keegan Freeman: 13th in 200m and **silver medalist** in 60m hurdles! Wow!

Keira Jukes: 9th in shotput (4.58m 57cm longer than her qualifying

throw!)

Abigia Barrett: Up very early for the first event of the day: 9th in shotput (5.11m)

Taylah Jukes: 8th in discus and **Bronze** in shot put (a massive 8.95m, 1.7m longer than her qualifying distance!)

Jade Kroemer: 9th in triple jump (great effort because it's her first time competing in this tricky event and she jumped 22cm further than her zone qualifying jump). Jade also competed in 200m, 8th in 800m, 12th in 400m. Between competing Jade helped with the barbeque. Thanks Jade!

Gelila Barrett: 100m – 5th in heat with a personal best time of 14.49 seconds. 200m – 11th overall, but 1 second faster than her qualifying time. 90m hurdles- 5th in the final, with a 1 second improvement between heat and final times! 400m sprint- 4th overall, with a 2 second improvement over qualifying time.

There was also a great effort by the parents. Regional carnivals depend on rostered parent helpers to proceed smoothly. Toukley was rostered to provide a time keeper all day and 2 people at the BBQ for 3 hours both days. Thanks to Vanessa Thompson who contributed a huge 11 hours of timekeeping! Tomiko Barrett filled the rest of the time keeping slot, between marshalling, team management, assisting on the BBQ and hurdles set up. The Jukes family helped at the BBQ on Sunday. The wonderful Kroemer family helped on the BBQ both Saturday and Sunday. Kaylah Kroemer deserves a special commendation because she wasn't competing but assisted at the BBQ both days, including 5 hours on Sunday!

Attention Age Managers and Parents

Don't forget to nominate an athlete for the 'Encouragement Trophy'; someone who shows determination, never gives up, is friendly, offers to help and always shows good sportsmanship, We also need you to think of games or events for our Fun Night 28th March.

Parent Help Roster

Friday 28th Feb

- Starter Tots & U6
- Timekeeping Teens
- Recording U9 & 10
- Equipment Organizer U11 & 12
- Canteen U7 & U8

Friday 7th March

- Starter U7 & U8
- Timekeeping Tots & U6
- Recording Teens
- Equipment Organizer U9 & 10
- Canteen U11 & 12

Canteen

Our next BBQ will be on the last Friday of March. Please see Jo or Kirsty to pre-order your sausage, steak sandwich etc.

Important Dates

Committee Meeting

Monday 3rd March 2014

at MacDonald's, Lakehaven - all club members welcome.

Last Night of Competition

Friday 21st March

Friday 28th March will be a "Fun Night", with novelty events for athletes and family!

Presentation Night

Friday 4th April in the hall at the Warnervale Track