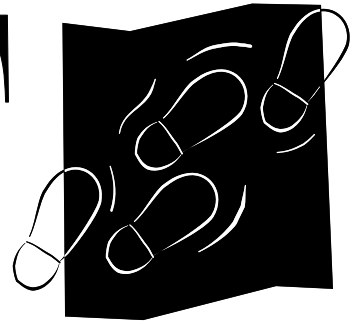




FOOTPRINT



7th February 2012

Issue 10 11/12

RYDE ATHLETICS CENTRE INCORPORATED

PO Box 3658 Marsfield 2122

www.ryde-athletics.org.au

Good luck to all our competitors at Regionals!

Our Regionals this year are being held at the Narrabeen Track at the NSW Academy of Sport, Wakehurst Parkway over the weekend of 18-19th February. We will have 62 athletes competing in just about every event offered over the two day.

A reminder to give your athlete plenty of time to get to Narrabeen before their event. You will need to listen carefully for the call to the marshalling areas.

Roster

At the moment, we have no roster allocation. We will send a separate email when the roster

requirements are finalised

Uniform

Please check all uniform requirements prior to the carnival and make any corrections this Saturday. We had some trouble at Zone with uncovered skins, and shorts with labels and stripes. Don't forget IGA patch, age patch, McDonald's registration number with red border showing and finally, a "38" on the back, with Coca Cola cut off or hidden!

First Call

We are waiting for a timetable with some NTSB times, but we have already been advised that the program is starting at 8am both days, with first calls at 7.45. There is no separate straight track at Narrabeen, so expect a longer day that the Zone carnival. We have a copy of the timetable on the website.



Blue awards for our awesome all rounders across all age groups

Achieving a Blue level award is hard work. An athlete needs to be able to both sprint and run long distance. He or she needs to master the throws and long jump and for some ages the walks, hurdles, triple jump, javelin and high jump.

Our latest group of Blue patch achievers range from our U/6 athletes to our U/15's. Regardless of age, this is a huge achievement and well done to all these athletes

Below from rear Jack Rodgers & Haydn Housenloge
Middle row Alyssa Lowe, Portia Amy Wilson, Stephanie Volos,
Third row Mikayla Kelleher, Adam Bruntsch, Alexis Aldous
Front row Demetria Volos, Freya Flodin



Shade Shelter Roster

Age Group	Saturday
Under 10	11 February 2012
Under 11	18 February 2012
Under 12	25 February 2012
Under 13	3 March 2012
Under 14/15	10 March 2012

Kate and Sachi – record breakers again

Kate Spencer & Sachi Kayama showed great form on Saturday 28th January in both breaking their existing records.

Kate ran 10m 31.7s in the 3000m to slice two seconds off her existing mark. Kate showed the depth of her talent when later in the day she came within .4s off breaking her existing 800m record, not a bad effort after running a record breaking 3,000m!

Whilst Kate dominates our middle distance events Sachi has set a number of new records in the sprints, hurdles and jumps this year. Sachi leapt 5.01m to become our first U/17 girl to break 5m in the long jump and add 5cm to her existing record.

We wish both Sachi & Kate the best of luck at Regionals where they'll contest nine events between them.





Upcoming Little Athletics Events

February 2012

- 8 Entries close for State Multi
- 11 Week 1 U/10 parents on shade roster
- 10-12 NSW Junior & Youth Championships SOPAC
- 18 No points Comp at Ryde. Week 2 program. U/11s on shade shelter roster
- 18-19 Region Championships Narrabeen.
- 25 Week 1 program U/12's on shade shelter roster

March 2012

- 3 Trivia night TBC
- 3 Week 2 competition
- 3-4 State Mutli Turner Park, Aberdare (Cessnock)
- 17 Last points day at Dunbar
- 15-19 Australian Junior Championships SOPAC
- 23-25 Little Athletics State Track & Field SOPAC.
- 24 No point's competition at Ryde Wet weather program to run.
- 31 Juniors Fun Day & Age Trophies

May 2012

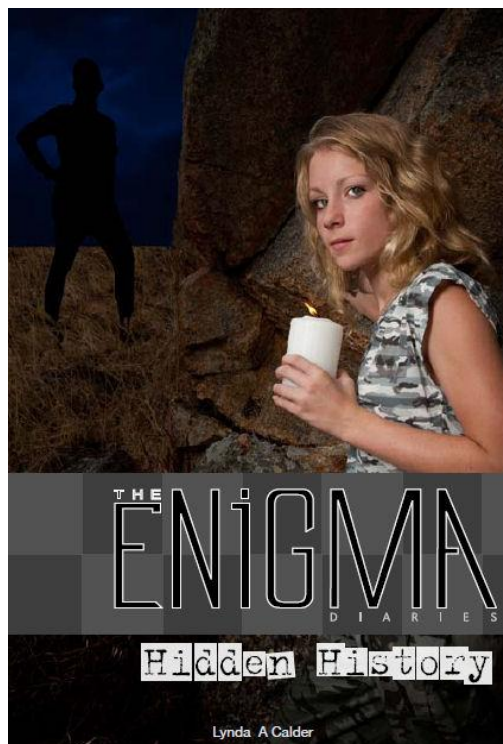
- 20 AGM & Major trophy winners day & Seniors presentation day Ryde Eastwood Leagues club Auditorium

Second Hand Runners - Lots available in small sizes. Get in before Regionals!

Have the kids had a growth spurt over the holidays and now the old runners don't fit? You don't want to pay \$100 for a pair of shoes just for the next few weeks do you?

We have lots of small sizes in light weight runners and spikes in good condition currently available at our uniform shop. You may want to pick up a pair before the Regionals Carnival. Most are under \$30 and are a substantial saving on what you would pay for new shoes.

Editor's Note; if you have any suggestions for items, events, photos etc. for Footprint please email rlapublicity@hotmail.com



The hidden talents of our parents

Two weeks ago Ron Daniel presented **Linda Calder** with her B level high jump official badge which is a pretty impressive qualification. Now comes news that Linda is also a published author and will have copies of her novel "The Enigma Diaries: Hidden History" for sale at Dunbar this Saturday. The book is a time-travel adventure for children of all ages from 9 to 90, who love a good story.

The story features fourteen year old Cassandra Jessica Reid who floats along, shunned and tormented at school. With only a coded diary for company, Cassandra spends her time imagining another world. Then everything changes when she discovers a golden glimmer in the corner of the school quadrangle. After being transported to another place, Cassandra and her new friends must prepare to meet the mysterious Lady-Who-Knows-All and uncover the hidden past while navigating an enigmatic time paradox.

Linda will have copies for sale at \$19.95 and will donate \$2 from the sale of each copy to Ryde Little A. So stock your present cupboard or buy one for your own children. It is sure to prove a good read.

Trans tasman competition



Above the NSW Team march into the stadium.
Below Zoe & Jessica from our club.



Zoe with one of her 2 gold medals from wins in the 800m & 1500m

Congratulations to our Trans Tasman representatives who we reported on last issue. Below standing are Zoe Latham and Jessica Brown. Sitting Amy Court and Justin Sunderland. Dave Sunderland (middle) was an official helper on the tour.

