



Newsletter



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We would like to wish you all a very Happy & Safe New Year

"Another fresh new year is here . . .
Another year to live!
To banish worry, doubt, and fear,
To love and laugh and give!

This bright new year is given me
To live each day with zest . . .
To daily grow and try to be
My highest and my best!

I have the opportunity
Once more to right some wrongs,
To pray for peace, to plant a tree,
And sing more joyful songs!"

William Arthur Ward



Zone Champions again

Well done to everyone that participated at the Zone Championships held in December 2009. Everyone performed well and helped in gaining valuable points towards making us Zone Champions.

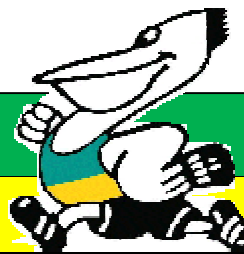


Our Club
Captains
Adam Batten &
Maddie Bird

Proudly holding
the winning
shield on behalf
of our club



Winners
Are
Grinners



ZONE CARNIVAL 2009/10

CONGRATULATIONS ATHLETES., TUGGERAH LAKES MINGARA WAS NAMED THE WINNING CLUB.

Zone Records broken by Tuggerah Athletes

U/13 Boys	100m	Michael Miller	=12.1
U/13 Boys	Discus	Luke Batten	35.60m
U/14 Boys	1500m walk	Jason Dredge	7.41.9
U/15 Girls	1500m	Caitlin Delaney	4.53.0
U/15 Girls	3km	Caitlin Delaney	10.32.7

BREAK DOWN OF AGE GROUPS

	7B	8B	9B	10B	11B	12B	13B	14B	15B	17B	TOTAL
GOLD	3	4	1	2	7	4	11	11	7	0	50
SILVER	6	3	8	1	8	2	6	4	8	6	52
BRONZE	4	3	4	3	5	1	5	4	7	3	39
<u>4TH</u>	<u>4</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>6</u>	<u>4</u>	<u>3</u>	<u>0</u>	<u>7</u>	<u>0</u>	<u>33</u>
<u>TOTAL</u>	<u>17</u>	<u>12</u>	<u>16</u>	<u>10</u>	<u>21</u>	<u>11</u>	<u>25</u>	<u>19</u>	<u>29</u>	<u>9</u>	<u>174</u>

	7G	8G	9G	10G	11G	12G	13G	14G	15G	17G	TOTAL
GOLD	2	8	7	5	6	3	7	4	7	2	51
SILVER	2	6	6	10	7	5	6	8	5	3	58
BRONZE	3	6	3	2	6	2	3	8	5	0	38
<u>4TH</u>	<u>1</u>	<u>4</u>	<u>5</u>	<u>1</u>	<u>3</u>	<u>7</u>	<u>3</u>	<u>7</u>	<u>5</u>	<u>1</u>	<u>37</u>
<u>TOTAL</u>	<u>8</u>	<u>24</u>	<u>21</u>	<u>18</u>	<u>22</u>	<u>17</u>	<u>19</u>	<u>27</u>	<u>22</u>	<u>6</u>	<u>184</u>

GOLD MEDAL WINNERS ARE:

4 GOLD

Joshua Parkinson, Luke Batten, Justin McKenzie.

3 GOLD

Blaine Nelson, John Carroll, Bryce Burgin, Alex Webb, Bryce Orrock, Jenna Bird, Macy Callaghan, Ashlee Forbes, Jasmine Dillion, Taylor Pearson, Caitlin Delaney, Maddy Bird

2 GOLD

Elias Prokopious, Michael Miller, Nick Martin, Kairo Anderson, Adam Batten, Paris Kennedy, Kate Robertson, Ella Driene, Kia Prokopious, Casey Judge,

1 GOLD

Mathew Somerville, Harry Hayes, Jack Birt, Kurtis Vaughan, Mathew Cahill, Alexander Herford, Lleyton Ivimy, Jack Arigho, Kyle McCudden, Hayden Forbes, Zac Vaughan, Jason Dredge, Jay Crumpton, Sophie Whitton, Kali McCarroll, Kea Ming Ledger, Sarah Baric, Jazmyn Rodwell, Brooke Guthrie, Taylor Baric, Bree Dawson, Caitlin Mills, Kara Vandemeer, Rebecca Parkinson, Maddi Symington, M addi Linnet, Claudia Walters, Skyelah Townsend, Sarah Jayne Liedberg, Mikaela hale, Claire Reed, Brittany Annear.

ATHLETES U8 AND ABOVE WHO FINISHED IN THE TOP 4 IN EACH EVENT HAVE QUALIFIED TO PARTICIPATE AT THE REGIONAL ATHLETICS CHAMPIONSHIPS AT NARRABEEN ON THE 27TH AND 28TH OF FEBRUARY 2010.

123 TUGGERAH ATHLETES HAVE QUALIFIED. PLEASE CHECK THE NOTICE BOARD FOR WHEN YOUR EVENTS ARE ON AS THEY WILL BE DIFFERENT TO THE ZONE CARNIVAL.

ANY QUESTIONS OR WITH DRAWALS SEE JENNY BATTEN.



NSW ALL SCHOOLS (5TH TO 8TH November)

We had 16 athletes registered to compete over this weekend.

Some of the highlights include:

Maddie Bird	-2 nd in high jumps
Caitlin Delaney	-2 nd in 3km, 7 th in 1500m and 10 th in the 800m
Brittany Annear	- 5 th in the 3km and 6 th in the 1500m
Jason Dredge	- 2 nd in the walk.
Robert Dredge	-3 rd in the 800m and 4 th in the 1500m
Bryce Orrock	-4 th in high jump, 8 th in javelin and 100m

Also doing P.B's were Teeghan Annear and Laura Knight in 13 girls walk.

Sophie Meere in the 400m and Lauren Keating in the 100m and 200m

While Tamika Jarvis was part of a successful relay team.

EDGEWORTH GALA DAY

We had 7 families (totaling 17 athletes) make the trek up to Newcastle, in October to participate at the Edgeworth Gala Day. This is about the 6th year straight that Tuggerah has had athletes at this carnival. The day began with the walks we fared well here with both Sarah and Taylor Baric winning their respective age groups. Matthew Liedberg, Adam Batten and Tiffanie Auton finished 3rd in their age groups.

The rest of the carnival is a multi event program. This is where points are accumulated for each event depending on your time or for how far you threw or jumped. Even though we had some great individual results (lots of personal Pb's) at different events only Luke Batten finished the day as an overall winner in the 12 boys. While, Caitlin Delaney and Teresa Auton both were runners-up in their age groups.

Individual events were won by Caitlin Delaney 800m, Belynda Liedberg shot putt, Teresa Auton long jump while Luke won discus, shot put and the 200m.

Congratulation to all the athletes who obtained P.B's the list is extensive and Thank You to the families and children of Liedberg, Batten, Delaney, Baric, Vesper, Reid and Auton for a great day out and for the support you gave all the Tuggerah athletes.

Jenny Batten (Championships Officer)



What's coming up over the next two months????

- 15th Jan 2010 we return to Friday night competition
- 24th Jan 2010 Blacktown Australia Day Carnival – Francis Park Blacktown
For further details call Lua Adamson On 0411984858
- 31st Jan 2010 Southlakes Summer Carnival – Dora Creek Workers Club – Dora Creek
For further details call Rosemarie Dal Cin on 49732555
- 7th Feb 2010 3rd jets program training day (for those who are in the program)
Cambelltown Athletics Stadium, Leumeah
For more details visit: www.laansw.com.au
- 14th Feb 2010 Shoalhaven Gala Day – Ron Brown Sporting Complex Shoalhaven high school,
Nowra.
For further details call Stephen Cooke on 0413480566
- 27th & 28th Feb 2010 Our Regional Championships – Sydney Academy of Sport, Narrabeen
For a copy of the program visit www.laansw.com.au or to find out local
information (eg. What events have I qualified for etc...) email Jenny Batten at
ebatten@tpg.com.au

