

I made It To The State Championships !

As a member of Tuggerah Lakes Little Athletics I earned the place of representing our club at State level in the U/14's 1500m walk. As always the season started with the excitement and anticipation of what was to come, it was to be in this year that I felt I had finally earned my stripes.

The entire season I had committed myself to my sport and worked hard at each training session; both sprinting and race walking, bettering my skills and increasing my fitness levels. That year I was provided the opportunity to take part in a weeklong athletics camp at Barker College in Hornsby, where we learnt about nutrition, training, visualization techniques and positive thinking. We were also very lucky to have had the opportunity to meet and be coached by a guest athlete, Kerry Saxby-Junna for a day.



By the time came for me to compete at Regional, I was prepared both mentally and physically, I was determined to make it to State Championships in this year.

It was the day of the race at Regional Championships in Narrabeen. It was hot and there were no signs of cooling. We lined up at the 1500m line. The gun sounded. We were off, competing for a spot to sit in the pack and get away from the middle crowd. I sat in about 7th position slowly passing each person as we went around the track until I came up to 4th position where I stayed until the final 100m. I started to overtake the girl in front of me, but she wasn't going to let me have the bronze medal that easily, I had to work for it. We were literally neck and neck furiously competing for a place. A place that meant so much more to me than a medal, it was what I had worked hard for all season. I had put my heart and soul into it, I was not going to let it slip through my fingers no matter how tired and hot I was feeling, or how much my feet were burning from the heat of the ground. I wanted that medal and I was going to have it. We kept passing each other back and forth, back and forth, and back and forth. It had now come down to a battle of the wills and who wanted it more. About 30m before the finish line, I passed her again and went forging forward over the finish line where all that hard work, and all that effort had just paid off for something I had wanted to achieve all season and I finally did it. I was going to State Championships. I felt like I had won gold. All my dreams had come true at that moment.

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Little Athletics really taught me about working as a group, believing in myself, building friendships and supporting each other. We were taught about fair play, healthy eating, taking care of our bodies, good sportsmanship and working hard to achieve results.

I made it to the State Championships 1992, and I remember it like it is yesterday.

All the good things you experience in life stay with you forever. The Tuggerah Lakes Little Athletics club was like an extended family to me. I still believe those values hold true as I now bring my 5-year-old son (Ben) to the same club that brought me great joy. I want him to experience the camaraderie and values that are part of this sport. Little Athletics is an individual sport, and goals are more achievable when all involved are working as a team. I know Ben will experience some of the best times in his life as he is embraced in the Little Athletics Family.



Wishing all Little Athletes the best of luck, and happy hunting for your dreams.

Lesley Lansdowne

