

Bayswater Bulletin

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Contents

President's Message	1
Knox CC Championships	2
Bayswater CC Awards	2
Knox Centre CC Awards	2
State CC Championships	2
Athletes in action	3
Open & Championship Days	4

Upcoming Events

- ◆ 30th July - State Cross Country Championships
- ◆ 5th August - Knox Cross Country Championships
- ◆ 5th August - Bayswater Bullets and Knox Centre Presentation Day
- ◆ 9th September - Track & Field Registration Day
- ◆ 30th September - Tryout Day

Cross Country - Special Edition

President's Message

This is a special winter edition due to the fact that we have seen a significant number of our enthusiastic Bullets competing in the winter season. Our numbers have increased from 5 to now 14 athletes this season and as you will read below they have all done impressively well despite the weather.

Josh Holdway who recently won the 3000m Handicap race. Well done Josh!

At the Benalla Cross Country Open Day weekend, our Bullets manage to take home 2 individual Silver and 1 Bronze medals!

At the EMR Champs - we manage to secure one Bronze Medal and three 2nd Team Ribbons. In all, 6 athletes will be progressing to the Cross Country State Championships! Last year we only had two making this far. Great effort.

And lastly at the Knox Cross Country Open Day, the Bullets shined again winning 1 individual Bronze, 2 Gold Team and 4 Silver Team medals.

Well done to all our medal winners as well as those who have braved the weather to have a go and do not only the club proud but also to remain fit and healthy.

Well done also to all the parents for supporting their children too. With the way our Bullets are going, it should make the upcoming Track and Field season an interesting one.

For the first in a long time we will be staging our Trophy Presentation on the Knox Cross Country Championship Day.

For those who haven't yet experience what Cross Country competition is like I would encourage you to attend and support our Bullets on this day. I look forward to seeing you there.

A special mention must be made to Stephen 'Paparazzi' Egan who has braved the cold, been very supportive to our athletes during this time and kept track as to the performances of our Bullets to date. Thanks Stephen!

On other matters, the BLAC has been quite active on preparing for the upcoming season and by the next edition of this newsletter you will find out some exciting developments.

With the Track and Field season not too far away, it would be appreciated if everyone could spread the word about the value and benefits of partaking in little athletics and to ask them to consider their children becoming a "Bullet".

If you have any suggestions please contact anyone on the Committee. Let's see if we can achieve a good membership number for 2006-07!

Keep up the good work everyone!

Dean Barton-Smith
President

Knox Centre Cross Country Championships

The Knox Centre Cross Country Championships will be held on Sat 5th August 2006 at Norton's Park to determine the Age Group Cross Country Champions of the season.

Medals will be awarded to the first 3 place getters in each age group and will be presented at the Knox Centre Presentation night at St Josephs Hall later in the evening.

Bayswater Bullets Cross Country Award Presentations

For those Bayswater Bullets athletes that have competed at least 11 out of the 19 Cross Country runs throughout the season, they will be eligible for Club Cross Country Awards which will be presented about 15 minutes after the final race on the Knox Centre Cross Country Championships at Norton's Park on 5th August 2006.

As at 10th July 2006, these are the number of Cross Country runs our athletes have done so far this season.

U/6	Ashlee Dean	11
U/7	Jessica Thomson	12
U/7	Nathan Godger	13
U/7	Thomas Elliott	9
U/8	Annie Egan	15
U/8	Erin Holdway	10
U/8	Nicholas Elliott	9
U/9	Emma Thomson	15
U/10	Claire Elliott	9
U/10	David Thomson	15
U/11	Matija Pecek	12
U/12	Deborah Elliott	9
U/14	Sharnee Griffiths	7
U/14	Josh Holdway	9

Including today's Cross Country at Jells Park, there are only 4 more Cross Country runs left including the Twilight Relay and the Knox Cross Country Championship Day.

Knox Centre Cross Country Award Presentations

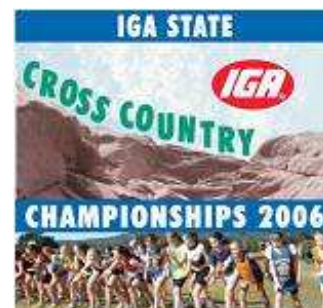
The Knox Centre Cross Country Award Presentation night is held at the St Josephs Hall on Boronia Road, Boronia at 6:00pm.

Every year there is a dress-up theme and this year is it is "space".

Each athlete will be awarded a Certificate, with their seasons result times and a 2006 Cross Country Pennant.

There will also be Knox Centre Awards and the Medal Presentation will be conducted for the Championship winners from earlier in the day.

2006 State Championships



Congratulations to the six athletes progressing to the State Cross Country Championships being held at Hanging Rock, Woodend (Map 509 G9) on Sunday 30th July 2006 with the first event commencing at 11:00am.

The course will be open to "walk the track" between 9:15am and 10:15am only. It is advisable to do this as no-one but Officials are allowed on the course outside of these times.

Arrangements have been made for Little Athletics to use the "North Gateway" entrance off Colwells Road where parking is \$5 per carload. The main entrance to Hanging Rock is \$8.



Cross Country Result ticket

"Weekly Cross Country results and photos are also placed on our club webpage"



Thomas, Nathan & Nicholas warming up for their 1000m race

Our 2006 Cross Country athletes in action



U/6 Ashlee Dean



U/7 Jessica Thomson



U/7 Thomas Elliott



U/7 Nathan Goodger



U/8 Annie Egan



U/8 Erin Holdway



U/8 Nicholas Elliott



U/9 Emma Thomson



U/10 Claire Elliott



U/10 David Thomson



U/11 Matija Pecek



U/12 Deborah Elliott



U/14 Sharnee Griffiths



U/14 Josh Holdway

Cross Country Open and Championship Day Results

Nunawading Open Day - 7th May 2006

Girls U/8 1000m
Annie Egan 3rd 4 min 34.36 sec

Seaford Open Day - 13th May 2006

Girls U/8 1000m
Annie Egan 6th 5 min 05.91 sec

Bacchus Marsh Open Day - 21st May 2006

Girls U/8 1000m
Annie Egan 1st 4 min 27.10 sec

Box Hill Open Day - 28th May 2006

Girls U/8 1000m
Annie Egan 3rd 4 min 18.18 sec

Geelong Open Day - 4th June 2006

Girls U/8 1000m
Annie Egan 1st 4 min 25.00 sec

Benalla Open Day - 11th June 2006

Girls U/7 1000m
Jessica Thomson 2nd 5 min 09.00 sec

Girls U/8 1000m
Annie Egan 2nd 4 min 12.00 sec

Girls U/9 1500m
Emma Thomson 7th 7 min 39.00 sec

Boys U/10 1500m
David Thomson 3rd 5 min 55.00 sec

Knox Open Day - 24th June 2006

Girls U/7 1000m
Jessica Thomson 9th 5 min 00.99 sec

Boys U/7 1000m
Nathan Goodger 9th 5 min 15.78 sec

Girls U/8 1000m
Annie Egan 3rd 4 min 09.90 sec
Erin Holdway 28th 5 min 08.90 sec

Girls U/9 1500m
Emma Thomson 20th 7 min 07.62 sec

Boys U/10 1500m
David Thomson 6th 5 min 36.87 sec

Boys U/14 4000m
Josh Holdway 8th 14 min 53.83 sec

Gold Team Medals were won by U/7 Jessica and U/9 Emma. Silver Team Medals were won by U/7 Nathan, U/8 Annie, U/10 David and U/14 Josh.

Eastern Metropolitan Regional Championships - 18th June 2006 Ruffey Lake Park, Doncaster

Girls U/7 1000m
Jessica Thomson 14th 5 min 18.81 sec

Girls U/8 1000m
Annie Egan 3rd 4 min 10.71 sec

Girls U/9 1500m
Emma Thomson 21st 7 min 47.03 sec

Boys U/10 1500m
David Thomson 7th 6 min 16.46 sec

Boys U/11 2000m
Matija Pecek 11th 8 min 42.47 sec

Girls U/14 4000m
Sharnee Griffiths 13th 14 min 13.52 sec

2nd place Team Ribbons were also won by U/8 Annie, U/9 Emma and U/10 David.



The Thomson family with their Team Medals from the Knox Cross Country Open Day



Josh with his 1st Position Trophy won in the Knox Cross Country 3000m Handicap Day at Tirhatuan Reserve on 27th May 2006

