

Bayswater Bulletin

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Contents

Presidents Message	1
AGM/Presentation Day	2
Knox Championship Day	2
Birthday List	2
Tattslotto Update	2
Get Well Soon	2
Team Managers Report	3-4
2006/07 Questionnaire	4
EMR Relay Championships	5
State Relay Championships	5
State Multi-Event Champs	5
Chris Pearce MP Visit	5
Open Day Results	6

Upcoming Events

- ◆ 17th/18th March 07 VLAA State Track & Field Championships
- ◆ 31st March 07 Knox Centre Track & Field Championships
- ◆ 7th April 07 Knox Cross Country season starts
- ◆ 21st April 07 Bayswater Bullets AGM/ Presentation Day

Presidents Message

Since our last newsletter, things have been very active not only for our Bullets but also from a club perspective.

Firstly allow me to congratulate the exceptional efforts of our Bullets in achieving a number of personal and season bests plus doing very well at open and state multi event championships! I should mention that this season we have 5 athletes competing at the State T&F Championships - Annie, Emma, David, Sharnee and Josh - the most since 1997.

There are many other highlights that are too many to mention here but check within to find out how well they are going. I continue to be VERY impressed as to how much our Bullets have improved this year and more importantly supporting their team mates. Keep it up everyone!

Thanks also for those who assisted with the Chocolate sales and also the Tattslotto too. Outcome of this activity will be revealed at the end of season.

With our successful Xmas raffle and cake stall last December we continued to do in our fund raising activities. The BBQ at Bunnings day was a HUGE success (thank goodness for the weather) and many, many, many thanks must go to those who turned up and assisted on the day. Special thanks goes to Stacey Goodger for coordinating this successful day and parents who brought their relatives to keep up with the demand. Ditto to Libby Egan for being our 'on call' supplier of food throughout the day.

Mark your diaries! The BBLAC Presentation Day will be held on 21st April at Bayswater Primary School. One of the special guests on the day will be Heidi Victoria, State Member of Parliament for Bayswater.

New Committee Members needed. Maree Amess, our club treasurer and committee member for nearly four years will be standing down at the end of the season. Maree has recently been appointed to the Executive Committee of KLAC and on top of other personal commitments something has to give. We think it is great that Maree has been appointed to the KLAC committee and wish her very well in this regards. Also Stacey Goodger will also be standing down due to her long term desire to complete her studies. The club supports her request and appreciated her willingness to find time to assist with the club fund raising activities during this time. We also wish Stacey all the best as to complete her degree. Lastly Estera Pecek will be standing down for personal reasons and again all three have assisted the club in many ways including offering some good advice and suggestions.

The result of this year's committee's effort will speak for itself in our end of season report. If anyone wishes to be on this collaborative and positive committee for the next season please express your interest to anyone on the current committee.

With the end of season approaching and our Knox Championships not too far away, on behalf of the club, we wish all our mighty (and smiling) Bullets all the best!

Dean Barton-Smith - President

AGM/Presentation Day



Alexander - Triple Jump



Cody - 400m



Nicholas - 60m Hurdles

The Annual General Meeting/Trophy Presentation Day will be held on **Saturday 21st April 2007, 12:00pm** at Bayswater Primary School, on Mountain Hwy/Birch Street (Mel 64 D4).

We have booked the hall at the school to hold the meeting and presentations.

Please bring your Athletic Singlet and dark pants for a Team Photo and a plate of snacks to share.

We have confirmed one special guest to hand out the trophies, which is Bayswater's MP Heidi Victoria.

Knox Championship Day

This will be held on Sat 31st March 2007. Program starts at 8:00am and finishes approx 4:30pm. Cost is \$3.50 per event on the Official Entry form, which is in your folder in the Notice Box or can be obtained from the Team Manager.

Note: Entries close today, Sat 10th March and no late entries, nor changes will be permitted.

Medals are presented to the first 3 placegetters in a Final and ribbons for 4th to 8th place.

Parents of entered athletes are required to do duty either AM or PM. Duty preferences must be filled out on the entry form before the Team Manager can hand it onto the Knox Centre.

This will be the final day to obtain PB's, break Club Records and add to the age group athlete points for the season so please retain and show your ticket results to the Team Managers on the day.

Birthday List

Happy Birthday to the following Athletes:

20th January - Nathan Goodger

31st January - Emma Thomson

16th March - Claire Elliott

23rd March - Kahlab Stephens

Tattslotto Update

We are nearing the end of the Tattslotto fundraiser with the last draw 31st March. Stacey will be passing out money to the winners listed below and to catch up

Date	Winning Numbers	Winning Families.
13/01/07	20 & 44	D.Barton-Smith
20/01/07	22 & 35	No Winners
27/01/07	8 & 27	N.Goodger A. Thomas
3/02/07	13 & 14	C.Richardson
10/02/07	21 & 32	E.Pecek
17/02/07	36 & 28	K. Hankin
24/02/07	8 & 36	N. Goodger
3/03/07	25 & 39	E. Pecek

Get Well soon

All the best for a quick recovery to U/7 Kahlab Stephens Dad, Nicholas who was involved in a serious dirt bike accident and will spend quite some time getting back to normal. Hope to see you back at the track watching Kahlab compete soon.

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Wantirna, Vic 3152
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Team Managers Report



Claire- 200m



Emily - Shot Put



Aiden - 100m

Week 12 - 13th Jan 2007

It was great to see U/15 **Sharnee Griffiths** back in action after sustaining a hamstring injury just before the season had started. Sharnee had a great start where she broke the Girls U/15 200m club record with a time of 29.69 sec. The old record of 29.75 sec was set in 1994.

Another to break a club record is U/11 **David Thomson** in the Javelin by over four metres with a throw of 23.36m. The previous record was 19.16m set in 2000.

Best PB effort for the day was by U/8 **Nathan Goodger** with 4 PB's, followed by U/8 **Clay Bryant** and U/15 **Josh Holdway** with 3 PB's each.

U/8 **Jack Bole-Brown** reached his Silver PB Medal Status and U/8 **Clay Bryant** reached his Bronze PB Medal Status.

Week 13 - 20th Jan 2007

U/11 **David Thomson** broke his own club 200m Hurdles record set back in November with a time of 35.35 seconds.

Best PB effort for the day was by U/9 **Zac Thomas** with 4 PB's followed his sister U/7 **Annabel Thomas** and U/8 **Nathan Goodger**, both with 3 PB's each.

U/7 **Annabelle Thomas** reached her 10 PB Certificate status and her brother U/8 **Zac Thomas** reached his Gold PB Medal status. U/8 **Jessica Thomson** reached her Bronze PB Medal Status.

Week 14 - 27th Jan 2007 - Knox Open Day

This was a special event where athletes from other Centres from around the state were invited to compete against the Knox Athletes.

Week 14 - (Cont)

Medals were presented to the first 3 placegetters and Ribbons for 4th to 8th place. There was a large entry this season making competition very tough, but some of our Bullets took it up with the best of them with our Knox Open Medal tally of one Gold, six Silver and one Bronze Medal.

U/15 **Josh Holdway** broke his own club record in the Javelin by well over 3 metres and U/15 **Sharnee Griffiths** broke the Triple Jump record by 21cm

U/12 **Matija Pecek** reached his Bronze PB Medal status. U/7 **Tom Richardson** and U/9 **Annie Egan** reached their Silver PB Medal Status.

Best PB effort for the Twilight was by U/7 **Tom Richardson** with 3 PB's followed by U/9 **Annie Egan** and U/15 **Josh Holdway** with 2 PB's each.

Week 15 - 3rd Feb 2007

U/15 **Sharnee Griffiths** broke two club records. In the 300m Hurdles, she ran a time of 53.96 seconds. The previous best was 55.19 seconds done back in 1993. In the 90m Hurdles, Sharnee ran it in a time of 16.31 seconds. The previous best was in 1994 with a time of 17.81 seconds.

U/8 **Zack Welsh** reached his 10 PB Certificate and U/7 **Kahlab Stephens** reached his Bronze PB Medal Status. U/10 **Jorgia Foster** and U/10 **Jessica Richardson** both reached their Silver PB Medal Status.

Best PB effort for the morning was by U/7 **Annabelle Thomas**, U/7 **Kahlab Stephens** and U/10 **Jessica Richardson** with 3 PB's each.

"All issues of our club newsletters from the past five seasons are on our website"

Team Managers Report (Cont)



Sharnee - Steeple



Josh - 100m



Thomas - 400m

Week 16 - 10th Feb 2007

U/11 **David Thomson** broke his own Club Records in the 60m Hurdles with 10.44 sec and also in the 200m Hurdles with a time of 34.61 seconds. U/15 **Josh Holdway** broke his Javelin Club record by half a metre with a throw of 32.63m. U/15 **Sharnee Griffiths** established two Club Records for new U/15 events in the 100m Hurdles with a time of 17.53 sec and for the Steeple with a time of 5 min 09.35 sec, which was a PB time.

U/7 **Annabelle Thomas**, U/9 **Joshua Nolan** and U/9 **Jacob Mumford** reached their Bronze PB Medal Status and U/8 **Jessica Thomson** reached her Silver PB Medal Status.

Best PB effort for the morning was by U/8 **Jessica Thomson** with 4 PB's followed by U/10 **Jessica Richardson**, U/11 **David Thomson** and U/15 **Josh Holdway** with 3 PB's each.

We also welcomed new athlete U/9 **Emily Dewar** and her family to our club.

Week 17 - 15th Feb 2007

U/15 **Sharnee Griffiths** set an U/15 70m Club Record with a time of 9.73 seconds.

U/9 **Nicholas Elliott** reached his 10 PB Certificate. U/13 **Deborah Elliott** reached her Silver PB Medal Status. U/8 **Jack Bole-Brown**, U/9 **Annie Egan** and U/11 **Claire Elliott** all reached their Gold PB Medal Status.

Best PB effort for the night was by U/10 **Emma Thomson** and U/11 **David Thomson** with 4 PB's each followed by U/8 **Nathan Goodger** and U/15 **Josh Holdway** with 3 PB's each.

Week 18 - 24th Feb 2007

Due to the heavy rains, which didn't stop until well after 8:00am, the morning competition was cancelled, which was the first for this season.

Week 19 - 3rd Mar 2007

U/9 **Erin Holdway** broke a 1991 record in the Shot Put with 5.05m. The previous record was 4.82m. U/15 **Sharnee Griffiths** also set a Hammer Throw record of 11.05m, which was the first time a result has been set for this event.

U/8 **Jessica Thomson**, reached her Gold PB Medal Status and U/7 **Kahlab Stephens** had reached his Silver PB Medal Status.

Best PB effort for the night was by U/8 **Jessica Thomson**, U/9 **Joshua Nolan** and U/10 **Emma Thomson**, all with 3 PB's.

2006/07 Questionnaire

As part of the club's continuous improvement philosophy, we have distributed a very important questionnaire, which will assist the BLAC Committee in understanding your level of experience and expectation of this club. This will be in a returnable envelope in your folder in the Notice Box.

Please tell us what you liked or disliked about the club or the Knox Centre competition days or any other matter.

Be assured that your contribution will remain confidential and that your identification will not be required (unless you wish to state so).

If you have any queries to any aspect of this questionnaire please do not hesitate to approach Dean Barton-Smith, President of Bayswater Bullets Little Athletics Club who would be more than willing to help guide you through the process.

EMR T&F Championships



Sharnee - Discus Bronze



Congratulations to our athletes who competed for the Knox Centre against the best from the 13 different Centre's within the Eastern Suburbs. A credit to the seven of our athletes competing!

We had four Medalists this season, U/15 **Josh Holdway** winning a Regional Silver Medal in the Discus. U/15 **Sharnee Griffiths** won a Bronze in the. U/9 **Annie Egan** won a Bronze in the 800m and U/11 **David Thomson** won a Bronze in the 60m Hurdles, which is the best result for our club in quite a few years.

U/11 **David Thomson** broke two club records. The first was his own record in the 60m Hurdles with a time of 10.06 sec and the second was in the 80m Hurdles with a time of 13.62 seconds. The previous best was 14.25 sec on 20 Mar 1993.

U/15 **Sharnee Griffiths** broke her own club record in the 200m with a time of 29.59 seconds. Sharnee was being watched by her Grandparents, who were over here on a visit from the Philippines.

Best PB Effort was by U/10 **Emma Thomson** with 3 PB's for the weekend.

U/9 **Erin Holdway** and U/12 **Matija Pecek** also competed with some good results and were very close in making the progressions to the State Championships.



David - 60m Hurdles Bronze



Annie - 800m Bronze

State T&F Championships



Best wishes go to our athletes who have qualified and progressed for the State Track and Field Championships at Olympic Park. U/8 **Annie Egan** will compete in the 800m and Triple Jump, U/10 **Emma Thomson** in the 1100m Walk, U/11 **David Thomson** in the 60m & 80m Hurdles and High Jump, U/15 **Sharnee Griffiths** in the Discus and our Boys Team Captain U/15 **Josh Holdway** will compete in the 300m Hurdles, Discus, Shot Put and Javelin.

State Multi-Event Championships



We had three athletes competing in the Multi-Event State Championships up at the Llanberris Athletics Facility in Ballarat against around fifty of the best athletes within the state for the title of best all round athlete in each age group.

Our best result was by U/11 **David Thomson** who won the first State Medal in this event for Bayswater Bullets. David came third winning the Bronze with 2754 points, which also set a new Knox Centre U/11 Boys Record. The previous Knox Centre record was 2540 points set in 2002.

U/9 **Annie Egan** increased her Multi-Event score by 259 points in coming 12th with 1232 points.

U/15 **Josh Holdway** increased his Multi-Event score by 352 points in coming 26th with 2363 points



David - State Multi-Event - Bronze

Visit by Chris Pearce MP

Chris Pearce MP will be presenting our club with a Certificate on Friday Twilight, 16th March 2007 at 6:00pm in recognition of the contribution of Volunteer groups in the community such as Little Aths. This is for the Australian Government's "Volunteer Small Equipment Grant" for our new Portable BBQ, which will also be unveiled on this night.

Open Day Results



Emma - 60m Hurdles Gold



Annie - 80m Hurdles Gold

“Open Days are a great way to gain extra practice in your favourite events before the Championships”



David- Multi-Event Gold

Southern Peninsula Open Day - 14th Jan 2007

At the Southern Peninsula Open Day at the Tootgarook Sports Reserve, we had six of our athletes competing with some excellent results. Our Club Captain U/15 **Josh Holdway** won four Gold Medals, his sister U/9 **Erin Holdway** won a Gold in the Shot Put. U/11 **David Thomson** won one Gold in the 100m and two Silver Medals, and his sister U/8 **Jessica Thomson** won a Silver and a Bronze medal. It was Erin's and David's first ever individual Gold Medal. Also competing were U/9 **Annie Egan** and U/10 **Emma Thomson**.



Bayswater athletes at Southern Peninsula

Chelsea Open Day - 21st Jan 2007

At the Chelsea Open Day at the Edithvale Reserve, our athletes did very well again. U/10 **Emma Thomson** won her first ever Track & Field medal with a Gold by winning both her heat and final in the 81m Hurdles. She also came 5th in the Triple Jump, 7th in the 800m and 9th in the Shot Put. Her brother U/11 **David Thomson** won Gold in the High Jump and Silvers in the 200m, 400m and 81m Hurdles. U/9 **Annie Egan** won a Silver in the 81m Hurdles Final and a Bronze in the Long Jump. She also came fourth in the 200m and 400m Finals.

Corio Open Day - 28th Jan 2007

At the Corio Open Day U/9 **Annie Egan** competed with some great results winning Gold Medals in the 80m Hurdles and Triple Jump, a Silver in the 800m and came sixth in the Long Jump

Bayside Open Day - 4th Feb 2007

Our athletes continue to do well at other Centres. At the Bayside Open Day at the Sandringham Athletic Track in Hampton, U/11 **David Thomson** won one a Gold in the 800m, a Silver in the High Jump and Bronze Medals in both the 100m and 80m Hurdles. His sister U/10 **Emma Thomson** won a Bronze Medal in the 80m Hurdles.

Maryborough Open Day -4th Feb 2007

U/9 **Annie Egan** ventured out to the country for the Maryborough Open Day at Jack Pascoe Reserve in Central Victoria. The numbers competing were smaller than Metropolitan Open Days but Annie won Gold in all of her events in the 400m, 80m Hurdles, Long Jump and Triple Jump.

Seaford Open Day - 11th Feb 2007

At the Seaford Open Day at Riviera Park Reserve, our Bayswater Bullets athletes performed well again. U/9 **Annie Egan** won a Silver in the Triple Jump and Bronze in the 800m and 60m Hurdles. U/10 **Emma Thomson** won a Bronze and in 60m Hurdles and her brother U/11 **David Thomson** won a Gold in the 60m Hurdles breaking the Seaford Open Day record and he also won a Silver in the 100m and 800m and finished with a Bronze in the Javelin.

Ringwood Multi-Event Open Day 25th Feb 2007

At the Ringwood Multi-Event Open Day at Proclamation Park, two of our Bayswater Bullets athletes had a practice for the State Multi-Event coming up next weekend, with both increasing their best scores by around 200 points. U/9 **Annie Egan** came 5th in her age group with 1210 points and U/11 **David Thomson** had an excellent day in winning the Gold Medal with 2549 points.