

MLA NEWS

PBs & Club Records

Congratulations to the following athletes who broke Club Records or achieved a high PB count during Week 8 or 9.

Yes, you read that right! 4 records in one week for Ava..... **WOW!**

Week 8

Ava Barron	U15G
100m	13.57s
400m	1:02.56s
High Jump	1.42m
Triple Jump	10.39m

Week 9

Jaxon Durack U8B	High Jump 1.08m
Sierra Porteous U9G	60m H 11.73s
Jorja Fermor U12G	80m H 15.84s
Thewbelle Philp U15G	100m 12.70s

Congratulations also to **Lexie Purdon U8G**, **Valentina Ablang U10G**, **Kirah Bricknell-Hewitt U10G** & **Parker Grgis U11G** who each broke an impressive 5 PBs each at one of our last club meets. Well done girls!



Regional Relays

What a huge day in Tweed for Regional Relays last Saturday. Thank you to Tweed Little Athletics for a great day. These carnivals are 100% volunteer run so thank you to every one who made the day possible for our athletes. Thank you also to our Mudgee crew who helped out in any way throughout the day.

Well done to all our athletes/teams who each put in a super effort in their events. It was a little chaotic with so many last minute changes but the kids took it in their stride, didn't complain and gave it their absolute best. We are so proud of how close knit our club is and it was wonderful to see everyone supporting each other all day. Congratulations to the teams who qualified for States but we are equally proud of how each athlete represented the club. We apologise for the delay in getting the results out, there were a few errors and we wanted to wait until we were confident that the results were ready to share. Full results can be found here.....<https://laq.org.au/wp-content/uploads/sites/5/2022/11/2022-sthc-rr-resultsV2.pdf>



State Relays

31 athletes have progressed to the State Relay Championships in 25 teams, 11 track and 14 field. Congratulations to those who qualified, emails will be sent over the weekend. Please respond promptly and we are on a tight timeline. Just a reminder that State Relays will be held on Sat, December 3rd at SAF, Nathan, Brisbane. There will be no regular club competition that week.

We will hand out certificates to our State Relay Qualifiers next Saturday.

