



MLA NEWS

State Relays



It was a big day in Brisbane for the State Relay Championships last Saturday. Well done to all of our Mudgeeraba teams. Even with a string of injuries there were so many amazing performances. We are so proud of each athlete, not only for their efforts on the track but also for how they conducted themselves off the track. Lots of smiles and loads of cheering which is what we love the most. Congratulations to our medallists, including one State Champion Team.....



Annie & Jesse:
U13 Mixed High Jump.....GOLD
U13 Mixed Discus.....SILVER
U13 Mixed Shot Put.....BRONZE

Bianca & Toby:
U16 Mixed Discus.....SILVER
U16 Mixed Long Jump.....BRONZE



Club Records

Congratulations to this athlete for breaking her Javelin record for the 4th time (so far) this season.....

Chelsea Capps
Javelin U14G
38.03m


Christmas Break Up

Just a reminder that next week, Dec 17th, will be our last competition morning of 2022. We will run a modified program to make room for our annual 'Mudgeeraba Gift Race'.

Regional Championships

The Regional Championships will be held at Gold Coast Little Athletics on Fri 3rd Feb - Sun 5th Feb. Nominations are open through your ResultsHQ accounts. Nominations will close on Jan 23rd at 8:59am sharp. Cost is \$20, athletes can nominate in up to 5 events. See next weeks newsletter for more info or visit <https://laq.org.au/competition/regional-competitions/>

Please note that athletes must have participated in a minimum of **4** club mornings to be eligible to nominate. It's also worth noting that State Championships is in Townsville on 24th-26th March.

Club Calendar

10th Dec- ON (Normal Comp)
17th Dec- ON (Mudgeeraba Gift)
24th Dec- OFF (Xmas Break)
31st Dec- OFF (Xmas Break)
7th Jan- OFF (Xmas Break)
14th Jan- ON (Normal Comp)
21st Jan- ON (Normal Comp)
28th Jan- ON (Normal Comp)
4th Feb- OFF (Regionals)
11th Feb- ON (Normal Comp)

*Final day of the season- Mar 18th



Caloundra Open Day

Congratulations to **Izzy Blackburn U9G**, who recently competed at the Caloundra Open Day. Izzy finished the day with 2 medals, a Gold in the U9G 700m Walk and a BRONZE in the U9G Shot Put. Well done!

Jimboomba Carnival

After battling with a string of leg injuries this year, Zadie turned her attention to throws and boy did it pay off. Congratulations to **Zadie McCarthy U11G** for taking out the GOLD in the U11G Javelin at the recent Jimboomba Carnival.

