

MLA NEWS



We hope you all had a wonderful Christmas and that 2023 is off to a happy start. Let's rewind back to our last club day of 2022. We ran our annual Mudgeeraba Gift. This season we had the highest athlete participation by far. Thank you to all the athletes for joining in on the fun. **Congratulations to Ella Muscat U8G for taking out the 2022/23**

Mudgeeraba Gift. Ella will receive 'The Hinton Family Trophy' at our end of season presentation in a few months and have her name engraved on the trophy for the second time.....WOW! Well done Ella! After the morning events were finished it was time for the Slip n Slide and boy did we have some excitable kids on our hands. We are now at the pointy end of the season and look forward to more fun on and off the track.



Club Records

Our last Club Records of 2022 went to the following athletes, well done boys.....

Ethan Marias U10B
800m 2.47:59s

Charlie Capps U16B
Shot Put 13.28m

Attendance

It's a good time to remind everyone that an attendance percentage of at least 60% must be met to be eligible for any end of season awards, including participation awards. We look at the season in it's entirety so every week counts when it comes to participation, points and PBs. If you have attended around 7 club days so far then you are on the right track :)

Dogs

As stated in our Family Handbook, it is a Club Policy that animals are not permitted on the grounds during competition. As gorgeous as your doggies are, please don't bring them to the track on a Saturday morning.

Walks Day

Is your athlete interested in Race Walking and wanting to get some practice in before Regionals? Ashmore Little Athletics (Brian Johnston Oval) is hosting a Walks Day this Sunday 15 Jan. 8.30am registration for a 9am start. \$5 fee payable on arrival. Open to U9-U17 athletes. Hope to see some Mudgeeraba kids there.

Regional Championships

When: 3rd, 4th, 5th Feb, 2023

Where: Gold Coast Little Athletics

Who: U7 - U17 athletes

Cost: \$20 per athlete

What: Athletes compete individually against other athletes in our Region. Athletes must have participated in at least 4 club mornings to be eligible to nominate. Athletes can nominate in up to 5 events. See [Event List](#) To view the DRAFT Program click here..... [Program](#)

How to nominate: Nominations close on Monday, 23rd Jan at 9am sharp. Please nominate and pay through your ResultsHQ accounts. Just click on the 'nominations' tab and select Regional Championships.

Progression to State Championships: Athletes (U9-U17) who place 1st - 4th in the final of their event can qualify for States, held on March 24th-26th in Townsville. Additional entry is available for those who achieve the 'Qualifying Performance Level' in the final of their event. Further information will be provided to those who nominate at a later date.

