



MLA NEWS

We returned last Saturday for our first competition morning of 2023. There were light showers on and off and a downpour at the end to make sure we were well and truly saturated. Beats the heat and the kids had an absolute ball. Lets see what the weather has in store for us this week!



Club Records

We may not have had ideal conditions but it didn't slow these athletes down. Well done to.....

Jesse Flynn	U13B	Aidan Mackie	U16B
70m	9.75s	70m	8.68s
Aidan Mackie	U16B	Lillie Howell	U17G
Triple Jump	12.18m	70m	10.67s

Special mention to **Charlie U16B**, who's 70m time was also quicker than the old record.

Ashmore Walks Day

Well done to **Izzy, Leo, Mia, Lucas & Cory** for coming along to Ashmore's Annual Walks Day last Sunday. It was a great opportunity to learn/improve technique, receive constructive feedback from the Judges and get some race experience in before Regionals. Thank you to all involved for a great morning.



Regional Championships

Nominations are closing soon! Athletes must have participated in at least 4 club mornings to be eligible to nominate. They can participate in up to 5 events each, please refer to the events chart by clicking on this link.....<https://laq.org.au/wp-content/uploads/sites/5/2022/08/8-rcships-events.pdf>

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

Where: Gold Coast Little Athletics

Who: U7 - U17 athletes

Cost: \$20 per athlete

Nominate: Through ResultsHQ, Nominations close this **Mon, 23 Jan @ 9am sharp**. Late nominations cannot be accepted.

Please note there will be no regular comp on Feb 4th.

The DRAFT Program can be found here.....https://laq.org.au/wp-content/uploads/sites/5/2022/11/RC_SthC-Draft-Event-order.pdf

Further information will be provided to those who nominate at a later date. Please don't hesitate to contact us with any questions.

Redcliffe Twilight Carnival

Congratulations to the following athletes for a sensational effort at the Redcliffe Carnival last Saturday.....

Lani U6G- Proudly showing off her Participation Award

Izzy U9G- Taking out the GOLD in the 700m Walk

Ethan U10B- Outstanding effort with 3 SILVER medals (100m, 200m, Long Jump) and a BRONZE in the 400m.



Fantastic results kids but most importantly, it looks like you had a lot of fun :)