



The Quakers Hill Runner

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Issue 3 – Feb 2009

" The more fun an athlete is having, the more they will learn and the better they will perform. "

A Word From The President

The 2008/09 Zone Championships:

Well done to all athletes who competed in the recent Zone Championships at AH Whaling Reserve. As you would know it was a very hot weekend which made the competition much more challenging. There was plenty of water and soft drinks being consumed to keep us all well hydrated.

And a big thanks must be extended to all of the Parents and Committee members who helped on the weekend to cover the many tasks that our center had been allocated. Without this volunteer help the Zone Carnival would not be such a big success.

The 2008/09 Regional Championships:

Congratulations to the 30 Athletes who advanced through to the Regional Championships to be held at The Central Coast Regional Athletics Track at Mingara (Tumbi Umbi).

The Regional Championships will be held over the weekend of the 21st and 22nd February.

The Quakers Hill Club will set up our 'Big Red Shelter' for all Athletes and Parents to meet at. Please join your fellow members at our 'Home Base' during the championships.

For the full list of athletes, and the events that they qualified to compete in, please refer to our Web Site link.

www.qhlac.com

This link also provides information and maps on how to get to Mingara and local accommodation in the area.

Please note that there are no guaranteed times that events will start on both days. Therefore the best advise we can give is for you to arrive at the ground by no latter than 8:15 am.

Please also note that full Centre uniform must be worn at the Region and this includes your registration, age and IGA patches on the correct place on your uniform. In addition all Quakers Hill athletes must wear our centre number "199" on the back of their uniform.

A Word From The President (cont.)

Athletes Awards for this Season:

Over the next two weeks we will be asking Age Managers to choose the "Encouragement Award" for their age group plus to nominate an athlete for the centre's "Spirit of Little As Award".

Nomination forms, and supporting point's results for each athlete / age group, will be placed in your age manager folders. This will include the criteria for choosing these awards.

We ask that you please submit these nominations by 20th February.

Our Web Site

Also a reminder that the QHLAC website is always being updated with important information, so please take some time to have a look.

Steve Butcher

Presentation Day

Will be held at Blacktown RSL on Sunday 5th April 2009. Doors open at 2:30 PM for a 2:45 PM start.

The upstairs auditorium will be used for this event and please note that rubber thongs must not be worn into the venue.

Bar facilities will be available and Hot snacks can be purchased.

Sponsors Corner-

REED CONSTRUCTIONS



ATHLETES FOOT (In the Rouse Hill Town Centre)

BLACKTOWN RSL CLUB-

BLACKTOWN

Other Centre Gala Days

(See Jan Sparks/Luke Gemmell for more information)

Fairfield Little Athletics - End of Season Gala Day

When - Sunday 15th March

Where - Makepeace Oval, Vine St
Fairfield.

QHLAC Athlete Competes at Trans Tasman

Congratulations to Tayla Deverall for her recent efforts at the Trans Tasman Championships.

Tayla competed in the following events and performed very well.;

- 1500 meter - (4th Place)
- 800 meter - (5th Place)
- High Jump - (11th Place)
- Long Jump - (24th Place)
- 4 x 400 meter Relay

Would You Like to Become Involved in Your Club?

Then why not become a Committee Member?

The Quakers Hill centre is always on the look out for new volunteers to join our committee. This is especially important now that we are approaching the end of our current season and our Annual General Meeting.

There any many different roles and functions within our centre that we need to fill to make our centre a success.

If you are interested in helping out please see either Steve Butcher (President) or Luke Gemmell (Secretary).

Training Nights -

Are held on Tuesday nights from 6:30 to 7:30 pm at Wright Reserve.

Our last training night of the season will be Tuesday on 24th February.