

## **Little Athletes Soar at Sandown**



What a day! The weather was fantastic, the energy was electric, and record crowds flocked to the 2013 State Road Relay Championships at Sandown Racecourse on Saturday, 11th May.

Held in conjunction with Athletics Victoria, 111 teams from 25 LAVic Centre's came out to compete in what was a fabulous day of fun and fitness.

In the U9 age groups, Sandringham claimed the title for the boys, while Ringwood stole the show for the girls. The 1.5km loop didn't seem to faze Sam Flockart of Sandringham who ran an incredible race and was the fastest in his division. Similarly, Ringwood's, Dee Dee Deng lead her team to success as she blitzed the straight with the fastest time of 6mins 4secs.

In the U10 division, the boys from Box Hill claimed victory as did the girls from Casey. Box Hill's boys demonstrated impressive form being the only team to individually run sub 6 minute legs in the 1.5km course.

The 1km loop proved a breeze for the Seaford boys and the Caulfield girls who both walked away winners in the U7 division. Nunawading and Sandringham claimed honours in the U8 boys and girls races respectively.

With the largest number of teams entered, the U11's put on a show. The Moorabbin boys claimed the title in 22 mins 14 secs, almost a minute ahead of Frankston in second place (23.07) followed by Whittlesea City in third (23.08). The Yarra Ranges girls raced to victory in a time of 22 mins 44 secs, followed by Box Hill (second, 23.01) and Sandringham (third, 23.32). Box Hill's, Molly McCarthy clocked the fastest time (6 mins 54 secs) as she brought her team home in second place.

In the U12 division, the boys from Seymour claimed victory as did the girls from Sandringham. The Seymour boys raced home in a time of 23.21, 10 seconds ahead of Geelong in second place (23.31) and 53 seconds ahead of Box Hill who placed third (24.14). The Sandringham girls fought strong to keep their lead (22.48) to finish almost 2 minutes ahead of Mentone (second, 24.44) followed by Casey in third (25.05).

Running alongside the senior athletes, the U13 age group embraced the competition. Mentone and Waverley walked away victors in the boy's and girl's race respectively. Waverley's, Sophie O'Sullivan blitzed her competitors to finish the 3.1km course in 11 mins 35 secs.

Nunawading took home honours in the U14 girl's race and Casey claimed the title for the U15 girls.

Congratulations to Casey, who won the trophy for accumulating the most points over all, and well done to all the teams and athletes who took part in a fantastic day of competition.

"It was great to see the enthusiasm from athletes and parents urging on their teammates as the races were proceeding. For many athletes it was their first time competing in a Road Relay and from all accounts they had a great time" said Competitions Director, Andrew Duncan.

Thank you to all the officials who volunteered their time, and the Centre Team recorders who helped record the times for all athletes.