

MULTI EVENT CHAMPS

Great day of competition in Gosnells

454 Little Athletes converged on Langford Sporting Complex in Gosnells for the State Multi Event Championships on Sunday 9th February 2014. With the WA Athletics Stadium out of action due to track re-surfacing, Langford Oval proved to be an ideal location for the championships. This ground is the competition home venue of Gosnells Little Athletics Centre. There was a fantastic atmosphere in the main pavilion with supporters getting a great view of the action.

The competition is for athletes in the Under 11 to 17 age groups. Each competitor participates in five events including Hurdles, 100m, 800m, a throw and a jump. Congratulations must go to Gosnells LAC who were overall points winners and hosts. WALA would like to acknowledge the work of all officials and parents helpers throughout the day.

Aussies in Action were ever present throughout the meet to capture high resolution images of the events and medal presentations. Visit their webpage at:

aussieinaction.com.au

Remember you can stay in touch with exciting news and stories from us through these newsletters, walittleathletics.com.au and [facebook.com/walittleathletics](https://www.facebook.com/walittleathletics).

We hope everyone enjoys the rest of the 2013/14 Little Athletics season. Be Your Best



UPCOMING EVENTS

Zones and States are just around the corner

It's an exciting time of the year. The McDonald's State Track & Field Championships are undoubtedly the highlight for many Little Athletes. Before States, we have the Zones weekend featuring Heats and Quarter-Finals. More info at walittleathletics.com.au

Zones weekend: Saturday 8th & Sunday 9th March 2014.

Locations: Zone 1 (Santich Park, Munster) Zone 2 (Langford Oval, Gosnells), Zone 3 (Noranda Sporting Complex, Noranda), Zone 4 (McGillivray Oval, Mt Claremont).

2014 McDonald's State Track & Field Championships: Saturday 22nd & Sunday 23rd March 2014 at WA Athletics Stadium.

22nd International Comp Singapore 2014: For eligible U14 & 15's from 8th-16th July. Our best wishes to all Little Athletes competing in these events.



NATIONAL CAMPAIGN

WA Little Athletics supports the “Racism. It stops with me” campaign

WALA is proud to have joined forces with some of Australia’s leading businesses, sporting bodies and NGO’s to support the ‘Racism. It stops with me’ campaign. Our organisation has committed to preventing racism by pledging to undertake activities in support of the campaign, and by encouraging our Centres/Clubs to do the same. WALA looks forward to spreading the word in order to stamp out racism in sport and the wider community.

The national ‘Racism. It stops with me’ campaign, which is being led by the Australian Human Rights Commission, has been developed by a partnership of government and non-government agencies and will run until 2015.

For more information about the campaign go to:
<http://itstopswithme.humanrights.gov.au> or @ItStopsWithMe



RACISM. IT STOPS WITH ME

PERTH TRACK CLASSIC

Australian Athletics Tour kicks off in style

The Perth Track Classic was held at WA Athletics Stadium on Saturday 22nd February. An estimated crowd of 4100 turned out for the highly anticipated event on our new blue mondo surface. A number of outstanding performances provided the highlights with **Melissa Breen** (ACT, 100m), **Sally Pearson** (QLD, 100m hurdles), **Alana Boyd** (Qld, pole vault), **Kim Mickle** (WA, javelin), **Kathryn Mitchell** (Vic, javelin) and **Kelsey-Lee Roberts** (ACT, javelin) on the Commonwealth Games A-Qualifier list and a further 27 athletes bettering the Commonwealth Games ‘B’ Standard for their event.

Pearson has cemented her position as favourite for the world indoor 60m hurdles title in March after she blazed the straight to clock 12.59 (w: -0.2) and win the women’s 100m hurdles. In that race with the current Olympic champion was Kingsway LAC’s U16 Alanah Yukich.

The international champions LeShawn Merritt (USA, 400m) and Felix Sanchez (DOM, 400m hurdles) were also fantastic to see live in action.

Another pleasing aspect was the impressive number of local Little Athletes who were competing, volunteering or spectating.

We spoke exclusively to Australia’s fastest women, Melissa Breen. Listen to it here:

[Soundcloud.com/walittleathletics/melissa-breen](https://soundcloud.com/walittleathletics/melissa-breen)



NEW STATE TRACK

Perth's new world-class athletics track is now ready for use. Mondo sent 4 specialists from Italy to oversee the process from December to January. The result is a striking marine blue surface which was the material of choice at Beijing '08 and London '12 Olympics. The rubber top is accompanied by a bottom layer consisting of honeycomb-shaped construction unique to Mondo. This track replacement project cost \$692,000.

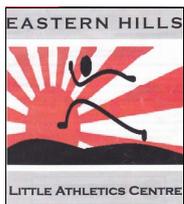
We certainly look forward to conducting our first State Track & Field Championships on it this March!

Here are some photos captured throughout the process.



CENTRE CHAMPS

Some great photos from recent Centre Championships!



BUSHFIRE APPEAL

Eastern Hills meet to raise vital funds

The Parkerville bushfires in mid-January had a heavy toll on families in the area. Homes were lost and communities were devastated. Recognising a strong need to assist victims, the Eastern Hills Little Athletics Centre conducted a special fundraiser during their meet on Friday 24th January at Mundaring Recreation Ground.

Mount Helena, Greenmount and Mundaring clubs all came together to auction items, conduct raffles and fire up the BBQ. The response was a tremendous example of goodwill, community values and helping those in need. We would like to send our support to those who were impacted by bushfires in WA this summer. The efforts of groups such as Eastern Hills LAC make a difference towards helping affected people rebuild their lives.

Please visit salvationarmy.org.au if you would like more info on how to help.

ATHLETE ADVICE

By Jayne Mitchell, WALA/AWA Clubs Officer

Don't Skip Breakfast!

"One of the biggest mistakes athletes make is heading out to a competition in the morning without eating anything first," says Dan Benardot, PhD, RD, director of the Laboratory for Elite Athlete Performance at Georgia State University in Atlanta, who works with Olympic athletes. Your blood sugar is already low when you wake up, so you should have something carb-laden to eat, like some wholemeal toast, as soon as you get out of bed. That way, 30 to 45 minutes will have passed before you actually head out the door. If you're not used to eating in the morning, start small. Drink a glass of apple juice until your stomach adjusts, and then add in a piece of toast. Mixing in protein (cream cheese, eggs, peanut butter, yogurt, etc.) is fine, but it slows down your gastric emptying rate, so you'll need more time between when you eat and when you hit the track.

No breakfast, no energy! You wouldn't drive a car when it is on empty!



CENTRE SNAPSHOTS

Carlisle/Rivervale Little Athletics Club

The Carlisle/Rivervale Little Athletics Club competes within Belmont LAC. They have 63 registered athletes who train at the Carlisle Primary School. Club committee members have put in great effort towards fundraising for new training equipment for the children.

Here they are posing for their annual club photo before training.



Please send YOUR Centre Snapshots and story to admin@walittleathletics.com.au or share it on [facebook.com/walittleathletics](https://www.facebook.com/walittleathletics)

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