



# RUN FOR FUN



## March/April 2013

## RECORDS FALL ON AND OFF THE TRACK...

Little Athletics NSW has seen a terrific growth in participation this season, with registrations up 15% on where they were at this time last year. This is a terrific result for our sport and we are expecting a new record registration result of over 41,000 registered members (once winter centre registrations are submitted). To all those families who joined our sport for the first time this year, we hope you enjoyed your season and will join us again next season.

With the new qualification process to the State Championships in place this season, we also had a record number of athletes participating in this major event. A total of 2,583 athletes took part in the State Track and Field Championships at Sydney Olympic Park last weekend. Congratulations to each and every one of these athletes for their achievement in reaching this level.

The State Championships themselves also saw a huge number of records fall both on the track and in the field. There were a total of 53 new records established and 1 record equalled – an amazing result!

Some incredible performances were recorded in the U17 boys events, showing that the standard in our newest age group continues to rise. Rhys Stein (Warradale LAC) set a new mark in the boys javelin with a throw of 68.40m; Emmanuel Fakiye (North Rocks Carlingford LAC) recorded a new triple jump mark of 14.80m; Sebastian Acosta-Vazquez (Bankstown Sports LAC) leapt to a 6.97m record in the long jump; Anas Abu Gamaba (Blacktown LAC) set a new mark in the 200m with a time of 21.99sec; Bryce Collins (Northern Suburbs LAC) lowered the 400m record to 49.57sec and Alex Seal (Wollongong City LAC) set a new mark in the 800m of 1:56.42min.

Also of note on the track was the performances of Abbey Rockliff (Ku-ring-gai LAC), who broke both the 800m and the 1500m records in the U11 age group. Abbey recorded a time of 2:22.70min in the 800m and 4:47.05min in the 1500m. This time in the 1500m even surpasses the time recorded as the manual Australian Best Performance of 4:51.3min set by NSW athlete Suzy Walsham (also Ku-ring-gai LAC) in 1985!

Another long-standing Australian Best Performance was beaten on the weekend in the U10 girls high jump. Tomysha Clark (Port Hacking LAC) cleared a height of 1.47m, which breaks a mark set by a South Australian athlete, way back in 1984!

Aside from the NSW and Australian records that were broken, many, many, athletes set records of their own in achieving significant personal best performances. Congratulations to them all!

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# A WORD FROM THE PRESIDENT...

## NEIL SANDALL



This is my first report to you as LANSW President, replacing Dereck Fineberg who is now the President of Little Athletics Australia.

I would firstly like to acknowledge Dereck's outstanding leadership and contribution to LANSW, as president for the past five years and I take this opportunity to wish him every success as the new national president.

We have now almost completed the 'business end' of the competitive part of the 2012/13 Little Athletics season, with the new eight region championships structure in place for the first time. This brought with it a new qualification structure for the State Championships, with the first two place-getters in each event in the Under 9s to Under 17 years age groupings, automatically qualifying. The final eight qualifiers were determined via the next best qualifying performances across the state, after the automatic qualifiers.

We hope all athletes were well satisfied with their personal performances at the State Championships. As usual the U13 age group were striving for selection in our State Team to compete at the Australian Little Athletics Championships in Canberra in April. Congratulations to the athletes selected in our 2013 team; we wish them every success in Canberra!

The successful delivery of our State Championships was due to a lot of hard work by a number of people in the lead up to the weekend. This includes the staff at LANSW as well as members of our Championship and Officials advisory committees. To all staff, officials and helpers I pass on my congratulations and gratitude for your contribution and your professionalism in ensuring the smooth running and success of this great event.

In between the Regional Championships and the State Championships, we journeyed to Orange for the State Multi-Event Championships, which was a fine test of all-round athletic skills for competitors in the under 7 to under 17 years age groupings. This fun-filled weekend is always a highlight of our season and I know many participating families made a great social occasion of it.

After State (aside from those involved in the ALAC), the season begins to wind down. It is my hope that after a well-earned but short break you can return and direct your energies to those important Centre AGM's and those other crucial planning activities which are necessary in preparation for the upcoming season 2013/14. I might add next season is an important historic milestone for our sport – it will be the 50th season since LAs tentatively began in Geelong, Victoria. Plans are afoot at the national level to ensure we appropriately celebrate this major milestone next season.

Yours in sport,

Neil Sandall  
President

# editorial

The season is coming to an end, and with it, a collective sigh of relief comes from many committees, with thoughts of a quiet off-season. As most of you know whilst competition days/nights might come to an end, there is still plenty to do to keep your centre functioning.

The off-season brings with it centre AGM's, reviews of the season and planning for the next season. With the election of new committees, it is important that outgoing committee members are proactive in finding replacements. Good committees plan for transition, and speak with people directly and ask them if they wish to take on a new role. Asking for people to stand for the committee at the AGM is too late for most to make a decision, as they are unsure of what is involved and the time commitment. So how does your centre recruit new committee members? We can't sit back and say no one is prepared to put their hand up if we don't recruit in the right way. Best practise says that people should not stay in the same role for years and years. If they do, then others are less likely to step forward as it is perceived that no one is needed. By having shorter terms for committee positions and having people move to different roles and act as mentors, are vital for keeping a centre vibrant and open to new ideas, whilst retaining the experience.

If you are unhappy with the way in which things are run, or can see ways in which things can be improved, I urge you to communicate this with your centre committee. Staying silent or talking about things in the background is not conducive to making things better.

Remember your centre is what you make of it. The collective effort of everyone is the way in which centres succeed and grow.

Congratulations to all athletes who competed at the State Championships and to all athletes who competed at their centre this season, I hope you have enjoyed yourself.

Michael Gray  
Business Development Director





# The ROC

(The Rules of Competition)

Did you know.....

## CALL ROOM

### What is a Call Room?

Call Room is the new name for the marshalling area.

The basic marshalling rules have not changed. Athletes will still be required to attend the appropriate Call Room prior to going to their event. At most Little Athletics NSW carnivals the Call Room(s) for the first session of field events is at the competition (or event) area.

At the 2013 State Track & Field Championships:

- Track Events Main Track
- Field Events Main Track and
- Combined Call Room for events on Warm –Up Track.

### Calls for Events at State Track & Field Championships

A new system for advising athletes when to attend the Call Room (Marshalling) for their events was introduced for the 2013 State Track and Field Championships. Instead of announcements on the PA, the call times for each event were included in the program and the published list of events. These listings also included which area a group will be going to after the Call Room e.g. Fri U/12 Girls High Jump Call Room 5.10 Start Time 5.30 HJ2.

### What is the ROC?

The ROC is the LANSW Rules of Competition. It contains the requirements for competition for LANSW carnivals. Whilst the basic rules for athletic competition are contained in the IAAF Competition Rules we have modified those rules to suit children. These modified rules are contained in the ROC.

### Where can I find the ROC?

All centres should have a copy of the ROC. The ROC can also be found in the Competitions section of the LANSW website, under Rules of Competition.

### Where can I find the Standard Rules?

The Standard Rules can also be found in the competitions section of the LANSW website, under Rules of Competition.



# Championship News

## Region Championships

Congratulations to the following athletes who broke a Little Athletics NSW State Record during their Regional Championships: -

REGION 5, 7 & 8 WERE ELECTRONIC AND THE OTHERS WERE MANUAL

Region 5	Ethan Oliver	Nth Districts	U8 Boys	400m	1.14.25
Region 5	Cayla Phillips	Manly Warringah	U8 Girls	400m	1.17.52
Region 7	Nathaniel Calvelo	Campbelltown Collegians	U9 Boys	70m	10.20
Region 5	Harrison Mavin	Ku-Ring-Gai	U12 Boys	1500m walk	7.06.59 ABPE
Region 6	Mark Neill	Nepean	U14 Boys	Shot Put	16.46
Region 7	Alec Nguyen	Bankstown Sports	U14 Boys	200m	23.11
Region 8	Tyrone Taukamo	Randwick/Botany	U14 Boys	Shot Put	18.51
Region 5	Jasmyn McDonald	Parramatta	U14 Girls	1500m walk	6.52.04 ABPE
Region 8	Grace Robinson	St George	U14 Girls	Shot Put	15.51
Region 8	Jessica Thornton	Randwick/Botany	U15 Girls	200m	24.72 ABPE
Region 5	Tyson Davis	Manly Warringah	U17 Boys	Javelin	62.32
Region 6	Daniel Keene	Emu Plains	U17 Boys	3000m	9.22.9
Region 6	Anas Abu Gamaba	Blacktown	U17 Boys	200m	22.0
Region 7	Rhys Stein	Warradale	U17 Boys	Javelin	62.55
Region 6	Sarah Marvin	Winston Hills	U17 Girls	3000m	10.26.1

## State Multi-Event Championships

Early this month, 700+ athletes (and their families) traveled to Orange to compete in our 2013 State Multi-Event. This was a fantastic turnout as it was again a very small dropout rate and was especially good as on the trip to Orange on the Friday, it rained heavily all the way there! The rain disappeared on the Saturday but was replaced with very cold and windy weather. Sunday was similar to Saturday, with the sun eventually showing up in the afternoon. Unfortunately, the ground was very wet on Saturday which meant that we had to move our 60m hurdle events over to the other side of the track. The longer hurdles had to be moved to the Sunday morning, to try and give the ground a little longer to dry out. Due to moving the hurdle events, we moved the U10, U12 and U14 200m events to the Saturday, so that the program would finish at a decent time on the Sunday. Congratulations to all athletes on their performances.

A special thank you must go to the committee of Orange Little Athletics, who did a magnificent job in preparing the venue.

If you want to enjoy a great social weekend away, with good athletic competition, why not try to gather as many athletes and families as you can, to attend the 2014 State Multi-Event, which will be held at Myimbarr Community Park, Flinders (Shellharbour) on the weekend of 1 & 2 March 2014.

## State Track & Field Championships

Congratulations to the approx. 2,600 athletes who competed at the 2013 State Championships. We know that for many of you this was your first time. We hope everyone was able to achieve some PB's. A special congratulations to the athletes who broke state records over the weekend.

## State Cross Country & Road Walk Championships

This year the State Cross Country and Road Walks are being held at Scheyville National Park, Scheyville (the same venue as in 2011). The online entry login will be available soon, so keep looking at our website and don't forget to enter. Entry is only via online and will be \$10 per athlete. Entries close on Wednesday, 20 June. We will also accept late entries up until close of business on 27 June (at an increased cost of \$25).



# 2013 STATE TEAM



THE 2013 NSW STATE TEAM HAS BEEN SELECTED AND ALL SUCCESSFUL ATHLETES HAVE NOW BEEN NOTIFIED.

Congratulations to the following athletes who have been named in the team and will participate in the Australian Little Athletics Championships in Canberra on 28 April.

## U13 GIRLS

Nell Breslin  
Kristie Edwards  
Renee Fassolis  
Zoe Latham  
Leah McDonald  
Mikayla Mestousis  
Kristina Moore  
Eva Neville  
Raquel Roukos  
Chyna Tavai-Williams  
Doveinah Vine-Ah Kau

Manly Warringah LAC  
Manly Warringah LAC  
Camden LAC  
Ryde LAC  
Parramatta LAC  
Western Suburbs LAC  
Cherrybrook LAC  
Cessnock LAC  
Doonside LAC  
Bankstown Sports LAC  
Bankstown Sports LAC

## U13 BOYS

Kyle Bedford  
Kieren Briggs  
Ben Carter  
Jordan Doris  
Nicholas Frost  
Anthony Gale  
Nicholas Horton  
Oliver Jacquet  
Liam Kelly  
Timothy Simmons  
Harrison Wade

Nepean LAC  
Parramatta LAC  
Manly Warringah LAC  
Eschol Park LAC  
Parramatta LAC  
Nepean LAC  
Dapto LAC  
Cherrybrook LAC  
Port Stephens LAC  
Hills District LAC  
Ryde LAC

## U15 GIRLS (MULTI-EVENT)

Brooke Harrison  
Olivia-Rose McEwan

Doonside LAC  
Lake Illawarra LAC

## U15 BOYS (MULTI-EVENT)

Mitchell Burton  
Bradley Jones

Sutherland LAC  
Bankstown Sports LAC



# COACHES CORNER

*I recently spent a fantastic weekend in Wagga where I attended the Region 4 Championships. There were many great performances and plenty of smiles on people's faces. I noticed many athletes in the warm up area going over training hurdles, doing sprint drills, throwing drills and other warm up activities. It was great to see so many athletes warming up, preparing for their event. It was also interesting to see how many of the same athletes, after their event, going back under their tents and just sit in their chair. Many of them had their head down playing on their iPads, listening to their music and just relaxing. The question I asked myself is "did they do a sufficient warm down?"*

*An athlete who I knew told me that they didn't warm down "because it was too hot". I knew they had competed in a few events that day and suggested they do some type of warm down but again their response was "...it was too hot and my muscles would stay warm anyway. It's not too cold today so it will be fine." I saw this athlete the next day and asked them "how are you feeling this morning". Their response was "...oh... a little bit sore and tight". I would have loved to say "I told you so..."*

*Below is a little article to remind everyone of the importance of "warming/cooling down" (many coaches are now using the term "warming down" as this encourages slow, gradual reduction in the intensity of the workout until your heart rate is back to normal).*

Alv...

## Cool Down Recover faster & avoid injury

<http://www.brianmac.co.uk/articles/scni46a2.htm>

Many people dismiss the cool down as a waste of time, or simply unimportant. In reality the cool down is just as important as the warm up, and if you want to stay injury free, it is vital. Although the warm up and cool down are just as important as each other, they are important for different reasons. While the main purpose of warming up is to prepare the body and mind for strenuous activity, cooling down plays a different role.

The main aim of the cool down is to promote recovery and return the body to a pre exercise, or pre work out level. During a strenuous work out your body goes through a number of stressful processes e.g. muscle fibres, tendons and ligaments get damaged, and waste products build up within your body.

The cool down, performed properly, will assist your body in its repair process. One area the cool down will help with is "post exercise muscle soreness." This is the soreness that is usually experienced the day after a tough work out. Most people experience this after having a lay-off from exercise, or at the beginning of their sports season. I remember running a half marathon with very little preparation, and finding it difficult to walk down steps the next day because my quadriceps were so sore. That discomfort is "post exercise muscle soreness."

This soreness is caused by a number of things. Firstly, during exercise, tiny tears called micro tears develop within the muscle fibres. These micro tears cause swelling of the muscle tissues which in turn puts pressure on the nerve endings and results in pain.

Secondly, when exercising, your heart is pumping large amount of blood to the working muscles. This blood is carrying both oxygen and nutrients that the working muscles need. When the blood reaches the muscles the oxygen and nutrients are used up. Then the force of the contracting (exercising) muscles pushes the blood back to the heart where it is re-oxygenated.

However, when the exercise stops, so does the force that pushes the blood back to the heart. This blood, as well as waste products like lactic acid, stays in the muscles, which in turn causes swelling and pain. This process is often referred to as "blood pooling."

So, the cool down helps all this by keeping the blood circulating, which in turn helps to prevent blood pooling and also removes waste products from the muscles. This circulating blood also brings with it the oxygen and nutrients needed by the muscles, tendons and ligaments for repair.

## *The Key Parts of an Effective Cool Down*

Now we know what the cool down does and why it is so important, let us have a look at the structure of an effective cool down. There are three key elements, or parts, which should be included to ensure an effective and complete cool down. They are:

- Gentle exercise
- Stretching
- Re-fuel

All three parts are equally important and any one part should not be neglected or thought of as not necessary. All three elements work together to repair and replenish the body after exercise. To follow are two examples of effective cool downs. The first is an example of a cool down used by a professional athlete. The second is typical of someone who simply exercises for general health, fitness and fun.

### *A Simple Cool Down Routine:*

- 5 to 10 minutes of easy exercise. Be sure that the easy exercise resembles the type of exercise that was done during your work out. For example, if your workout involved a lot of running, cool down with easy jogging or walking
- Include some deep breathing as part of your easy exercise to help oxygenate your system.
- Follow with about 5 to 10 minutes of stretching. Static stretching and PNF stretching is usually best. Static stretches are more appropriate to the cool down as they help muscles to relax, realign muscle fibres and re-establish their normal range of movement. These stretches should be held for approximately 10 seconds.
- Re-fuel. Both fluid and food are important. Drink plenty of water, plus a good quality sports drink. The best type of food to eat straight after a workout is that which is easily digestible. Fruit is a good example.

Getting serious about your cool down and following the above examples will make sure you recover quicker from your work outs, and stay injury free.

### **Remember... the benefits of a cool down?**

An appropriate cool down will:

1. Aid in the dissipation of waste products - including lactic acid
2. Reduce the potential for DOMS-Delayed Onset Muscle Soreness
3. Reduce the chances of dizziness or fainting caused by the pooling of venous blood at the extremities
4. Reduce the level of adrenaline in the blood
5. Allows the heart rate to return to its resting rate

# *Welcome to the Family*

Hi everyone,

I'm Cheryl, and I have just started employment with Little Athletics NSW as the new Coaching & Development Administrator. I have an extensive background in athletics. I was a Little Athlete myself and was registered with Penrith Valley LAC. I was fortunate during my Little Athletics years to represent NSW as an U12 at the Australian Team Championships. I continued with athletics as a senior and represented at State, National and International levels. Two highlights of my career was wearing the green and gold for Australia in the 2004 Athens Olympics and winning the bronze medal in the 20km walk at the 2006 Melbourne Commonwealth Games. It's always an honour to represent your country, but being able to represent at home, and also medalling, is an experience of a lifetime. I still continue to walk today.

Last year I completed my Bachelor degree in Sports Coaching and Administration at ACPE. I applied for the vacant position at Little Athletics NSW earlier this year, and here I am. It is great to be able to work in the sport I love, and give a little back to something that has given me a lot. I look forward to working with LANSW and further the development of athletes, coaches and the Little Athletics family.



# DEVELOPMENT DIARY



## What's coming up???

### Introduction to Coaching Course Narrabri

Attention everyone living in the "cotton region" of NSW and surrounds. Have you ever been interested in coaching athletics... but don't know where to start? Do you want to learn how to teach the basic skills of all Little Athletics events? Are you a school teacher wanting to increase your athletics teaching knowledge? If you have answered "yes" to any of these questions, you should attend the ITC course being held in Narrabri on Saturday, 13 April 2013.

The ITC (Introduction to Coaching) course is designed for parents, beginner coaches and teachers. It aims to give people the ability and confidence to coach basic level athletics to children aged 5-15 years. The course covers Coaching Young Athletes, Warm Up, Running, Relays, Hurdles, Walks, Shot Put, Discus, Javelin, High Jump, Long Jump and Triple Jump.

The majority of the course is low intensity practical/physical activity, with some theory. It has been found in the past, that actually to "see and do a skill" proves more beneficial than theory alone. You do not have to be an elite athlete to participate. All the activities are fun, low impact and suits all levels of ability.

#### Course Details:

Date: Saturday, 13 April 2013  
Venue: Narrabri High School  
Cost: \$95 per person

#### To register for the course simply:

- Go the Little Athletics NSW website
- Click "Education and Training"
- Click "Coach Education" link
- Click "Introduction to Coaching"

### School Holiday Skills Clinics Narromine, Dubbo and Bathurst

Running...Jumping...Throwing into Western NSW.

Mums and dads, are you looking for an all-day activity for your kids to do these upcoming holidays? Athletes, have you got a friend who has never done Little Athletics before or do you and your friends want some coaching before the school athletics season starts?

Here is your chance for a day of fun whilst benefitting from some expert coaching at the same time. Little Athletics NSW is excited to announce that there will be "Skills Clinics" happening in Narromine, Dubbo and Bathurst.

These are open skills clinics for all children (aged from the U9 to U 16), of any ability, to 'have a go' at athletics. They give participants access to affordable quality coaching in running, jumping and throwing events. Athletes will rotate between 6 events: sprinting, hurdles, shot, discus, long jump and high jump. Great for the upcoming school carnivals!

The clinics also offer children the opportunity of learning, enjoyment, friendship, improvement and personal achievement.

The clinics will be conducted in the first week of the school holidays. The "early bird" cost of each all-day clinic is only \$27. HURRY because this price is offered for a limited time only. The cost after this date will be \$32. Numbers are limited and the closing date is fast approaching!

#### Clinic Dates:

Narromine	Tuesday, 16 April 2013
Dubbo	Wednesday, 17 April 2013
Bathurst	Thursday, 18 April 2013



## JETS Program Update

### JETS Climbs Higher

JETS membership continues to grow even at this late stage of the season, now being at a record high of 192 members.

### JETS Swoop on Hunter Track Classic

Four JETS members - Harrison Brierley, Louis Dennison, Liam Kelly and Mitchell Willingham – came together to compete as a JETS team in the boys event as part of the Hunter Track Classic Little Athletics Team Challenge. It was a great night as the boys got to share the arena with some track and field stars including Olympic long jump silver medalist Mitchell Watt. The JETS team competed really well achieving several places in individual events, as well as an exciting second placing in the Swedish Medley Relay – an intriguing relay consisting of a 100m, 200m, 300m and 400m.

### JETS Wollongong Clinic Has WOW Factor

*"It was the best coaching session that I've ever had."*

Wow – you can't get much better praise than the words above. The first-ever JETS coaching clinic at Wollongong – held Sunday, 24 February at Kerryn McCann Athletics Centre – proved to be a huge success. Despite atrocious weather in Wollongong and around NSW the day before, the clinic went ahead in good conditions on the Sunday and everyone who attended was glad it did.

Nearly 50 athletes in the Under 12-17 age group had the chance to work with, learn from and be inspired by the ten JETS and special guest coaches in attendance. The special guests included Peter Lawler - coach of four Olympians and representatives at Commonwealth Games, World Cups, World Juniors and World Youth Championships; Ian Hatfield – who coached Ryan Gregson to break the 19 year-old Australian 1500m record in 2010; Petrina Price – Olympic, World Championships and Commonwealth Games high jumper; and Abbie Taddeo - 2012 World Junior Championships representative in the 100m hurdles.

Many of the participants and parents commented on the high quality of the coaches and the coaching, and also the accessibility of the clinic to athletes in the Illawarra area.

### More JETS Clinics in May & June

Little Athletics NSW will soon be announcing JETS Coaching Clinics to be held in May and June 2013.

### 2013 JETS Performance Camp

The 2013 JETS Performance Camp will be held Friday, 12 July (2.00pm) to Sunday, 14 July (2.30pm) at the Sydney Academy of Sport & Recreation, Narrabeen.

### JETS members help at Sydney Track Classic

At the invitation of Athletics NSW a number of JETS members acted as junior volunteers at the Sydney Track Classic on Saturday 9 March. Their roles at the event included basket carrying (transporting the athlete's clothes from the start line to the post-event area), administration support and field event scoreboard operation. It was an unique opportunity for the JETS members to see what happens behind the scenes at a major athletics event and to get up close to the athletes competing on the night. Some of the JETS members were lucky enough to come away with some highly-prized autographs and all left with some great memories! Thanks to Athletics NSW for providing the young athletes with the experience.

### JETS Applications Extended

Not a JETS member yet? Due to the popularity of the program, Little Athletics NSW is extending the date by which applications must be received. Visit the Little Athletics NSW website for qualification criteria and application information. For phone enquiries, contact the Little Athletics NSW office on 02 9633 4511 or 1800 451 295.

# Illawong LAC Dual Registered Athletes Off to Nationals

Illawong LAC had ten dual registered athletes compete at the NSW Junior Championships held 8 – 10 February 2013.

In a fantastic weekend of athletics, seven athletes qualified to compete at the Australian Junior Championship in Perth from 12 – 17 March 2013.

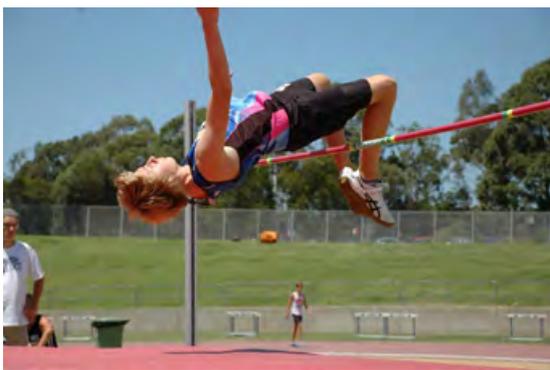
It was an extra special moment for Illawong high jump coach Danielle Clarke when all five of her competing high jumpers qualified.

Congratulations for qualifying in the following events at Nationals:

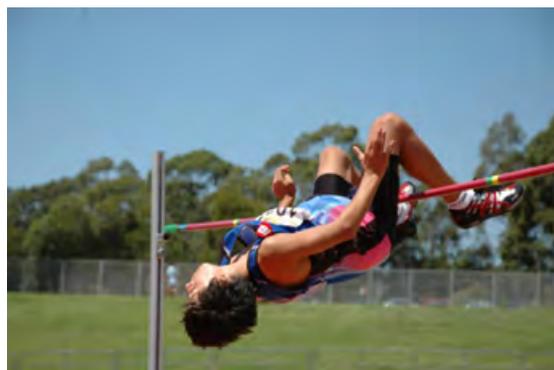
- Harry Brierley – U15 high jump
- Adam Engeler – U15 high jump
- Stacey Hayward – U16 800m
- Georgia Kalnin – U14 high jump
- Joshua Lucas – U16 high jump, U16 100m hurdles, U16 triple jump
- Sophie Maxwell – U17 800m run
- Michael Northey – U18 high jump

We would also like to congratulate Rhys Timmins, Jarrod Herrmann (big PB in the U16 3000m), and Gabrielle Potter who only just missed out on qualifying, coming 4th in the U14 200m hurdle finals.

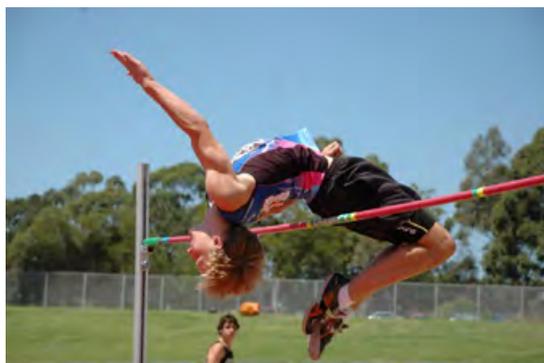
We are very proud of your achievements.



Adam Engeler



Harry Brierley



Joshua Lucas

# Find a word



## MATHS

- ADD
- ALGEBRA
- ANSWER
- DECIMAL
- DIVISION
- EQUAL
- ERROR
- EVEN
- FRACTION
- GEOMETRY
- MULTIPLY
- ODD
- PERCENTAGE
- PROBLEM
- RANGE
- RATIO
- RESULT
- SUBTRACT
- SUM
- TOTAL

M	U	L	T	I	P	L	Y	A	R	T	Q	W
T	Y	U	I	D	E	C	I	M	A	L	O	P
A	F	S	E	R	R	O	R	D	T	U	F	G
H	R	J	K	I	C	L	P	C	P	S	A	Z
X	A	N	S	W	E	R	A	D	R	E	L	M
C	C	D	V	B	N	R	D	N	O	R	G	J
Q	T	I	T	O	T	A	L	S	B	U	E	I
L	I	V	W	B	A	E	R	U	L	T	B	Y
A	O	I	U	D	G	E	O	M	E	T	R	Y
U	N	S	F	D	E	S	I	A	M	P	A	O
Q	G	I	D	V	H	J	T	K	Z	C	X	L
E	B	O	E	N	M	R	A	N	G	E	T	J
B	A	N	O	E	A	M	R	L	M	H	R	T

## CONGRATULATIONS

to U9 Little Athlete **LUKE RINGROSE** from **CANTERBURY LAC** who won last edition's Find-a-Word!!

To win a \$50 gift voucher from



send completed puzzle, along with your name and address to LANSW  
Locked Bag 85, PARRAMATTA NSW 2124  
by 29 April 2013.

Name: \_\_\_\_\_

Centre: \_\_\_\_\_ Age Group: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

# Contact us...



Locked Bag 85, PARRAMATTA NSW 2124 (90-92 Harris Street, HARRIS PARK 2150)  
Tel: (02) 9633 4511 or 1800 451 295 Fax: (02) 9633 2821  
Email: admin@lansw.com.au Website: littleathletics.com.au