

CROSS COUNTRY NEWSLETTER

Cross Country Presentation Day

Special points of interest:

- ??Presentation Day
Come along and have FUN
- ??Fancy Dress
Cross Country Race
- ??Knox Open Day
- ??Primary School
State Cross
Country
Championships
- ??Web Site

**Sit back
relax &
enjoy some
Live Music on
the lawns**

When :
SAT 5th AUGUST

Time :
11.00 am

Where :
The Messerle's
Yarra Glen
Winery—Bowens
70 Smedley Lane
Yarra Glen

Melway 267 E4

The Centre really appreciates the Messerle's offer to again hold the presentation at their home.

A big thank-you from the Committee and all members of the Centre

A BBQ will be provided on the day along with Tea & Coffee.

LIVE MUSIC

BYO Drinks,
Nibbles etc.

Ice Cream and basic drinks will be provided for the kids

BYO Chairs

PRESENTATION DAY IS A FAMILY FUN DAY

SO ALL COME ALONG AND CELEBRATE ANOTHER FANTASTIC CROSS COUNTRY SEASON

KIDS !!!!!!!!

FANCY DRESS CROSS COUNTRY

There will be a short fun run on the day.

It is a **"FANCY DRESS"** event.

So wear something **WACKY**.
Prize for the BEST DRESSED

(Brendan—try and stay away from the make-up!!)

Parents are welcome to dress up and race too.



FANCY DRESS UP RACE DAY

WEAR SOMETHING WACKY!

PRIZE FOR BEST DRESSED

PHOTOS / SLIDE SHOW



WE STILL HAVE COPIES OF THE SLIDE SHOW AVAILABLE FOR PURCHASE FROM THE TRACK & FIELD SEASON

THIS DISK IS A GREAT WAY TO REMEMBER THE SEASON PLEASE SUPPORT YOUR

CENTRE AND PURCHASE A COPY FOR ONLY \$20

FOR THOSE WHO HAVE ORDERED COPIES THEY ARE NOW AVAILABLE FOR COLLECTION

WE HAVE PLANS TO DO ONE FOR THE CROSS COUNTRY SEASON SO PLEASE BRING YOUR MONEY ON PRESENTATION DAY

Inside this issue:

Presentation Day	1
Photos / Slide	1
Knox Open Day	2
Primary School Championships	2
Web Site	2



KNOX OPEN DAY

The Knox Perpetual Trophy returned to its rightful home this year after last year's slight aberration. Congratulations to all of the athletes who competed on the day. It was a tough course and we performed magnificently. Rob can now sleep peacefully!!!



REMEMBER STATE CROSS COUNTRY CHAMPIONSHIPS SUNDAY JULY 30TH AT HANGING ROCK—ALL KIDS WHO COMPETED AT REGION CHAMPIONSHIPS FROM U7 TO U15 ARE ELIGIBLE TO COMPETE. IT IS A GREAT EXPERIENCE—WE HOPE TO SEE YOU THERE

THANK YOU TO ALL OF THE PARENTS WHO HELPED FULFIL THEIR DUTIES AT REGION CHAMPIONSHIPS. OUR CENTRE RECEIVED A SPECIAL MENTION FROM THE EMR FOR OUR HELP

WE ARE LOOKING FOR THE SAME ENTHUSIASM TO HELP OUT AT OUR PRESENTATION DAY.

WE REQUIRE HELP ON THE BBQ ON THE DAY JUST TO SIMPLY COOK SAUSAGES

AND HAMBURGERS PLEASE DON'T LEAVE IT TO THE SAME PEOPLE.

IT IS A GREAT WAY TO SOCIALISE AND WILL ONLY TAKE UP ABOUT 1 HOUR OF YOUR TIME

PLEASE SEE TANIA

PRIMARY SCHOOL STATE CHAMPIONSHIPS

We had 6 of our athletes qualify and compete at the Primary School State Championships held at Bundoora Park on 6th July. It is a fantastic achievement to reach State Championships for Schools—the qualifying process is quite tough. Athletes have to perform well at Schools, Districts and Zone Events.

Congratulations to Holly Bedyne, Samantha Butler, Renee Doggett, Kara Dooley, Haylee Malan and Zak Patterson. Full results are not available.

Our kids all ran fantastic races. Two of our athletes were selected to represent Victoria at the upcoming National Championships in Hobart at the end of August. Well done and congratulations to Renee Doggett & Zak Patterson.



WEB SITE www.lyrlac.org.au

OUR CENTRE WEB SITE HAS BEEN UP AND RUNNING FOR ONE YEAR

CHECK IT OUT AT

www.lyrlac.org.au

IT IS FULL OF LOTS OF INFORMATION AS WELL AS GREAT PHOTOS OF OUR KIDS

IN THE COMING WEEKS THE WEB SITE WILL BE UPDATED FOR THE FOLLOWING ITEMS :-

CENTRE & CLUB RECORDS

CENTRE APPAREL

PHOTOS

CALENDAR FOR NEXT YEARS TRACK & FIELD SEASON

CROSS COUNTRY SEASON AWARDS

MANY OTHER ITEMS

Please—if you have any items of interest you wish to post on the web site email us at

info@lyrlac.org.au