

Cross Country Newsletter

25 June 2005

Special points of interest:

- All runners competing at Regions qualify for State Championships
- The first taste of competing at a major event for many of our kids
- Thanks to all the parents who helped on the day whether it be as Chief Official, Indian, General helper or fanatical supporter.

Region Cross Country

Congratulations to all those athletes who competed at Regions.

All competitors have now qualified for the State Championships to be held on Sunday 31st July 2005 at Hanging Rock in Woodend.

Good running conditions greeted the athletes at Ruffy Lake Doncaster—a great venue for Cross Country.

We had many good performances from our athletes.

Individual medals were won by :

GOLD—Ryan Patter-

son U7 Boys.

GOLD—Zak Patterson U10 Boys.

GOLD—Peter Blok-keerus—Interaths

GOLD—Renee Doggett U9 Girls

SILVER—Brendan Dell—Interaths

Team Ribbons were won by:

1st—U6 Girls (Gabby Bingley, Jessica Owens, Renee Sytema)

2nd—U7 Boys (Ryan Patterson, Ben Bingley, Jake Venes)

2nd—U8 Boys (Jake Beveridge, Mitch

Louring, Abe Wright)

2nd— U11 Boys (Nathan Dooley, Liam Dell, Jake Brown)

3rd U6 Girls— (Chelsea Di Gregorio, Emily Clements, Tamarah Brown)

3rd—U6 Boys (Braydn Gange, Jared Dodd, Leon Boorkarof)

3rd—U9 Girls (Renee Doggett, Laura Chesney, Stephanie Butler)

3rd—U10 Boys (Zak Patterson, Anthony Messerle, Mitchell Dell)



PROUD AS PUNCH!
Our U6 girls taking 1st & 3rd place in the teams.

Knox Open Day

Knox Open Day is on Saturday 2nd July.

First event commences at 10.00am

Where : Nortons Park—High Street Road Melways 72 A2

This replaces our usual Centre meeting. Points are awarded towards Centre trophies.

We encourage all athletes and parents to compete.

Many other Centres compete at this Open Day—bigger than Regions.

A perpetual trophy is awarded to the most successful Centre (apart from Knox).

Lilydale & Yarra Ranges is the current holder of this trophy.

Points are awarded for all competitors, no matter what your finishing place is.

If you haven't already entered you can still do so—Entry forms available from Table—entries close last post on Monday 27th June.

Come along and have fun in what is usually a great day.

Help our Centre retain the Knox Perpetual Trophy.

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Cross Country



*Congratulations!
Zak will represent
Victoria at the Na-
tional Champion-
ships in Adelaide in
August.*

*“Remember all
fundraising goes
towards
purchasing new
equipment for
our Centre which
will benefit our
kids”!*

Victorian Primary School State Cross Country

A few athletes from our Centre represented their schools at the recent Victorian Primary School State Cross Country Championships held at Bundoora Park on Thursday 16th June.

The qualification process to reach this event is very challenging.

It usually commences with a run at your local school,. From here you then run at District Cross Country with the first 10 progressing to Zones. At Zones the first 3 in each age group progress

to the A race at States and positions 4th to 6th progress to a B race at States.

The competition at School Cross Country is usually tougher than the competition at Little Aths. There are large fields of around 100 per race.

The course at Bundoora is very challenging and this year the weather did its bit by adding to the difficulty—a howling cold wind and rain.

Congratulations to Laura Chesney, Renee Doggett, Rochelle Holland and Zak Patterson for making it through to States.

(One of the Boonjtes boys was also spotted running—a member of our Centre—but does not compete at our Cross Country season).

Final results are not yet available.

Fantastic race by Zak in finishing 2nd and gaining selection to the Victorian team.

Fundraising Efforts

We have a dedicated team of people feverishly working away at raising money for our Centre.

Our Centre is currently working towards raising enough money to purchase electronic timing for our Sprint Track.

We are well on our way to raising the required money and we appreciate your continued sup-

port in this endeavour.

Remember these funds are for the kids.

Everything helps— buying a magnificent sausage or egg & bacon sandwich at one of our many BBQ's, buying a raffle ticket or attending out trivia night.

We have many more initiatives

planned for the future.

We will keep members updated as to how we are tracking in reaching our target.

Many thanks to the businesses and individuals who have pledged or given donations for our Trivia Night—they will all be recognized formally once everything is finalised.

Trivia Night

The gala event of the year is fast approaching.

When : 20th August

Time : Doors Open 7.00pm

Starts at 7.30pm

Where : Mt Evelyn Hall (next door to the Fish Palace— Birmingham Road)

The competition will be fierce.

Many teams are currently “hitting the books” and watching Quiz shows as preparation for winning the hotly contested title of Champion Table.

Please see Sue Owens to finalise payment for your Table.

Tables are to have a maximum of 10 people.

Remember to bring plenty of GOLD coins on the night.

This is a major fundraiser for our Centre.

Any Donations welcome!

Anyone interested please see Sue Owens.



Raffle Tickets

We are holding a major raffle to be drawn at the Trivia Night.

There are some fantastic prizes on offer.

Sue Owens has worked hard in coming up with these prizes so let's all get behind it and sell as many tickets as we can.

Sales have been slow to date.

We only have 200 tickets to sell.

There is a 1 in 65 chance of winning a prize.

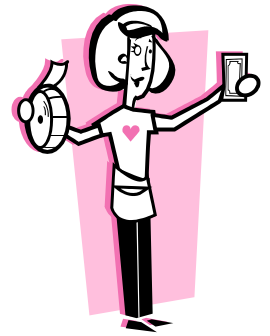
Great odds!!

The usual odds of winning a raffle are a lot higher—sometimes 1,000 or 2,000 to 1 (about the same chance Carlton has of winning the Flag)

Once again—all profits from the raffle go towards our Fundraising efforts and ultimately Electronic timing for the kids.

Buy one today or sell some to your friends and relatives.

Be quick!!!



Open Days

Various Centres hold Open Days.

The following is a list of the remaining Open Days in our Region.

Centers in other Regions also hold Open Days however a lot of these clash with our Saturday competitions.

Sat 2 July	Knox Open Day	Nortons Park	72 A2
Sun 10 July	Nunawading Open Day	Koomba Park	63 C8
Sun 24 July	Ringwood Open Day	Quambie Reserve	36 B12

If you are interested there are Entry forms available from the internet—either the above Club web sites or the Know website has links to all of them or see one of the ladies on our “Table” and we may have an Entry Form.

Why not get a team together.

3 competitors in the same age group and sex required to make up a team.

“Why not try a different course and run against athletes from other Centres”?

“Run at an Open Day!”



Lilydale & Yarra Ranges Little Athletics Centre

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2005—TXU State Cross Country Championships

Sunday 31st July 2005

HANGING ROCK (Don't let your teenage daughters wander off!!)

Hanging Rock Race Course (near Woodend)

Melway : Map 509 G9

ORDER OF EVENTS

11.00am	Under 11	Girls	2000 metres
	Under 12	Boys	2000 metres
**	Under 7	Girls	1000 metres
	Under 11	Boys	2000 metres
	Under 12	Girls	2000 metres
**	Under 7	Boys	1000 metres
	Under 15	Girls	3000 metres
	Under 15	Boys	3000 metres
	Under 14	Girls	3000 metres
	Under 14	Boys	3000 metres
	Under 13	Girls	3000 metres
	Under 13	Boys	3000 metres
**	Under 8	Girls	1000 metres
**	Under 8	Boys	1000 metres
	Under 9	Girls	1500 metres
	Under 10	Boys	1500 metres
	Under 10	Girls	1500 metres
	Under 9	Boys	1500 metres

** Invitation Event

The second event will commence as soon as practical after the first event at the Starter's discretion, and likewise for subsequent events.

Note : Our Centre will be assigned Duty. All parents will be expected to help out on the day.

