



2015/2016

The Mustang Messenger

Newsletter #15 – 08/12/15

THIS WEEKS KEY INFO

NEXT TRAINING - @ 5pm:

Date	Program	Venue
MON 7/12	GREEN	MMLAC
TUES 8/12	Throws/Track	RLAC
WED 9/12	XMAS PARTY	MMLAC
MON 14/12	TWILIGHT A	MMLAC
TUES 15/12	Throws/Track	RLAC
WED 16/12	TWILIGHT B	MMLAC

MMLAC = Abbeville Park

RLAC = Ridgewood Park

NEXT RLAC COMPETITION:

Saturday 12th December 2015

Program 2 (WALKS @ 7.20am)

NEXT WALA COMPETITION:

WALA State Track & Field Relays

Under 8's to Under 17's

Sunday 13th December 2015

WA Athletics Stadium

NEXT COMPETITION ROSTER:

Family Name	Rostered Position
COWAP (STACEY)	Set Up 6.30AM
SIVIC	Canteen 7-10
Not Required	Canteen 10-1
NEL	Jump Pit 2 KO
DEAN	Shot Put Site 1 KO
VENTER	Shot Put Site 1
NORRIS	Shot Put Site 1
PALLISTER	Shot Put Site 1
CRONJE	Discus Site 1 KO
LATEGAN	Discus Site 1
AIRNS	Discus Site 1
HELP NEEDED	Discus Site 1
VINE	High Jump 1 KO
VAN DER SPUIY	High Jump 2 KO
MULCRONE	High Jump 1
HARRIMAN	High Jump 1
ABBOTT	High Jump 2
ARUNDEL/SMITH	High Jump 2
VISSER	Pack Up

NEXT FUNDRAISING EVENT:

DETAILS COMING SOON

Special Messages from RLAC

Saturday Set Up & Pack Up

Parents are reminded that if they are rostered onto Set Up please meet Nigel Vine at the Equipment Store at 6.30am for instructions in order to ensure that everything is set up in time.

All Sites are responsible for setting up and packing up the respective site equipment and returning it to the store at the end of competitions.

Parents rostered onto Pack Up are to report to Nigel Vine and assist where required until all equipment is packed up and locked up.

Pack Up—5th December 2015

Nigel Vine (RLAC Equipment Officer) would like to extend a big thank you to everyone for working together, getting wet, saving flying tents and risking getting struck by lightning to get all equipment packed away in record time.

RECORD BREAKERS

On Sat 28th Nov, there was no records broken as records and Personal Bests are not recognised at the Joondalup Challenge Meet.

WEEKLY SPONSOR

Mindarie Mustangs LAC would like to thank



Eagle Boys Clarkson

For supporting our Christmas Party by providing the Pizzas for the athletes to enjoy.

If you would like to sponsor the club, please see Louise or Donna at training or competitions.



FRIDAY NIGHT AWA STRIVE COMPETITIONS

Next Event: Strive Prog C - Fri 11th December

Open to Athletes U12+. Great opportunities to compete against different athletes at the WA Athletics Stadium.

For more information, visit: www.waathletics.org.au

WALA Registered Athletes can register as part of a Seniors Club or as an AWA Independent Athlete.



**WALA State Track and
Field Relay
Championships**
Sunday 13th December 2015
WA Athletics Stadium

THIS SUNDAY FROM 8.00AM

Good luck to everyone
participating.

Unfortunately due to a lack of
interest the Under 11 Girls Teams
will not be competing in this years
competition.

Can Ridgewood earn more medals
from this event? Watch the
Mustang Messenger to see how
we go!



**WALA State Multi Event
Championships**

Saturday 6th February 2016
U16-U17
**Ern Clarke Athletics Track,
Cannington**

Sunday 7th February 2016
U11-U17
**WA Athletics Stadium,
Mt Claremont**

Register NOW with Nicole at the
Jetstar Tent.
More Details in a special email.



**Mustangs
Xmas Party**



Wednesday 9th December
5pm to 6.30pm

Abbeville Park, Mindarie

Warning!

Athletes will get wet!

Bring A Towel!

Parents approach with caution!

Join us for our Christmas/Summer Water Fun Party!

Giant Slip N Slide, Obstacle Course, Music and More!

Free Pizza!

Drinks for \$1.50



Plus PB Certificates!

EAGLE30YS



**Congratulations
Omeara**

Omeara competed for WA at the 2015 All
School Championships in Melbourne over
the weekend and secured herself a Gold
Medal in the U14 Loong Jump and won Bronze as part of the
U14 Girls 4x100m Relay Team.

#TeamWA2015

#SUMMERofATHS2016

Mindarie Mustangs Little Athletics Club

Ridgewood Twilight Competition Program

Friday 18th December 2015 5pm - Ridgewood Park

U6	U7	U8	U9
60m	60m	60m	60m
100m	100m	100m	100m
Discus	Shot Put	Discus	Turbo
Long Jump	Long Jump	Long Jump	Long Jump

U10	U11	U12	U13-17
60m	60m	60m	60m
100m	100m	100m	100m
Shot Put	Discus	Discus	Shot Put
Javelin	400m	400m	Javelin
	Long Jump	Long Jump	400m

GDLAC Twilight Multi's 9th January 2016

Cnr Wingrove and Langford Ave, Langford

**First call at 2.45pm,
First events 3pm sharp**

If you would like to attend please contact Ridgewood LAC via Email: info@ridgewoodlac.org with the athlete's FULL NAME, AGE GROUP, REGO NUMBER & GENDER. This must be submitted no later than the RLAC Twilight Competition on Friday December 18th.



Next Transition Clinics

Friday 11th December—Pole Vault

Friday 15th January 2016—Javelin

For more info contact Jake Trewin (Development Officer)

jake.trewin@waathletics.org.au

Ridgewood Twilight Competition

Friday 18th December 2015 5pm - Ridgewood Park



The final competition before Christmas sees RLAC compete under lights!

Join us for a great evening of competition with special events including the 60m Dash and maybe a special guest visitor?



PERSONAL BEST TALLY

Due to no Personal Bests from the Joondalup Challenge meet being recognised in the athletes counts there has been no change to our totals!

Find out who has earned 30PB's at the Xmas Party!

As a club the athletes have earned a combined total of **1786** Personal Bests so far this season!

Well Done Everyone!

2015-2016 Committee

President	Daan Nel
VP/Coach	Tony Young
Secretary	Matthew Vine
Treasurer	Jillian McCorkindale
Registrar	Evyonne Nel
Recorder	Julie Vine
Fundraising	Louise Mann Donna Cornell
Coaching Team	Jeff Woodman Steve Moss Jacque Ayliffe

Mindarie Mustangs Little Athletics Club



**TO CELEBRATE THE START OF THE SECOND
HALF OF THE SEASON, WE INVITE ALL
ATHLETES TO JOIN US FOR OUR ANNUAL**

MULTI EVENT PROGRAM

**SATURDAY 16TH JANUARY, 2016
COMMENCING AT 8.00AM**

U6-U8	U9	U10	U11-U12	U13	U14-U15 B	U14-U15 G	U16-U17
100m	100m	100m	100m	100m	100m	200m	100m
Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
Vortex/Turbo	Discus	Shot Put	Shot Put	Shot Put	Discus	Shot Put	Shot Put
400m	60m Hurdles	60m Hurdles	60m Hurdles	80m Hurdles	Hurdles	Hurdles	Hurdles
	800m	800m	800m	800m	800m	800m	800m

RULES OF COMPETITION:-

- ❖ 800m Event will always be the last event contested.
- ❖ Any Competitor failing to attempt to start or make a trial in one of the events shall not figure in any of the final results.
- ❖ Any Competitor deciding to withdraw from the competition must inform the officials.
- ❖ Scoring will be using the Multi Event Points System as determined by the RLAC Committee.
- ❖ Gold, Silver and Bronze Medals will be awarded for the first three (3) place getters in each age group for both boys and girls.
- ❖ Individual Centre Records will be recognised.

Ridgewood Little Athletics Centre