



2015/2016

The Mustang Messenger

Newsletter #19 – 18/01/16

THIS WEEKS KEY INFO

NEXT TRAINING - @ 5pm:

Date	Program	Venue
MON 18/01	BLUE	MMLAC
TUES 19/01	Track/Throws	RLAC (TBC)
WED 20/01	CANCELLED	
MON 25/01	YELLOW	MMLAC
TUES 26/01	NO TRAINING	
WED 27/01	GREEN	MMLAC

MMLAC = Abbeville Park

RLAC = Ridgewood Park

NEXT RLAC COMPETITION:

Saturday 23rd January 2016
Program 1 (Including 1500m)

NEXT WALA COMPETITION:

WALA State Multi Championships
Under 11's to Under 17's
Sat 6th & Sun 7th February 2016
Ern Clarke & WAAS

NEXT COMPETITION ROSTER:

Family Name	Rostered Position
ALDERSON	Set Up 6.30AM
KOTZE	Canteen 7-10
ARUNDEL/SMITH	Canteen 10-1
ADAMS	Jump Pit 2 KO
WOODMAN	Shot Site 1 KO
BARNETT	Shot Put Site 1
DEAN	Shot Put Site 1
ROSELT/SMITH	Shot Put Site 1
CRONJE	Discus Site 1 KO
INVERARITY	Discus Site 1
MCCARTNEY	Discus Site 1
HOUGH	Discus Site 1
VINE	High Jump 1 KO
JAMES	High Jump 2 KO
SIVIC	High Jump 1
HEAD (GREEN)	High Jump 1
VENTER	High Jump 2
WATSON	High Jump 2
WHITE	Pack Up

NEXT FUNDRAISING EVENT:

DETAILS COMING SOON

CLUB SUCCESS @ CENTRE MULTI CHAMPIONSHIPS

SATURDAY 16TH JANUARY 2016

Competition resumed this week with the Centre Multi Event Championships. In what was a very hot morning, athletes competed in 4 or 5 events to earn points along the way with the best 3 performers in each age group receiving medals. 19 Mindarie athletes performed well to receive medals on the day.

Congratulations to all of the athletes that competed in the event in what was some trying conditions after the mid-season break.

The following athletes received medals:

GOLD	SILVER	BRONZE
Declan Humphrey (U7B)	Kiera O'Malley (U6G)	Jacob Cowup (U7B)
Jackson Anderson (U9B)	Aaron Abbott (U6B)	Hayley Mann (U9G)
Mignon Cronje (U10G)	Christel Kotze (U7G)	Dian Nel (U12B)
Ruben Lategan (U12B)	Hannah Sivic (U13G)	Rachel Noris (U14G)
Sophie McCorkindale (U11G)	Lucy McCorkindale (U14G)	Brendan O'Malley (U14B)
Joshua Smith (U13B)	Jenna Woodman (U15G)	
Dylan James (U14B)	Shaun Smith (U17B)	

RECORD BREAKERS

Congratulations to all of our record breakers so far this season. This segment will return next week with the record breakers from the Centre Multi Event Championships.

WEEKLY SPONSOR

Mindarie Mustangs LAC would like to thank



Grill'd Ocean Keys

for being a Club Sponsor and providing vouchers for our athletes.

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



FRIDAY NIGHT AWA STRIVE COMPETITIONS

Next Event: Strive Prog C - Fri 22nd January

Open to Athletes U12+. Great opportunities to compete against different athletes at the WA Athletics Stadium. For more information, visit: www.waathletics.org.au

AWA STATE CHAMPIONSHIPS COMING SOON

Watch this space!

Important information for WALA Zones and States

Coming Soon!



2016 WA Little Athletics Competition Schedule

Date	Program/Comp	Venue
Sat 23rd Jan	RLAC Program 1	RLAC
Sat 30th Jan	RLAC Program 2	RLAC
Sat 6th Feb	WALA Multi U16/U17	Ern Clarke
Sat 6th Feb	RLAC Program 1	RLAC
Sun 7th Feb	WALA Multi U11-U17	WAAS
Sat 13th Feb	RLAC Program 2	RLAC
Sat 20th Feb	RLAC Program 1 Champs	RLAC
Sat 27th Feb	RLAC Program 2 Champs	RLAC
Sat 5th Mar	WALA Zones Day 1 (U7-U15)	(TBD)
Sun 6th Mar	WALA Zones Day 2 (U7-U15)	(TBD)
Sat 19th Mar	WALA States Day 1 (U10-U17)	WAAS
Sun 20th Mar	WALA States Day 2 (U10-U17)	WAAS

Venues

RLAC = Ridgewood Park, Ridgewood
Ern Clarke = Ern Clarke Athletics Track, Cannington
WAAS = WA Athletics Stadium, Mt Claremont

SAVE THE DATE! - Saturday 2nd April 2016

The 2016 Mindarie Mustangs AGM and Presentation Day is provisionally pencilled to be held on Saturday 2nd April 2016.

We hope as many families can make it.
More details to follow later in the season.

Parent Rosters

Thank you to the following families who have completed the minimum requirement for the Roster Policy.

ANDERSON	MOSS
DEAN	NEL
CORNELL	RUDD/VON KOSS
FREIND	SMITH D.
JAMES	VAN DER SPUIY
MANN	VINE
McCORKINDALE	WOODMAN

Names will be added each week once you have completed the requirements. If you would like to know how many more you require please contact Matt

PERSONAL BEST TALLY

After Competition on Dec 18th our athletes are putting their best foot forward and continuing to gain PB's each and every week!

As a club the athletes have earned a combined total of **2053** 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

Mindarie Mustangs Little Athletics Club

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