



2016/2017

THIS WEEKS KEY INFO

NEXT TRAINING - @ 5pm:

Date	Who	Venue
14/03	U9-U17	RLAC
16/03	U9-U17	RLAC
END OF SUMMER TRAINING		
Good Luck @ STATES		

MMLAC = Abbeville Park

RLAC = Ridgewood Park

NEXT RLAC COMPETITION:

RETURNS IN OCTOBER 2017

HAVE A GREAT WINTER

NEXT LAWA COMPETITION:

State Championships

Under 9's to Under 17's

Fri 17th—Sun 19th Mar 2017

WA Athletics Stadium

NEXT COMPETITION ROSTER:

STATE CHAMPIONSHIPS

Ridgewood LAC will be required to provide a number of parent helpers to a variety of sites at the LA WA State Championships.

Ridgewood LAC will be in contact with families to organise rosters for the Championships.

Mindarie Medallists

Joondalup Trophies would like to offer Mindarie Mustang athletes who received RLAC Championship Medals engraving at the special price of just \$2.00 per medal. Mention "Mindarie LAC" when dropping off medals.

Joondalup Trophies
1/21 Caloundra Road
CLARKSON WA 6030
Ph: (08) 9408 5040

The Mustang Messenger

Newsletter #26 — 09/03/17

What a weekend at Zones

24 Mindarie athletes competed at a very warm Zone 4 competition last weekend with 16 of our athletes being successful in qualifying for the 2017 State Championships. Congratulations to:

Athlete Name	Qualified events
Ashton Van Der Spuy	60m Hurdles, Turbo Javelin
Hayley Mann	Javelin, Shot Put
Elijah Louange	100m, 60m Hurdles, High Jump, Long Jump, Triple Jump
Mignon Cronje	60m Hurdles, High Jump, Triple Jump
Evuné Nel	High Jump
William Heard	Long Jump, Triple Jump
Ezekiel Louange	Triple Jump
Jordan Woodman	Discus, Javelin, Shot Put
Dian Nel	100m, 200m, 200m Hurdles, 80m Hurdles
Callum James	100m, 200m, Long Jump
Daniel Mann	200m Hurdles, 400m, Triple Jump
Joshua Smith	100m, Discus, High Jump, Javelin, Long Jump, Triple Jump
Omeara Louange	100m, 200m, High Jump, Javelin, Long Jump, Triple Jump
Dylan James	100m, 200m, High Jump, Long Jump, Triple Jump
Brendan O'Malley	100m Hurdles, Javelin, Triple Jump,
Ryan Vine	1500m, 800m

RECORD BREAKERS

The following athletes broke the following RLAC Records during Centre Championships:

Congratulations to:

Kaydee Van Deventer

U6 Girls Vortex - 13.50 m

Dylan James

U15 Boys High Jump - 1.83 m



2017 MMLAC
Trophies proudly
supported by
Joondalup Trophies
1/21 Caloundra Road
Clarkson WA 6030



AWA Go for 2 & 5 Competition

Thurs 16th & Fri 24th March
Last TWO Summer Competitions!
Check it out!

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





We've been selected to participate in Local Matters at Grill'd Ocean Keys this March!

Local Matters is the Grill'd community donation program that sees each Grill'd restaurant donate \$500 back into the community every month. The donation is split between 3 local community groups \$300 / \$100 / \$100.

HOW YOU CAN HELP?

We'd love your support in receiving the highest \$300 donation! Simply head to Grill'd Ocean Keys during March for a burger and pop your Local Matters token in our jar. The group with the most tokens at the end of the month receives the largest donation.

It's a simple (and delicious) way to show your support!

You'll find us on a jar at Grill'd Ocean Keys, Ocean Keys Shopping Centre
36 Ocean Keys Blvd
Clarkson.

Mindarie Mustangs Little Athletics Club 2017 AGM

The 2017 AGM and Presentations will take place on Saturday 25th March 2017.

The event will take place in the Pool Area Gardens, HBF Arena, Joondalup
between 10 a.m. and 12 noon.

Presentations and the AGM will be followed by the athletes and families being able to access the pool and other aquatic facilities.

All of the details will be emailed separately over the next week with a RSVP link for eligible athletes.

Mindarie LAC will cover the costs for all eligible athletes (those eligible for trophies) and 1 adult per family. All other siblings and/or family members will be at the families expense.



Food will also be provided for eligible athletes.

Apologies for the delay in RSVP link.

Details are still being finalised.



Mindarie Mustangs Little Athletics Club

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 www.facebook.com/Mindarielac

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