



2015/2016

# The Mustang Messenger

Newsletter #27- 14/03/16

## THIS WEEKS KEY INFO

### NEXT TRAINING - @ 5pm:

Date	Program	Venue
TUES 15/03	Centre Training	RLAC
THURS 17/03	Centre Training	RLAC
END OF SEASON		
SEE YOU NEXT SEASON!		

MMLAC = Abbeville Park

RLAC = Ridgewood Park

### NEXT RLAC COMPETITION:

SEASON CONCLUDED

SEE YOU NEXT SEASON

### NEXT WALA COMPETITION:

WALA State Championships

Under 10's to Under 17's

Sat 19th & Sun 20th March 2016

WA Athletics Stadium

### NEXT COMPETITION ROSTER:

## STATES ROSTERS

The Centre requires parents to volunteer to assist on sites during the course of the competition. Please make yourself available where you can.

## Great Results from Zones

Congratulations to all of the athletes that competed last weekend at the 2016 WALA Zone Championships.

Mindarie Mustangs (& Ridgewood LAC) won numerous medals in the Under 7-9's and have secured an impressive number of qualifying athletes for the WALA State Track and Field Championships which will be held next weekend (March 19th/20th)

## Australian Juniors Athletics Championships

Congratulations to all of the Ridgewood Athletes that have competed hard at the recent National Championships.

Check out Page 4 for a full list of all the Mindarie and Ridgewood Athlete Results.

## Mindarie Mustangs AGM

The Mindarie Mustangs AGM is being held at the HBF Arena.

For more details check out Page 3 or see the special email.

## RECORD BREAKERS

On Sat 27th Feb, 1 Athlete broke/ set 1 new Ridgewood Records!

Congratulations to:

**Jordan Woodman**

U12 Girls - Javelin - 30.12m

## WEEKLY SPONSOR

Mindarie Mustangs LAC would like to thank all of our sponsors this season for being a Club Sponsor and providing vouchers for our athletes.

Your donations are greatly appreciated.

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

## FRIDAY NIGHT AWA STRIVE COMPETITIONS

Next Event: AWA Program D— FRIDAY 18TH MARCH



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

For more information, visit: [www.waathletics.org.au](http://www.waathletics.org.au)

# 2016 State Qualifiers

Under 10 Girls	
Mignon Cronje	High Jump
	Long Jump
Evuné Nel	High Jump
	Javelin

Under 14 Girls	
Omeara Louange	100m
	High Jump
	200m Hurdles
	Javelin
	Long Jump
	Triple Jump
Ally Moss	High Jump
	Shot Put
	200m

Under 13 Boys	
Joshua Smith	100m
	80m Hurdles
	Discus
	Javelin
	Long Jump
	Shot Put
Osh Leonard	High Jump
	Triple Jump

Under 11 Girls	
Sophie McCorkindale	1500m
	400m
	800m
Jordan Woodman	Discus
	Javelin
	Shot Put

Under 10 Boys	
Blake Roselt	Javelin

Under 14 Boys	
Dylan James	100m
	200m
	High Jump
	Javelin
	Long Jump
	Triple Jump
Ryan Vine	1500m
	200m
	200m Hurdles
	800m
	High Jump
Brayden Smith	Discus
	Javelin
	Shot Put

Under 13 Girls	
Hayley Smith	1500m
	800m

Under 15 Girls	
Jenna Woodman	High Jump

Under 12 Boys	
Dian Nel	100m
	200m
	60m Hurdles
	High Jump
	Triple Jump
Mekhi Adams	Triple Jump
Daniel Mann	100m
	200m
	400m
	60m Hurdles
	Triple Jump
Ruben Lategan	60m Hurdles
	Javelin

Under 15 Boys	
Seth Adams	100m
	200m
	Long Jump
	Triple Jump

Congratulations to all of these athletes as they prepare for the WALA State Track and Field Championships this weekend!

Mindarie Mustangs Little Athletics Club

 [www.mindarielac.myclub.org.au](http://www.mindarielac.myclub.org.au)

 [www.facebook.com/Mindarielac](https://www.facebook.com/Mindarielac)

 [mindarielac@gmail.com](mailto:mindarielac@gmail.com)



The 2016 Mindarie Mustangs AGM, Trophy Presentations and Wind-Up will be held at HBF Arena (Joondalup) on Saturday 2nd April 2016.

All eligible athletes will receive a Trophy (Champion, Runner-Up or Participation) and Season PB's Certificate. With some athletes also being presented with Perpetual Trophies.

Please arrive by 9.45am, in order for us to enter as a group and commence the AGM/Presentations promptly at 10am

Following the presentations athletes will be able to enjoy the pool facilities at HBF Arena.

Food will be provided to eligible athletes only.

Parents can self-purchase food for siblings and adults.

The Club will cover the entry fee for eligible athletes and one adult per family. Siblings and additional adults will need to pay for themselves.

(Entry Fee is \$3.70 per person/\$2 Spectators)

#### Food Options

- A. Ham & Cheese Sandwich
- B. Chicken Strips and Small Chips
- C. Cheeseburger and Small Chips

*Each served with choice of Juice or Water*

**A separate email will follow with details on how to RSVP for the AGM.**

**RSVP's will be due NO LATER than 5PM ON**

**WEDNESDAY 23RD MARCH**

## Parent Rosters

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

ABBOTT	LOUANGE
ADAMS	MALPASS
ALDERSON	MANN
ANDERSON	McCORKINDALE
CHAYCHUK	McCARTNEY
CORNELL	MOSS
COWAP (STACEY)	MULCRONE
CRONJE	NEL
DEAN	NORRIS
FRIEND	O'MALLEY
HALL	PALLISTER
HARRIMAN	PAYNE
HEAD (GREEN)	ROSELT/SMITH
HEARD	RUDD/VON KOSS
HOCKEY	SIVIC
HUMPHREY	SMITH D.
INVERARITY	SURESH
JAMES	VAN DER SPUY
KINGI (SWIFT)	VENTER
KOTZE	VINE
KRAUSE	WATSON
LATEGAN	WOODMAN
LEONARD	YOUNG

*Thank you to everyone who has assisted this season!*

## PERSONAL BEST TALLY

The PB Tally has concluded for now.

As a club the athletes have earned a combined total of **2525** Personal Bests so far this season!

Check out the Newsletters closer to the AGM to find out the final PB Total!

**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

## Dian Nel

**Under 14 Men Long Jump**

No Place/No Measure

**Under 14 Men 100m**

15th - 13.53 seconds

**Under 14 Men 200m**

14th - 28.61 seconds

**Under 14 Men 4x100m Relay**

4th - 53.14 seconds



## Dylan James

**Under 15 Men High Jump**

2nd - SILVER - 1.75 m

**Under 15 Men Long Jump**

8th - 5.74 m

**Under 15 Men Triple Jump**

3rd - BRONZE - 12.25 m

## Omeara Louange

**Under 15 Women Long Jump**

2nd - SILVER - 5.43 m

**Under 15 Women High Jump**

7th - 1.61 m

**Under 15 Women Triple Jump**

4th - 11.05 m

## Abigail Graham

**Under 15 Women 3000m**

4th - 10mins 06.52 seconds

**Under 15 Women 800m**

17th - 2mins 31.40 seconds

**Under 15 Women 1500m**

6th - 4 mins 58.24 seconds

## Brayden McCarthy

**Under 14 Men Javelin Throw**

7th - 30.19m

**Under 14 Men Hammer Throw**

6th - 32.03m

**Under 14 Men Shot Put**

10th - 9.51m

**Under 14 Men Discus Throw**

10th - 28.12m

## Caitlin Gallagher

**Under 15 Women 3000m Walk**

11th - 19mins 21.64 seconds

## Bradley Mann

**Under 18 Men 110m Hurdles**

12th - 15.33 seconds

**Under 18 Men 5000m Walk**

4th - 26mins 14.01 seconds

## Delany Smith

**Under 18 Women Javelin Throw**

6th - 41.24m

**Under 18 Women Shot Put**

10th - 11.95m

## Jordan Nash

**Under 18 Men 400m**

14th - 50.35 seconds

**Under 18 Men Long Jump**

5th - 6.68m

**Under 18 Men 4x400m Relay**

3rd - BRONZE - 3mins 23.48 seconds





# WINDUP / TROPHY PRESENTATION AND AGM

SATURDAY 2 APRIL, 2016

4.30pm TO 7.30pm

MINDARIE PRIMARY SCHOOL (UNDERCOVER AREA)  
ROTHSAY HEIGHTS, MINDARIE

Come along and celebrate the end of the 2015/16 season with the presentation of  
Age Group Trophies  
Most Improved Trophies  
Centre Perpetual Trophies  
Certificates & Badges



**As this is our AGM, all committee positions will be vacated by the  
current committee, and a new committee will be voted in.**

We hope to see as many of our athletes, parents and siblings as possible.

BYO picnic and drink