



2015/2016

# The Mustang Messenger

Newsletter #28- 27/03/16

## THIS WEEKS KEY INFO NEXT TRAINING - @ 5pm:

Date	Program	Venue
SEASON CONCLUDED		
SEE YOU NEXT SEASON		

MMLAC = Abbeville Park  
RLAC = Ridgewood Park

### NEXT RLAC COMPETITION:

SEASON CONCLUDED
SEE YOU NEXT SEASON

### NEXT WALA COMPETITION:

SEASON CONCLUDED
SEE YOU NEXT SEASON

### NEXT COMPETITION ROSTER:

THANK YOU FOR ALL  
YOUR HELP THIS  
SEASON  
HOPE TO SEE YOU  
AGAIN NEXT SEASON

## HAPPY EASTER

To all of our athletes and families may we wish you a very safe and Happy Easter. Even though the summer athletics season is finished don't eat too much chocolate or you will have to train even harder next time.



## MEDALS GALORE AT STATE CHAMPIONSHIPS



Last weekend saw the conclusion of the 2015/2016 WA Little Athletics season with the completion of the 2016 WALA State Track and Field Championships. In what was an amazing two days of competition for our Under 10's to Under 17's, many of our athletes put everything on the line and produced some amazing results, with 13 medals being won by Mindarie Athletes. See page 2 & 3 for our results.

## Mindarie Mustangs AGM

The Mindarie Mustangs AGM is being held at the HBF Arena next Saturday (April 2nd) @ 9.45am. More details on Page 4.

## RECORD BREAKERS

An amazing end to the season with so many great athletes achieving and maintaining records across this season.

Congratulations to all of the record holders.

Good luck on breaking the next records in the 2016/2017 season!

## 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

RETURNS IN OCTOBER 2016

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)

KEEP A WATCH OUT FOR DETAILS OF ANY WINTER EVENTS

# 2016 State Results

Under 10 Girls		
Mignon Cronje	High Jump	1.19m (GOLD)
	Long Jump	4.00m (BRONZE)
Evuné Nel	High Jump	1.17m (SILVER)
	Javelin	16.06m (5th)

Under 11 Girls		
Sophie McCorkindale	1500m	5mins 12.55 sec (SILVER)
	400m	DNS
	800m	2min 31.71 sec (SILVER)

Under 12 Girls		
Jordan Woodman	Discus	28.42m (SILVER)
	Javelin	33.11m (GOLD)
	Shot Put	10.37m (6th)

Under 13 Girls		
Hayley Smith	1500m	6mins 02.76 sec (15th)
	800m	3mins 03.51 sec (27th)

Under 14 Girls		
Omeara Louange	100m	13.24 sec (5th)
	High Jump	1.55m (SILVER)
	200m Hurdles	DNS
	Javelin	27.07m (11th)
	Long Jump	5.00m (4th)
	Triple Jump	10.96m (GOLD)
Ally Moss	High Jump	1.40m (12th)
	Shot Put	8.26m (8th)
	200m	DNS

Under 15 Girls		
Jenna Woodman	High Jump	1.35m (10th)

Under 10 Boys		
Blake Roselt	Javelin	No Measure

Under 12 Boys		
Dian Nel	100m	13.56 sec (4th)
	200m	28.09 sec (9th)
	60m Hurdles	10.40 sec (8th)
	High Jump	1.40m (6th)
	Triple Jump	9.74m (8th)
Mekhi Adams	Triple Jump	9.38m (12th)
Daniel Mann	100m	14.13 sec (11th)
	200m	28.75 sec (13th)
	400m	1min 08.92 sec (14th)
	60m Hurdles	11.49 sec (18th)
	Triple Jump	10.16m (BRONZE)
Ruben Lategan	60m Hurdles	DNS
	Javelin	DNS

Under 13 Boys		
Joshua Smith	100m	13.48 sec (11th)
	80m Hurdles	13.39 sec (6th)
	Discus	29.66m (7th)
	Javelin	27.22m (13th)
	Long Jump	5.17m (5th)
	Shot Put	9.48m (16th)
	Triple Jump	DNS
Osh Leonard	High Jump	DNS
	Triple Jump	DNS

More on Page 3

# 2016 State Results

Under 14 Boys		
Dylan James	100m	DNS
	200m	25.20 sec (16th)
	High Jump	1.60m (4th)
	Javelin	25.17m (20th)
	Long Jump	5.75m (4th)
	Triple Jump	12.43m (BRONZE)
Ryan Vine	1500m	6mins 07.66 sec (16th)
	200m	32.43 sec (23rd)
	200m Hurdles	40.06 sec (18th)
	800m	2 mins 53.56 sec (20th)
	High Jump	No Measure
Brayden Smith	Discus	No Measure
	Javelin	27.00m (19th)
	Shot Put	9.19m (20th)

Under 15 Boys		
Seth Adams	100m	DNS
	200m	24.03 sec (11th)
	Long Jump	5.93m (BRONZE)
	Triple Jump	11.71m (BRONZE)



Congratulations  
TO EVERYONE!





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). 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 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*

**RSVP's have now CLOSED**

**Please feel free to still attend if you have not already replied.**

## Parent Rosters

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

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

*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





# 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