

RUN FOR FUN

LITTLE ATHLETICS IS OFF AND RUNNING FOR THE SEASON!



The 2006/2007 Little Athletics season is off to a great start, with numerous Centres reporting large increases in the number of registered members! Already many Centres have exceeded last year's total membership and in some cases are facing record registration levels.

As has been the practice in past years our advertising/promotional effort was again very much linked to trying to optimise awareness of our season commencement and registration periods.

This year we really started to nail all advertising efforts to support the goal of growing our registrations and it appears that this effort is paying off.

In particular, we are pleased with the advertising generated by both the LAANSW and our major sponsor McDonalds through both television and press advertising. McDonalds funded a television commercial that aired in both the Sydney metropolitan and regional areas of NSW. This support is truly appreciated, as this is not something for which the LAANSW has the budget. Many McDonalds local owner/operators also assisted with the provision of press advertisements in local newspapers. Both avenues appear to have generated great interest in our sport.

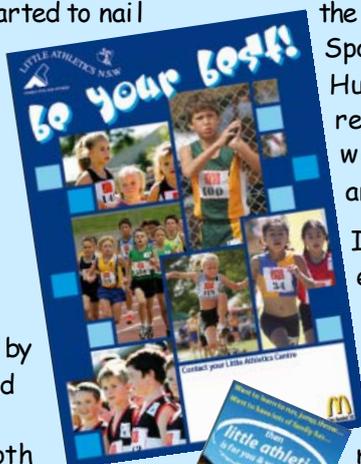
The advertising by McDonalds supported the Association's not inconsiderable regional television and metropolitan/Central Coast local newspaper new season promotional efforts. We believe that in terms of the local newspaper effort, we got much closer this year to what we've been wanting. The response has been great.

Our promotional efforts were also supported by some radio promotion on the 2SM network's highly rating Sports Talk program with Graeme Hughes and his team, which reaches many country Centres as well as the Sydney Metropolitan area.

In most cases, this promotional effort has been well supported by Centres. For those Centres who haven't previously thought about pro-active follow up with non-returning families, you might want to consider such a strategy to try and cut down on the high drop out rate we seem to experience each year.

It is also pleasing to note that the Association website seems to be playing an increasingly more prominent part in new registration inquiries. Hopefully it continues to be used as a great source of information throughout the season.

Overall it appears we are going to enjoy a great year. We look forward to seeing everyone around the track!



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Special points of interest...

- A look at lifestyle and development of today's kids.
- Melinda Gainsford-Taylor visits local schools.
- Girraween LAC Winter Coaching Program.
- Wyong LAC equipment shed destroyed by fire.

A word from the President..

Once again we are at the start of another season of Little Athletics. It does not seem that long since the end of the 2005-2006 season.

I would like to take this opportunity of welcoming everyone to our new season, and in particular, our new athletes and families. I am sure all our new registrations will thoroughly enjoy their time in Little Athletics as has the thousands who have already passed through our ranks since 1971.

At the time of writing a lot of interest has been shown in registrations for the coming season which augers well for one of our better years.

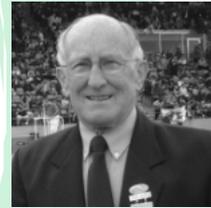
The Association this year has introduced on-line registrations, hopefully leading to a much easier process when people become used to the new system. This system will enable improvements in the efficiency and flexibility of membership data. There has been a lot of time and effort put into this new procedure, not only by the

Association but by our long serving member, Grahame Searles. He has conducted workshops around the State with Zone Co-ordinators and Centre personnel, familiarising them with the system. Many thanks, Grahame. Our thanks also extend to his wife Lorraine, who has been his backstop during these travels.

As mentioned in the previous newsletter our State Conference was a success, but we would still like to receive any feedback on new ideas and format for the 2007 Conference. Survey sheets can be obtained from the office.

We are looking forward with interest to the "new look" State Relay Championships to be held in November with the introduction of some new ideas.

Discussions are still continuing in a very positive nature between Athletics NSW and Little Athletics regarding Under 16s and 17s, with changes to be made to assist these age groups in the near future.



Work is still continuing on our Risk Management Policy with the ultimate result being a clearer path to the solution of problems and risks within our organisation, down to Centre level. The Risk Management Policy is an on-going procedure.

It was great to see Douglas Park receive their cheque from McDonald's for increasing the number of registered children, more than any other Centre in New South Wales. Their registrations increased by 30% over the previous year. This is a great effort for a smaller Centre and I congratulate Fred Pickering and his hard-working committee for their efforts on this project.

On behalf of the Board I welcome all athletes and wish them a happy, enjoyable and successful year.

STATE RELAYS - WHAT IS HAPPENING IN 2006!

As advised in the last edition of the 'Run For Fun', the LAANSW State Relay Championships are set to change, through the introduction of new events and the extension of the program over two days.

With so many modifications planned for the event however, it has been decided that most of the new events will not be introduced until the 2007 Championships and that this year will focus on extending the program over two days. This means that all of the traditional State Relay events will remain and the only events to be added will be middle distance relays for junior and senior boys and junior and senior girls.

The Relays are scheduled for Saturday November 25 & Sunday, November 26, 2006 at Sydney Olympic Park Athletic Centre. Saturday will be for our 'senior' athletes (Under 12 to Under 15) and Sunday will be for our 'junior' athletes (Under 8 to Under 11). Both days will start at 9.30am.

For more information contact your local Centre or the LAANSW - we hope to see you there!





The Wants and Needs of Today's Kids... A LOOK AT LIFE-STAGE & SOCIAL DEVELOPMENT

This year's LAANSW Annual Conference delegates were indeed fortunate beneficiaries of

an outstanding presentation on the life-stage and social development of kids and how this relates to their involvement in sport. The one-hour presentation was given by Australian College of Physical Education lecturer, Ben Harris, who holds a Bachelor of Applied Science in Sports Studies (Coaching) degree from the University of Canberra.

The key theme of this presentation was that at each stage of development, the needs and wants of children differ. Therefore, as a provider of activities for children, Little Athletics needs to recognise these various stages and tailor what we do to meet those needs and wants.

For example, the **3-7 year old** child is primarily self-orientated or egocentric, fantasy is big in their world, they are impulsive in their decision making, and have a growing sense of independence. The **8-12 year old** however, is at a crucial stage in the development of self perception, they look to model themselves on peers, teachers, heroes etc, they are very busy "fitting in" and at an important formative period for their self-esteem and confidence. The **13-15 year old** is different again, in that they feel the need for acceptance from peers, parents, teachers and themselves, they feel the need for success, they spend more time in

activities with others, what's in and what's cool are extremely important to them, and they need to start making a lot more decisions on their own without their parents.

In summary, to day's children and youth respond to a visual, exciting and stimulating environment; they look to older kids, characters, teens and adults for their models and guides for what is appropriate; they like accumulating "lots of stuff" (especially below the age of 8); as they get older they become more quality orientated and "more serious" about obtaining the latest items and they increasingly speak a new language and think differently.

As a sport provider for children and teenagers, we need to remember that activities need to be appropriate to the child's stage of development - physiologically, psychologically and psychosocially. Only if we achieve this will a child get the most from their involvement in Little Athletics.

For those who missed the Conference, perhaps you might want to attend next year in Wollongong to see what other presentations are in store, but in any event, the presentation in its entirety, and some associated articles, are available from the LAANSW office. We hope you enjoy the read and the excellent guidance it provides in supporting & nurturing our youngsters in their Little Athletics careers.



First and Last Thoughts

– Kirsten Ehrlich Davies

(An extract from July Sydney's Child Magazine - reproduced with the kind permission of Sydney Child)

I've been tempted to ban the following words from our household vocabulary: win, winning, winner, fastest, first, better, best. Fine, so I'm not destined to become the matriarch of a dynasty of Australian sporting champions. I'm having enough trouble dealing with a six-year-old who is suddenly awakening to the natural force of her own competitive urges.

Becca's instinct for competition was first channeled towards easy, trivial goals. Winning was about gloating, an endless chant of: "I got my shoes on first—I'm the fastest, aren't I Mummy?" "I ate the most apple—that makes me the best." When she overheard her little sister Carly described as a "smart cookie", she retorted, "yeah, well I'm the cookiest."

It is easy to be the winner when you set the parameters of the race, especially when you're competing against an easy going younger sister. But Becca's school playground is populated with lithe, quick-witted rivals, also eager to satisfy this strange new hunger to win, whether the game is hopscotch, handball or whose father is the tallest. 'Playing to win' might be a powerful philosophy for Olympic swimmers and Wimbledon tennis players, but in primary school it means only playing games you are good at rather than taking a chance developing new skills. Without an underlying goal of achievement and self improvement, the play-to-win philosophy becomes 'if I can't win, I won't play'.

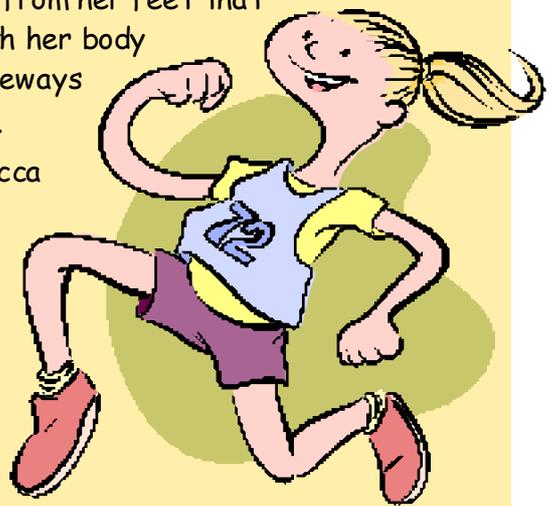
Becca abandoned her skipping ropes, Snakes 'n' Ladders, Go Fish and (mercifully) burping contests, in one sulky fit after another. Nothing was fun any more unless she was acknowledged to be the 'the best'. So I was puzzled when she suddenly announced she wanted to join Little Athletics. Perhaps she

saw herself coming home each week slung with gold medals, but I decided it would probably prove a stimulating environment in which to channel her developing competitive spirit.

Her first running race was a shock. I'll be honest—we had always considered Becca to be an exceptionally fast runner. Of course, up until that first race at Little Athletics, her running had been confined to 'chasies' in the playground. With all the children running madly in circles. I suppose we just assumed Becca was steaming ahead of the rest. We certainly weren't expecting her to come so far behind all the other Under 7s. Ryan and I consoled each other that next time she wouldn't be so disconcerted by the starters pistol and hopefully not so fascinated by the shadow stretching from her feet that she ran with her body twisted sideways to watch it.

Luckily, Becca was distracted from this debacle by the tantalizing sport of hurling

herself into a sandpit, known as long jump. However, she refused to participate in the other running races for her age group that day. Instead, she watched sulkily until her fellow athletes lined up to record their times. Then she sprinted down the track alone, presumably impressing all onlookers with the speed of this little girl, who was just too fast to compete against others.



She condescended to return the next week, lured by athletic pursuits such as discus, shot put and long jump. These activities were fun and challenging... and it was never too obvious who was the winner. The running races were, once again, a great disappointment. I could see her puzzled annoyance at the end - it didn't make any sense... she was running as fast as she could, so why wasn't she the one coming first?

In the third week of the season, Becca reached the crossroads of her athletic career, deciding the humiliation of being the slowest Under 7 outweighed the thrill of the other activities. When sleeping in and pleading illness didn't work, she sat on the floor and flatly refused to go. So we were late, missing the first running race, but just in time for her favourite - shot put. At the end of the morning's events, Becca received a surprise. Her group coordinator handed out PBs (Personal Best certificates) relating to the previous week and Becca was given five, including two for running. She might have come last in both races, but she had still managed to improve her personal speed. And her long jump had lengthened astoundingly by more than a metre. "Wow", said Ryan on the way home "if you can do that every week..."

After that, Becca was more enthusiastic about attending Little Athletics. Buoyed by her growing collection of PBs, she became philosophical about never beating the other girls. But now I was uneasy, wondering if her self-confidence was being compromised. Why couldn't she win just once?

The last Saturday of the season was a gala celebration, with light-hearted contests and prize ribbons for any child entering an event. Becca competed valiantly in such events as water-balloon shot put and the raw egg relay, before retiring to the shade with an icy pole. Another little girl enviously surveyed Becca's collection of green, orange and purple 'Participated' ribbons. "How come she gets all

the different colours, and I only get blue & red?"

An enormous young girl hovered appraisingly around the children sitting in the shade and finally approached Becca (the smallest). "Would you be my partner in the 100-metre piggyback?" she said. "you don't have to do anything. I carry you the whole way and then we both get a ribbon."

"OK," said Becca warily. Something about the way this Amazonian Under 12 hoisted Becca onto her back and cantered to the starting line, made me realize this was the race we'd been waiting for. Grabbing Carly, I ran to watch.

The starter's pistol fired and Becca's charioteer surged ahead, with Becca bobbing and swinging as she clutched the girl's neck. It was surreal seeing Becca in front of the pack, as if I was watching a mirror image of the race, with everything the wrong way around. Behind me I heard a gasp and a shriek from the Under 7s: "It's Becca! She's winning!"

Unlike Becca's previous 100-metre events, this race was over very quickly. Before I could fumble for the camera, Becca was staggering drunkenly towards me, a blue ribbon crushed in her sticky fist.

"You won!" I cried. "How do you feel? You won a race!"

"Oooh," she said slowly, her face pale under streaks of sweat and green icy pole. "Oooh. I don't know if I like winning, Mummy. It's too fast".



ALL U13-U15 Registered Little Athletes



FREE JDP MEMBERSHIP!

The aim of the Junior Development Program is to motivate, encourage and support athletes of all standards in the Under 13 to Under 15 age groups. We provide members with opportunities to assist their athletics development and encourage continued participation in the sport.



Why not become a Junior Development Program member and be kept informed of the terrific opportunities that are available!



Become a JDP member and you will receive:

- E-mailed or posted bi-monthly 'Track & Field' newsletter featuring
 - News articles
 - Training tips
 - Upcoming events
 - Recipes
 - Plus much more!
- Reminders of upcoming LAANSW Camps and Clinics
- Contact with some of Little Athletics top coaches

CONTACT PERSON

Alvin Umadhay
Ph: (02) 9633 4511 or
1800 451 295
Email: aumadhay@laansw.com.au

You will also be provided with:

- Access to coaching and/or coaching information & advice
- Access to sport leadership opportunities
- A pathway for continued involvement in the sport
- Assistance with transfer into Seniors

JDP APPLICATION FORM

Athlete's name: _____ Parent's name/s: _____

Address: _____ p/code: _____

Phone: _____ Email (email required for newsletter): _____

LAANSW Centre: _____ Rego no. (06/07): _____ Age Group: _____

Boy/Girl: _____ Birth date: _____ Parent signature: _____

Please mail form to: LAANSW, Locked Bag 85, PARRAMATTA NSW 2124

School Visits 2006

Olympic Sprinter Visits Local Schools



Another successful School Visit Program is now completed. 46 Little Athletics Centres participated in the program this year, with LAANSW development staff travelling throughout NSW visiting all different types of schools. Some had up to 800+ students and other schools, such as Ebor Public, had only 8 students.

Former Little Athlete and Australian representative at the Olympic Games, Commonwealth Games and World Championships, **Melinda Gainsford - Taylor** took time out of her busy schedule to visit schools in Mosman, Eastern

Suburbs and Dubbo. Primary schools in Nyngan and Peak Hill were also treated to coaching session with Melinda.

She showed students photos and medals from her days as a little athlete, her Olympic uniform as well as her collection of Commonwealth Games Medals and her Gold World Championship Medal. Her main message to all the students was that "Little A's was so much fun" and "if you try your best, with a little bit of hard work dreams can come true!"

Stuarts Point "Count Me In" Disability Education Program Workshop



Course participants watch on.



Darren & Mid North Coast Zone Coordinator Debbie Burley.



Darren Wensor discusses long jump event modifications.



Darren watches Trevor Keast attempting a seated shot put.



Darren makes a few pertinent points!



Course participants listening intently!

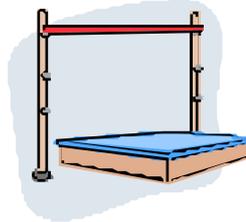
My Memories of Little Athletics

“NEVER SAY DIE”

By Stephanie Langridge



Have you ever gone into a competition, only to realise you have almost no hope of getting through to the next level? Ever thought you've been outclassed, simply because of the reputation of other competitors?



My name is Stephanie Langridge, and I'm an athlete. Even though I'm finished with Little Athletics, I still love to run, jump, throw and compete just like you guys in Little A's. I started Little Athletics in the U9's, and continued all the way through to the U15's. I'll never forget one competition, in the U10s, though. It really changed the way I think about High Jump and my goals for the future, all in one little clearance of the bar.

I think many athletes can honestly recall saying that they've been outclassed, and thought or felt as though there's no real point in going in an event, or a competition.

"I don't remember much apart from the wet grass, the daunting bags and the competitive nine-year-olds"

I used to sometimes say that. I was only green to athletics, and I didn't know how unpredictable it could be. I was sure that as soon as I stepped out onto the track, or took my place on the runway, my finishing fate had already been decided by the talent of the other girls, and I never used to believe I could do it.

It wasn't until in the U10's I competed in the Regional Championships in High Jump, being held at Nepean Oval. The year before I'd come 4th on count back, and when I sat down to put on my spikes, I was so afraid it would happen again. I saw all the girls who had made it through the year before, and they seemed

so cool, so collected, and so sure that they would progress to the next round. It was only my second year of athletics, and I'd overheard these girls saying that they'd been doing athletics since they were Tiny Tots, and I began to feel worse and worse. It wasn't until later I realised that even though they'd been doing Little A's longer than I had, we'd all been doing High Jump for the same amount of time, because I joined in the U9's, when my club allowed athletes to start High Jump.

I don't remember much of the High Jump competition, and I don't remember much apart from the wet grass, the daunting bags and the competitive, talented nine-year-olds. It was worse, because at least three of the girls were from the home ground, Nepean, and I was from Prospect. I remember the bar had risen to 1.21m tall, and it would be a new PB for me if I managed to clear it at all.

I remember one of the girls from Nepean missed the bar. She'd been coming first for the whole competition, followed closely by another terrific girl from Nepean, and a third from another Centre I didn't recognise. She'd gone up to the bar, and missed it. With sheer terror, I started to jump. If this girl, the one who had been coming first had missed the bar, what hope was there for me, the girl coming fourth to clear it when she hadn't?

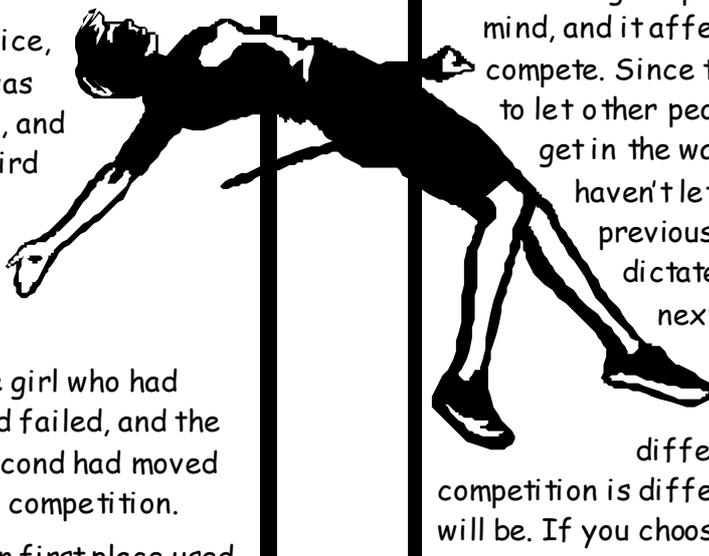
I cleared the bar, and sat there stunned as the bar didn't shake, wobble or fall. I slowly crept off the mats, and as I did, a smile crept onto my face. I sat down under the tent with a new confidence. The girl coming first tried the jump again. She missed, and the bar came crashing down. Not once, not twice, but three times. She was out of the competition, and I had moved up into third position.

I remember the next round so clearly. The girls seemed to be dropping like flies. The girl who had previously been in third failed, and the girl who had been in second had moved up to first, leading the competition.

The girl who was now in first place used the Scissors technique, and I was really wary that my Fosbury Flop, which had made all the other girls fail at this height, wasn't going to get me any further. To my amazement, this Scissor-kicking girl failed. I made my first jump, gliding over the bar. I was silent. I'd again, made the bar where this girl hadn't! What was going on?! I'd gone into that competition, preparing to come fourth, and again miss out on State, and now I was leading the competition!

As it ended, I was so incredibly happy! This had never happened to me before; I'd never won anything. I was rewarded for my efforts with a gold medal, and a pass through to the next level - State. It was an amazing day, but it was made all the better, because I didn't go in there expecting to win. I don't know what it was that day but I wasn't giving up. I wasn't going to let the reputations of the other girls make the bar fall down.

"I wasn't going to let the reputations of the other girls make the bar fall down."



I also learnt no one but me can control how I jump, or what happens when I compete. I also learnt you can't dislike someone just because they're better than you. Jealousy is a terrible thing in sport. It affects your mind, and it affects the way you compete. Since then, I've tried not to let other people's performances get in the way of my own. I haven't let the results of previous competitions dictate how I will go in the next competition; that would be silly.

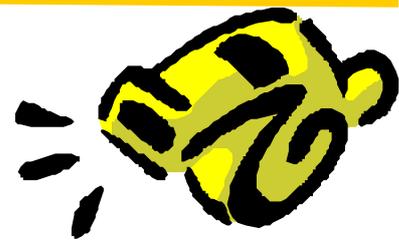
Each day is different. Each competition is different, if you decide it will be. If you choose not to give up, and to keep going, you will. You won't stop, and it won't be because of another athlete. I've still got that golden medal, my very first medal, and all those that came after it. Each trophy or medal reminds me that I've controlled my competition, and that I've earned that medal, because I never gave up. Never say die.

Steph Langridge
Prospect LAC 1998-2001.
Blacktown LAC 2001-2004.
Campbelltown UWS Collegians LAC 2004-2006.



CENTRE NEWS

Girraween Little Athletics Winter Coaching Program



As the new season rapidly approaches the Girraween Little Athletics Winter Coaching Program is changing gears in preparation for the summer season. The program, in its second season, has run continuously in all weather conditions each Monday and Wednesday night since March this year. Training has been open to our registered athletes, their parents and members of our senior club. On average there have been about 30 people in attendance on Monday nights and 20 on Wednesdays. The numbers have been higher during school cross country and athletic carnivals and recently with the approach of the new season. Our program has been a combination of track work and cross country training on various surfaces. The sessions start at 5.30pm and finish at 6.30pm. Several of the participants also run with the senior club between 6.30pm and 8pm.

The program is the brainchild of our Coaching Coordinator Gary Micallef who whilst participating in senior club training found himself running at the tail end looking after children from the junior club. As the senior club program was quite demanding he decided eighteen months ago to conduct training catered specifically for younger athletes. The program started quite modestly but as word of mouth got around it began to expand. Parents who at first watched were encouraged to join in and soon it became a family event.

Some of the best features of Gary's

training program are his cross country courses which allow runners of all abilities to train at their own pace. He constantly varies the program and mixes fun activities with serious training. LAANSW Programs Officer Alvin Umadhay even dropped by one night to show us some fun activities to further

off a long standing 200 metre record. The extra fitness has helped in other sports too. One of our athletes scored two blistering long distance tries in his school's touch football final running out on to the wing and around his opponents.

One of our teen athletes has been blitzing the field completing the Sydney Half Marathon in 79:49 placing 75th overall (first under 18 across the line) and the City to Surf in 49:00 placing 79th overall. He placed first in the under 17 NSW Combined Independent Schools Cross Country 6km event and second at the State All-Schools Cross Country Carnival behind another Girraween stable mate. Brad is also coached by our seniors coach Garry Wamsley.

The children are not the only ones who have improved. Two parents running with us have given up smoking and successfully completed their first City to Surf. Other parents who have not run for many years are about to join with our senior

club for the summer season. Another positive is that three of our parents have been helping Gary to coach and as a result have just attended the Level 1 coaching course. The experience gained through winter will help them to start coaching with confidence during summer season.

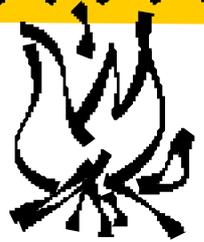
We are now moving to start a fresh New Summer Training Program designed to cater for athletes of all abilities. For more information call Gary Micallef on 0412 074 506.



vary our program and to keep it interesting.

The results have shown with our participants showing dramatic improvements. We have had some great results in school cross country and athletics carnivals. Our best cross country result came from a girl who last year placed 40th at Region and this year missed out by a matter of metres on making it to State. Two of our young athletes recently broke three school records, one shaving two seconds

WYONG EQUIPMENT SHED DESTROYED BY FIRE...



Our President, Kay Bell, of Wyong Athletics Centre Inc, received some tragic news early Saturday morning the 12th August. She received a phone call from our local Police Station telling her that our storage shed and amenities block at our Athletics field had been destroyed by fire.



Kay quickly went up to the Warnervale Oval, to find that the shed had been totally gutted by fire. The fire had been started by arsonists; at this stage no one has been charged.

The fire destroyed all of our athletics equipment, everything. Nothing was saved. The equipment was worth approximately \$45,000. Of course the equipment was insured, but there will be a shortfall.

At present we are endeavouring to replace the equipment by the beginning of the Athletics season. We are fundraising, accepting any donations from anyone or companies etc.

Our local council, Wyong Shire Council, have been fantastic, helping us in anyway they can. At this stage they are organising temporary storage and an amenities block. Once they receive their insurance monies, a new amenities block and storage sheds will be built,



but this will not take place until next year. We have just received permission to build a bigger shed to cater for Wyong and Toukley Athletics and Wyong Rugby Union but we have to fundraise for the extra costing involved.

Our committee is working hard to have all our equipment ready for our first night of competition.

This space in the Run for Fun E-Newsletter is available for Centres to share any news on what is happening in their Centre! Please send any news item to admin@laansw.com.au.





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 1800 451 295
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 E-mail: info@laansw.com.au

FAMILY FUN
 FITNESS



Check out our website!
www.littleathletics.com.au

Clare Maloney's Interview with LAANSW Receptionist

HAYLEY McBURNERY



1. What does your job involve?

My main role in the office is answering the phone, filing, emailing, managing the ingoing and outgoing mail, and managing the pre-season distribution, (i.e. patches, awards, numbers, etc.) and basically whatever's around that needs to be done.

2. What's the sort of thing you look for to motivate you in the workplace?

Getting stuff done in time is a major bonus, especially in such a hectic time like now, where you've got the season starting up, and everything just keeps pouring in. Finishing tasks that have been set are always good.

3. How did you come across working in the Little Athletics office?

I actually saw the job advertised in the newspaper, the year after I graduated, and thought I'd do it for a bit of experience. I joined in 2000, but left in July of 2002. It was an experience working at LAANSW, and I enjoyed it, so I returned exactly a year later, in 2003.

4. Did you ever do Little Athletics as a kid? What Centre did you go to?

I was in Little Athletics from the Under 6's to the Under 15's, and I started in Nepean, but also attended Cranebrook and Penrith Centres up until the Under 15's.

5. What's the best thing about being in the Little Athletics office, and working around athletics all the time?

I think it's the variety and the days always changing. They're never the same. You have the busy part of the season as well as the quieter off season, so day to day it's always different.

Find-a-Word Competition



Name: _____
 Age Group: _____
 Centre: _____
 Address: _____

To win a \$50 gift voucher from The Athletes Foot, send completed puzzle, along with your name & address to LAANSW Locked Bag 85, PARRAMATTA NSW 2124 by the 24th of October 2006.

W	J	Y	R	R	E	H	C	T	O	C	I	R	P	A
K	A	P	A	S	S	I	O	N	F	R	U	I	T	P
I	S	T	R	A	W	B	E	R	R	Y	A	K	I	E
W	N	S	E	O	C	A	R	E	B	M	R	N	V	M
I	O	A	D	R	N	R	P	W	J	S	E	P	H	I
F	M	C	K	A	M	A	N	G	O	A	N	H	Y	L
R	E	Y	N	N	R	E	L	P	P	A	W	P	A	W
U	L	A	M	G	C	B	L	P	H	C	A	E	P	U
I	B	R	N	E	Y	U	L	O	R	I	D	A	T	S
T	R	O	C	K	M	E	L	O	N	A	J	R	Q	I

FRUIT

- Apple
- Apricot
- Banana
- Cherry
- Grape
- Kiwifruit
- Lemon
- Lime
- Mango
- Orange
- Passionfruit
- Paw Paw
- Peach
- Pear
- Pineapple
- Plum
- Rockmelon
- Strawberry
- Watermelon