



RUN FOR FUN



Athletes arrived in hot-pink stretch Hummers, walked the red carpet and were given the full celebrity treatment as athletics met Hollywood for the 2010 Pirtek Athletics All Stars meet at the Sydney Olympic Park Athletics Centre on Wednesday night, September 15, in front of a crowd of 4000. The meet combined a night of Australian athletics with a state-of-the-art entertainment production – complete with fireworks, big names and some enthralling competition.

The night belonged to Olympic and World Champion Usain Bolt, who arrived in a Rolls Royce to the tune of There Goes My Hero, sung by Eric Grothe snr and his son Eric jnr's rock band, Three Day Grothe.

A stunning routine from Australia's Got Talent winners Justice Crew (including former Ryde LAC members John & Len Pearce) kicked off the program in style. Bolt proved his moves are just as slick away from the track with a short cameo performance, much to the crowd's delight.

Bolt was unable to compete in a truly-run 100m due to a recent back injury, but still anchored his team to victory in the celebrity 4 x 100m relay. The world record-holder gave funny-man Ryan "Frysie" Fitzgerald a decent head-start, but mowed him in with consummate ease in what appeared a mere jog. In 3rd place was Melinda Gainsford-Taylor (Trangie LAC) who was set up into a great position by the first 3 runners in her team, Daniel Ryan, Shane Smith and Hannah Wareham, current members of the Moree LAC.



Just prior to the celebrity relay was a Little Athletics 4 x 100m relay, which was won by Cherrybrook LAC with a blistering final 100m. The participants in the relay, from the Cherrybrook, Port Hacking, Northern Suburbs, Bankstown Sports, Manly Warringah, Sutherland, Nepean and Greystanes Little Athletics Centres, were able to witness Usain Bolt's red carpet arrival from metres away, something they will remember for many years to come.

Sept/Oct 2010

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Special Points of Interest...

- Maintaining your Centre's history
- One false move
- More relaxation tips
- School Holiday Clinics



Many other former Little Athletes were also in action on the track throughout the night. World champion discus thrower Dani Samuels (former Greystanes LAC) claimed bragging rights over two big rivals, producing a 61.90m effort to beat Olympic champion Stephanie Brown Trafton (USA) and former world champion Beatrice Faumuina (NZL).



Jamal Idris wound back the clock to his days as a Little Athlete (Bankstown Sports LAC) with an enormous 63.84m after hitting the cage with his first two throws.



Sixteen-year-old sprinter Nick Hough (Hills District LAC) dazzled the crowd with a blistering 10.62 to take out the David Baxter Memorial men's 100m.

One of the stars of the night was Delhi-bound miler Jeremy Roff (South Eastern LAC), who produced an inspired sub-four minute mile to confirm his Commonwealth Games preparations are spot on target.



In the ultimate battle of the codes, it was rugby union flyer Lachie Turner who claimed bragging rights for the 15-man game, pipping league's Jarryd Hayne (Campbelltown LAC) and fellow Eastwood winger John Grant (Canowindra LAC) in the quest to find Australia's fastest footballer.



In a post race interview with the Daily Telegraph, Turner also credited his sizzling performance to a childhood spent competing in Little A's.



Turner also echoed the praises of many of the athletes on the night, saying the event was a winner and had a future on the Australian sporting scene. "I think it's massive for athletics, it just goes to show how good things can be here and just how talented some of our athletes are," he said.



Someone who will certainly never forget the day or night is Northern Suburbs Little Athlete, Alexandra Fraser (U9) who had the experience of a lifetime - her own private chat with Usain Bolt! Alexandra won the right to meet Usain by purchasing tickets to attend the meet. People purchasing a grandstand ticket through LAANSW were asked to nominate their favourite Little Athletics Centre and the Centre that had been nominated by the most ticket purchasers was able to select one child to meet Usain Bolt. It ended up that the Northern Suburbs Centre had the greatest number of nominations and Alexandra was the lucky member! She spent Wednesday afternoon at a special training conducted by Usain Bolt for the starters in the football race.



Competitive Edge's meet promoter Hayden Knowles was satisfied with his work in making the night a reality. "Our mission was to inspire and entertain and I know we ticked both those boxes. Seeing kids and adults dancing in the crowd was evidence of this."

Courtesy Athletics All Stars Media team – Jess Fagan, Trent Hile, Selma Kajan, Nick Bayliss, Jay Mathieson and David Tarbotton

Photos are courtesy of Fred Etter

A WORD FROM THE PRESIDENT...

DERECK FINEBERG



By now the 2010/11 season will be underway for most of our Centres. I hope all your registration days have been successful and that many Little Athletes and their families have either returned or joined for the first time.

To all of the athletes and families – welcome or welcome back to Little Athletics. I hope you all have an enjoyable season. Certainly I hope the percentage of athletes re-registering is just as significant as new registrations and more so. Our retention rate is one area that our Membership Development area will be focussing on this season and beyond.

The timing of the Commonwealth Games this year may just generate another wave of interest in our sport with more registrations flowing through to our Centres. We certainly have a number of former LAANSW Little Athletes taking part in Delhi, so let's hope they do well.

Congratulations to all who have volunteered to serve on the various Centre committees. Good luck for the season. I am confident you will find that a rewarding experience.

I am pleased to hear that more of our Centres are looking to try and incorporate skills development into their programs this season. This is great to hear and is consistent with initiatives at both the ALA and our own State levels. Good luck with your adoption of this approach as it is definitely of overall benefit to all our athletes.

It was pleasing to see the successful performances of ex-LAANSW Little Athletes at the World Youth Olympics in Singapore in August. Maybe these efforts will be duplicated by others from our ranks in the future.

Following on from last season, myself and other members of the Board will be attending conferences in some of our regions in September and October. These include Griffith, Narrabri, Parkes and Bomaderry. I hope that many of you from those areas come along and that you find the information presented to be useful. If you do attend please come up and say hi. We all enjoy the opportunity to meet many people that we might not always have the chance to.

So, good luck to all involved in LA's this year. May your endeavours, in whatever aspect of our sport you are involved in, be rewarded.

Cheers,

Dereck Fineberg (OAM)
PRESIDENT

editorial

History is the recollection of the past. It allows people of the present to understand why things have evolved to the way they are today. Maintaining libraries of documents, photos and videos, aid in the preservation of historical data. All this begs the question of how much do you know about the history of your Centre? A lot has been written about the history Little Athletics as a whole but how much has been written about your own Centre? There probably is some historical information about your Centre but is it freely available to be read? Have you ever heard or even thought to yourself some of the following questions:

- Who was the founding President?
- When and where did the first competition for the Centre take place?
- How many athletes were registered in the first year?
- Who was the first State Champion for the Centre?
- What was the first State Record held by the Centre?
- Which family has been with the Centre the longest?



The answers to these plus other questions could more than likely be answered in most cases. Minutes from past Committee Meetings, carnival programs and results, the memory of current Committee and/or Life Members just to name a few are great resources to trace the history of your Centre.

As time marches on access to historical resources become more difficult to find and even worse, lost forever. Maintaining a history of your Centre may not be a priority or seem important right now, but in the long term, it is a significant legacy that should be handed onto the next generation of Committee, parents and athletes of the Centre so they have an appreciation of whom, what and how makes up the culture of your Centre. This maybe something today's Centre Committees may consider asking someone within the Centre to collect and formalise the historical past so it can be passed onto the future.



's Little Athletics Docket Competition is on again!

Congratulations to all of the Centres who won prizes in the 2009/2010 Docket Competition!

We can't wait to hear how the funds have benefited your athletes! Please drop me a note at Rebecca.Andrew@metcash.com.

Good luck to all Centres who participate in this year's competition!

IGA's Little Athletics Docket Competition Update

The IGA Little Athletics Docket Competition has a \$15,000 prize pool available to LA Centres across NSW & ACT.

There will be 3 divisions each offering the following prize pool:

Place	Prize Money
1st	\$3,500
2nd	\$1,000
3rd	\$500

The LA Centres across NSW & ACT have been broken into 3 divisions based on the number of athletes per centre. This provides equal opportunity for all Centres to share in the prize pool.

Division	Athletes	Centres
1	1-120	73
2	121-299	89
3	300+	45

The competition will be judged on the greatest value docket collection from a LA Centre.

LA Centres will collect IGA dockets at their weekly meets and tally the sales. Bundled dockets will be sent to IGA>D monthly with a reconciliation to show the value of the dockets sent in.

The Little Athletics Centres with the greatest value docket collection in each division win!

IGA Kids Club – Are you a member yet?



It's free to join and there are plenty of great games to play and prizes to win. There's a Birthday Club too, you'll receive a birthday card and a voucher to redeem at your local IGA store.


Join today, visit www.igakidsclub.net.au



You have to be in it to win your share of \$15,000!
Ask you local IGA store for more details.

How the locals like it





The ROC

(The Rules of Competition)

Did you know.....

ONE FALSE MOVE

The conditions for being disqualified for a false start have been amended. Different rules will apply depending on whether the athlete is competing in an Under 12 or below event or in an event for under 13 to U17s.

Under 12 and below

If any competitor up to and including Under 12 is responsible for 2 false starts, or 3 in the case of multi events, that competitor shall be disqualified.

Under this rule a competitor will be disqualified if the same athlete is responsible for two false starts (or three in Multi Events).

Under 13 to Under 17

For competitors Under 13 to Under 17, only one false start per race shall be allowed without the disqualification of the athlete(s) responsible for the false start. Any athlete(s) responsible for further false starts in the race shall be disqualified. This applies to all track events and Multi track events.

Under this rule the athlete causing the first false start in an event would be warned but not disqualified. However the athlete responsible for a second or later false start would be disqualified.

Logo Not on top

Athletes, both Boys and Girls, may ONLY wear compression pants with large logos or contrast stitching when they are worn underneath their approved Centre shorts / briefs. They are not allowed to be worn as outer garments.

Please note the compression pants can be no longer than the top of the knee.

What is the ROC?

The ROC is the LAANSW Inc Rules of Competition. It contains the requirements for competition for LAANSW Carnivals. Whilst the basic rules for athletic competition are contained in the IAAF Competition Rules we have modified those rules to suit children. These modified rules are contained in the ROC

Where can I find the ROC?

All Centres should have a copy of the ROC. The ROC can also be found in the Competitions section of the LAANSW website.



Championship News

Rule Changes

The following rule changes will be introduced for the 2010/11 season:

- False starts – For competitors U13 to U17, only one false start per race will be allowed without the disqualification of the athlete(s) responsible for the false start. Any athlete(s) responsible for further false starts in the race will be disqualified.
- U12 girls and boys now have 400g Javelin at Zone, Region and State Championships.
- Skins or other branded compression bike pants will be permitted to be worn under uniform shorts for both male and female athletes. This rule will only apply when they are worn as undergarments. Existing rules would apply when shorts are not worn over the top.
- 3 Regions will progress 4 competitors for both track and field events through to State. This of course means 18 athletes per event, not 16, starting with 2010-11 Regions 2, 4, 1.
- 4x400m relays at State Relays to be heat winners and next fastest times to the final.
- Middle Distance relays at State Relays to be heat winners and next fastest times to the final.

Trans Tasman

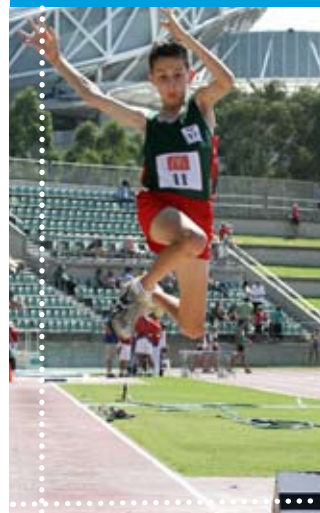
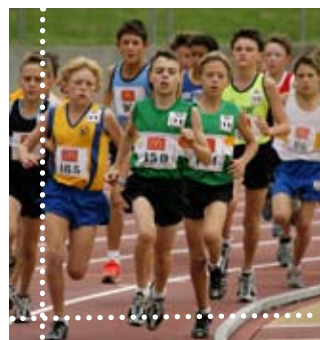
The 2011 tour by the New Zealand team will commence on Monday 10th January and conclude on Wednesday 19th January. Our Trials for any registered Under 11 and 12 girl and boy for the NSW team, will be held on Sunday, 7th November at Blacktown Olympic Park. Each age group has 30 team members and 4 reserves.

Entries close at the Association Office on Wednesday, 20th October, 2010 at close of business.

Any registered Little Athlete can compete in both lead up carnivals, Tuesday 11th January hosted by Lake Illawarra LAC at Shellharbour, and Thursday 13th January hosted by West Metropolitan Zone at Blacktown Olympic Park.

The Challenge will be held on Sunday, 16th January, 2011 at Blacktown Olympic Park.

Further details are available on our website littleathletics.com.au.



2011 NSW STATE TEAM UPDATE



The 2011 Australian Little Athletics Championships (ALAC) will be held on Saturday April 30 at the Sydney Olympic Park Athletic Centre.

The ALAC is a one-day event held every year, hosted by each State or Territory on a rotational basis. All States and Territories, apart from the Northern Territory, are represented at the Championships.

The ALAC encompasses the Australian Teams Championships for Under 13 athletes and the Australian Multi Event Championships for Under 15 athletes.

The Under 13 NSW team members are selected from their performances at the LAANSW State Track & Field Championships. The Under 15 NSW team members are selected from their performances at the LAANSW State Multi Event Championships.

2011 State Team Program

The following dates for 2011 NSW team commitments have been confirmed:

- Team Camp 1 Friday April 1, 4.30pm - Sunday April 3, 3pm
- Team Camp 2 Sunday April 17, 1pm - Tuesday April 19, 5pm
- Team together in Sydney Thursday April 28 - Sunday May 1

Potential team members should note that 100% attendance is expected at all team activities. Athletes who cannot commit to the ENTIRE team program may deem themselves ineligible to become a member of the team. Little Athletics NSW views the team preparation camps as a crucial part of the overall team experience.

Selection Policies & Other Team Information

The State Team Selection Policies, Selection Criteria, Team Code of Conduct, and other relevant information is published on the Little Athletics website well in advance of the selection trials and is widely promoted throughout the Little Athletics community. It is the responsibility of potential team members, their parents/guardians and coaches to read and understand these documents and seek further clarification from Little Athletics NSW as required.

Information is posted on the website as it becomes available so it is worthwhile to periodically return to the State Team section of the website to check for updates.

Team Selection & Announcement

The Under 15 team members are selected in the days following the LAANSW State Multi Event and informed of their selection as soon as it has been confirmed. Once all athletes have been advised of their selection, their names are posted on the website.

The Under 13 team is finalised on the Monday evening following the State Track & Field Championships and all team members are contacted by phone by a team selector by 9pm. The team is posted on the website as soon as possible.

Further Information

Any queries about the LAANSW State Team and/or the ALAC can be directed to the LAANSW office or see the NSW section of the Little Athletics website. Click on "Competitions" then "Championships" then scroll down to "Australian Little Athletics Championships – State Team". News items relating to State Team developments are periodically posted on the website homepage.



JOIN THE JETS!

Applications for membership of the 2010-11 Little Athletics NSW Junior Encouragement & Talent Squad (JETS) program are now open.

JETS is a program that aims to recognize, reward and foster emerging talent in the sport. The program gives athletes in the Under 13-17 age groups the opportunity to develop their skills, knowledge and performances to a higher level in an enjoyable social environment.

Any athletes who are registered in the Under 13 to Under 17 age groups who achieve the qualifying standards at a competition approved by Little Athletics NSW and agree to the conditions of membership may apply to become a member of the squad.

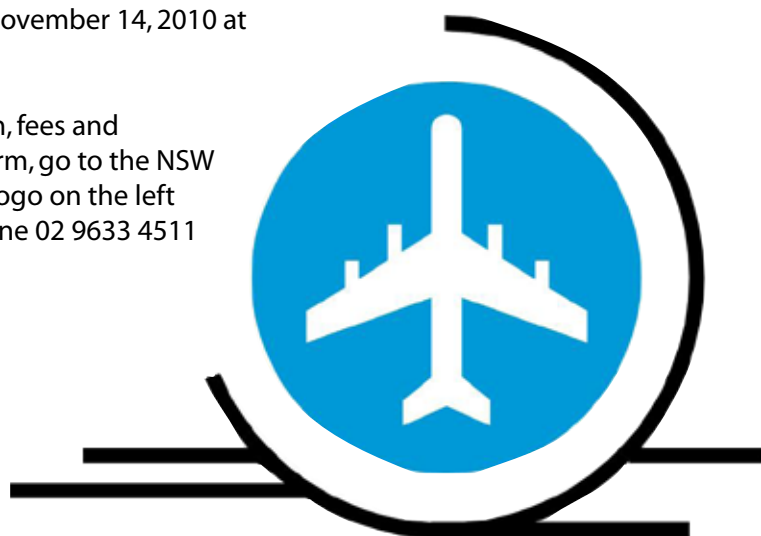
Some of the highlights of the 2010-2011 JETS program will include:

- A number of members-only coaching clinics and information workshops.
- Training with other talented and motivated young athletes.
- Access to a range of high quality, experienced coaches.
- Invitations to special events that arise.
- All JETS members receiving an exclusive member t-shirt.
- JETS events held in regional areas.
- Regular emails from Little Athletics NSW.
- Access to JETS training information and tips.

The first members-only coaching clinic of the 2010-2011 program will be held at Sydney Olympic Park Athletics Centre on Sunday October 24, 2010, 12.30pm – 4.00pm.

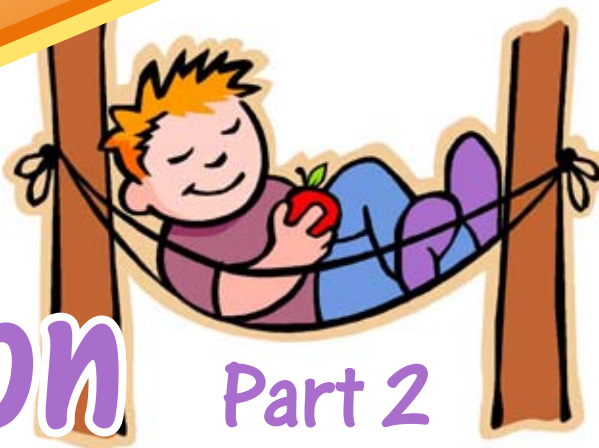
The second JETS coaching clinic will be held Sunday November 14, 2010 at Sylvania Waters Athletics Track.

For all JETS information including a proposed program, fees and benefits, qualification standards and an application form, go to the NSW section of littleathletics.com.au and click on the JETS logo on the left hand-side of the homepage. For further enquiries phone 02 9633 4511 or 1800 451 295 or email admin@laansw.com.au.





COACHES CORNER



Relaxation

Part 2

Relaxation Training

There are a number of relaxation techniques that have the following characteristics:

- procedures for first recognising and then releasing tension in muscles
- concentration on breathing control and regulation
- concentration on sensations such as heaviness, warmth
- mental imagery

Regardless of which technique is used, the following two conditions need to exist if the technique is to be learned:

- the athlete must believe that relaxation will help
- a quiet, dimly lit and warm room which is free from interruption

Centering

The Centering technique was developed by the Tibetan Monks over 2000 years ago. Centering requires you to focus your attention on the centre of your body, the area just behind your naval button. The technique has a calming and controlling effect, providing an effective way to manage anxiety.

- Stand with your feet shoulder width apart, arms hanging loosely by your side
- Close your eyes and breath evenly - try to keep the tension in the upper body to a minimum as you breath
- Inhale deeply from your abdomen (your stomach will extend) and be aware of the tension in your face, neck, shoulders and chest. As you exhale let the tension fall away and focus on the feeling of heaviness in your stomach
- Continue to breath evenly and deeply and focus your attention on the centre of your body, the area just behind your naval button
- Maintain your attention on that spot and continue to breath evenly and deeply, feeling controlled, heavy and calm
- As you breath out think of a word that encapsulates the physical feeling and mental focus you want e.g. "relax", "calm"

Self Hypnosis

This is one of the most popular self-hypnosis techniques employed by athletes. It aims to help you distance your mind from the here and now and place you in a setting that you associate with relaxation and inner calm. This script could be recorded as an MP3 file - where there are 3 full stops (...) leave a pause for a few seconds and remember to speak clearly and slowly. The following script is an adaptation of a script published by the London College of Clinical Hypnosis.

Firstly you need to relax, put on some very relaxing music or

sounds of nature, sit or lie down in a position that you find comfortable in a place where you are unlikely to be disturbed.

Look up at your eyebrows and begin to concentrate on the sounds around you... maybe the distant sound of a car driving by or the hustle and bustle outside on the street... then concentrate on the sounds of the music, feel it flowing over you as if it were the tide going in and out, in and out... now begin to pay attention to the sound of your thoughts... concentrate on your breathing. Take deep breaths in and out... in and out... listen to your heart beat... become aware of your eyelids and feel them blinking quickly and notice that you have a strong desire to close your eyes... allow your eyes to close and feel a deep sensation of relaxation. In a few seconds, you will imagine your favourite place of relaxation... maybe somewhere you have been before, a beautiful garden, a deserted beach, a summer meadow or somewhere you can imagine you would feel relaxed... and now... just imagine that you are standing on a balcony... and there is a long set of stairs in front of you... leading down from this balcony... there are strong stairs... with wide steps... and a handrail on each side... the stairs are well lit... and you can see them clearly... In a few seconds' time... you can count down from 10 to one... and with each descending number between 10 and one... you will take a single step down the stairs... and with each descending number you will become more and more calm, more and more relaxed... each step down from the balcony will take you deeper and deeper... into your wonderful state of relaxation... and as you slowly descend these stairs... you are going to experience a sense of ever-deepening relaxation... throughout your entire body... You will feel the stairs under your feet and when you eventually reach step one, you can pause and wonder where you might go next... again you feel very tranquil and this tranquility is accompanied by a sense of anticipation... you will then step off... and when you do so... you will find yourself in your favourite place of relaxation... and enjoy... this beautiful place... Provide yourself with only positive and beneficial suggestions. For example, relating to increasing your self-confidence, attaining peak performance in an upcoming competition, or mastering a specific sports skill that has perhaps proved elusive to you. If, at any time, for any reason, for example in case of emergency or any situation where full attention is required, by opening your eyes, you will be fully alert.

To take yourself out of your relaxing place in a gradual manner, simply count up slowly from one to ten, on reaching the number eight, open your eyes, and at the number 10 you will be fully awake and alert. As you stand up, have a stretch and notice how good you feel.

DEVELOPMENT DIARY



The Little Athletics 2010/11 season is just commencing and the Development Team is looking forward to another successful season. The School Visit program has once again taken the team throughout NSW to “spread the word” of the Little Athletics movement. Schools as small as 10 students to schools with 800+ students have been visited and by their reactions, there will be some Centres hopefully with “BOOMING” numbers. Melinda Gainsford-Taylor was once again involved with the program. She told the students of her humble beginnings of being a Little Athlete to representing her country and being a world champion. Her main message to the students was “to give it a go” because anything can happen if you really want it. There will be a full report in the next issue.

WHAT'S COMING UP?

There are many coaching and development opportunities for both athletes and parents over the next few months:

ATHLETE DEVELOPMENT

School Holiday Coaching Clinics

Are you looking for something to do during the school holidays? The Little Athletics Association of NSW (LAANSW) will be touring the Hunter/Port Hunter and Sydney metropolitan areas during the upcoming school holidays to conduct a series of all day School Holiday Coaching Clinics.

Clinics will be hosted by the following Centres:

- | | | | |
|------------------------|--------------------------------|-----------------------|-----------------------------|
| • Singleton LAC | Tuesday, 28th September, 2010 | • Lake Illawarra LAC | Friday, 1st October, 2010 |
| • Westlakes LAC | Tuesday, 28th September, 2010 | • Riverstone LAC | Tuesday, 5th October, 2010 |
| • St Georges Basin LAC | Thursday, 30th September, 2010 | • Raymond Terrace LAC | Thursday, 7th October, 2010 |
| • Doonside LAC | Thursday, 30th September, 2010 | • Blacktown LAC | Thursday, 7th October, 2010 |
| • Hornsby LAC | Friday, 1st October, 2010 | • Southlakes LAC | Friday, 8th October, 2010 |

2010 Multi-Event Coaching Clinic

Will you be competing, or are you thinking of competing, at the LAANSW State Multi-Event Championship? If your answer is “yes”, here is the opportunity to participate in two “funtastic” days of coaching held at the 2010/11 Championship venue.

This years’ clinic is in Wagga, the 2010/11 State Multi-Event Championship venue. The 2-day clinic will be held October 7-8, 2010, and reflects all the events contested at the Little Athletics State Multi-Event Championships. It is open to any interested registered athlete of any ability from the U9-U17 age groups.

On offer is seven specialised athletic coaching sessions, with nationally accredited coaches covering all Little Athletics Multi Championship events as well as high jump! Athletes will rotate between all events, improve techniques, develop new skills, have lots fun and meet lots of friends by being active and “giving it a go”. Parents are also encouraged to stay, watch and learn from the coaching sessions.

To avoid disappointment simply register online or complete and post a registration form with send full payment to Little Athletics NSW. Take advantage of the “early bird” price of \$75 - if application / online registration form with full payment is received by or before close of business, Wednesday, 22nd September, 2010. The cost of this 2-day clinic after this date is \$85.

Hurry, as this clinic proved very popular last year and numbers are limited.

For more information and a copy of the brochure click [here](#).

Annual Christmas Coaching Camp

Little Athletics NSW's most popular and longest running camp, the "Annual Christmas Camp", will be held on the 17th - 19th December 2010 at "Blue Gum Lodge", Springwood.

If you love athletics, making new friends, recreational activities, discos, games and developing your athletics talents, this camp is for you. The camp is open to athletes in the U9 – U15 age groups and provides them with the opportunity to experience quality coaching as well as having lots of fun in a safe and exciting environment. All meals, accommodation and recreation activities are included in our price.

PARENT EDUCATION

Introduction to Coaching Courses

- Gunnedah Sunday October 10, 2010
- Campbelltown Sunday, November 21, 2010

Keep an eye out on our website for the latest updates!!!



Italian Meat Loaves

Serves: 6

Prep: 10 mins

Cook: 30 mins

Nutritional Value: Low-fat

Ingredients:

- 700g Extra Premium Beef Mince
- 1/4 cup chopped Ausfresh Pitted Kalamata Olives
- 1/4 cup chopped basil
- 3 cloves crushed garlic
- 1 small finely chopped onion,
- 1/4 cup drained, chopped semi-dried tomatoes
- 4 Tablespoons Masterfoods Squeezy Tomato Sauce
- Gravox Roast Meat Gravy Sauce and steamed vegetables to serve



Method:

Combine 700g Extra Premium Beef Mince, 1/4 cup chopped Ausfresh Pitted Kalamata Olives, 1/4 cup chopped basil, 3 cloves crushed garlic, 1 small finely chopped onion, 1/4 cup drained, chopped semi-dried tomatoes and 2 tablespoons Masterfoods Squeezy Tomato Sauce. Press mixture into 6 lightly oiled holes of texas muffin pan (1/3 cup capacity). Cook in a hot oven (200°C) for 30 minutes, brushing with extra 2 tablespoons Tomato Sauce during cooking. Stand meatloaves in pan 5 minutes. Carefully lift out of pan. Serve with prepared Gravox Roast Meat Gravy Sauce and steamed vegetables.

Find a Word



Countries in the Commonwealth



AUSTRALIA
BAHAMAS
CANADA
CYPRUS
INDIA
JAMAICA
KENYA
GHANA
MALAYSIA
MALDIVES
MALTA
PAKISTAN
SAMOA
SINGAPORE
SOUTH AFRICA
SINGAPORE
SOUTH AFRICA
SRI LANKA
TONGA
UNITED KINGDOM
VANUATA

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

Congratulations

to U10 Little Athlete KATARA TALBOT from ILLAWONG LAC
who won last edition's Find-a-Word!!

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
25th of October 2010.



Name: _____

Centre: _____ Age Group: _____

Address: _____

Postcode: _____

Contact us...



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