Team Manager’s Report

LAVIC State Track and Field Championships

Lakeside Stadium

10 and 11 March 2018

Moorabbin fielded 16 athletes at the LAVIC 2018 State Track and Field Championships last weekend at Lakeside Stadium and if you thought it was hot wherever you were on Saturday, then spare a thought for our athletes who competed in a stadium that felt like it was close to 40 degrees and even hotter on the track. However, the heat didn’t deter the kids and in fact it must have made them run faster, throw and jump further, as we saw plenty of big PB performances right across the board.

So, congratulations to all our athletes, who qualified to compete at the highest level in the state. Qualifying for the event is in itself a wonderful achievement, and as always, we are very proud of you all.

Also, thanks to the parents who filled their duties all weekend. MLAC parents are always quick to volunteer and it is always appreciated. The events can’t happen without your support.

Club President, Chris Sharp fulfilled a key official role for the club all weekend without a break, so thank you to Chris. A tough gig for 8 hours a day, especially in the heat

Of the 16 athletes, we brought home 5 medals, 2 Gold, 2 Silver and a bronze

**Sasha Ung** Smashed his PB by 43 cms to win Gold in the Under 11 Boys Long Jump with a jump of 4.80.

**Amber Van Eede** won Gold in the Under 11 Girls 400 metres and broke the **Moorabbin Club Record** to also run a PB with a time of 1:02.96

Amber also broke her PB in the 100 mtres, with a time of 13:68 and won the silver medal in a thriller.

In the 200 metres, Amber broke the **Victorian State Record**, but unfortunately so did 2 other girls in the same race. Amber won the Bronze medal in a time of 27:84. This is a **new MLAC club record** time.

Amber has broken 4 club records this season, including in the State Multi Championships and the Triple Jump. Well done Amber on a great season.

**Jessica Stefanovic** threw a big PB in the Under 13 Girls Discuss to win a Silver with a throw of 39:64 metres.

Jess also won a silver in the Shot Put with a throw of 11:79 mtrs and narrowly missed her PB in the javelin to finish in 8th place

Jess’ performances have seen her qualify to compete at National Level. Congratulations Jess and good luck.

Just about all our other athletes achieved the PB’s on the big stage this year, so well done to the all **the following athletes:**

**Daniel Blick** threw over 3 metres better than his previous PB to come 5th in the under 9 Boys Discus with a throw of 22:47 mtrs

Daniel also beat his PB in the Shot Put to come 5th with a throw of 7:01mtrs

In both events he was only a few centimetres of a medal

**Rubin Howard** ripped his already impressive PBs apart in both the Boys Under 13 1,500 improving on his previous best by a whopping 13 secs to finish in 6th place and in the 800 mtres he knocked off 8 secs to come in 9th

MLAC Veteran **Jada Daly** made the final on the girls under 15 400 mtrs event, knocking 6 secs off her PB to come in 7th place. Jada also ran a PB in the 200 to come in 11 place.

**Adriana Skandalis** qualified for the Girls under 11 Final of the 400 mtrs with a time of 1:06.86 to come in 7th place. A huge PB of nearly 7 secs…wow!

Adriana also ran a PB in the 200, shaving a second off her best time.

**Emily Jackson** jumped a 2cm PB the under11 girls High Jump to finish in 8th position with a jump of 1:30. She also achieved a PB in the 60 mtr Hurdles with a time of 10:75 secs

**Will Orchard** absolutely killed his PB in the Boys under 11, 1,500 mtrs. Will knocked 28 secs off his previous time to come 15th

Speaking of killing your PB;s **Alexander McFarlane** beat his by 36 secs in the Boys Under 13, 1,500 mtrs

**Finn Sharp** threw his best discus ever beating his PB by 2 cm in the under 10 boys. Even better in the Shot Put, with a PB of over 1 mtr with a throw of 7.93mtrs

**Lucinda Holloway,** in the under 14 girls long jump beat her to come 9th place with a jump of 4:46 and 11th place in the high jump with a jump of 1:40

**Luka Sideridis** did well in the under 10 Boys Discus to achieve a PB with a throw of 22.99 mtrs

**Emillia Fode** was only a whisker away from her best in the girls under 10 Discus and High Jump to come 19th and 12th respectively.

**Eliza Sharp** competed well in the under 12 girls Javelin with a throw of 16:12 mtrs to come in 18th place.

**Kundali Powell** ran her PB in the girls 200 mtrs Hurdles and came in 2oth place.

The season is nearly over so please remember to come and celebrate the opening of our club’s new track on the 23rd March but we hope to see all our athletes and families on Friday night for the last time we will compete at Sandringham.

**Cross Country Season** Starts soon, so join up with Bayside Cross Country and compete each week for MLAC. It’s great fun and it’s part of The Little Aths Calendar, you will have a chance to compete at regions and states later in the year. Parents can run ( or trot, as I do ) as well each week.