

State Combined Event

Extreme heat conditions throughout Friday ended with the week's scheduled twilight competition cancelled for the evening. The Centre prioritised athlete and Officials wellbeing in making the decision to call off the weekly meet. The cancellation gave 5 Seaford athletes the opportunity to rest up and prepare for the State Combined Championship contested throughout Saturday and Sunday. The annual Combined event was once again held at Victoria's premier track at Lakeside Stadium.

The 5 event Pentathlon included Seaford athletes Harli Lennon and Addison Paulke in the U/11 age group and Celestine Debargue in the U/13 age group. Harli finished the day with an overall 16th placing on 927 points including an individual 5th placing in the Long Jump discipline. The 213 point score at the Long Jump was Harli's second highest points for the day with her also earning 217 points at the 80m Hurdles. Teammate Addison finished her day on a high with her 800m race yielding her highest point score of 169. Addison finished in 47th place out of 72 starting athletes. U/13 Celestine also saved the best for the final event with a strong performance in the 800m. Celestine's time of 2.53.03 produced 240 points towards her final tally. Celestine ended the day in 37th place out of 59 starters.

The 6 event competition saw U/14 Mali Goggin as the sole Seaford athlete throughout both days of competition. A seasoned competitor in the multi format, Mali rose to the occasion and finished the weekend with 1,321 points in 16th position. The 800m race once again provided a point's bonanza with Mali placing 9th overall in the discipline and gaining 298 valuable points. Track events were popular with the 13 year old as she also gained 274 points in the 200m event.

In the U/15 age group, Kelsey Hughes made her debut at the Combined Championships tackling the 7 event program held over the 2 days. Kelsey put her throwing expertise on display to earn key points in the Javelin and Shot Put. A personal best at the Javelin earned 267 points and 13th in the individual discipline. Kelsey finished the day with 1,007 points and 28th overall place.

The next event on the Seaford Calendar is the annual Seaford Open Day. The Seaford Little Athletics Centre will put itself in the spotlight this coming weekend as it prepares to host its annual Open day on February 9. The Seaford team is looking forward to once again offering a relaxed and friendly day of competition to showcase their centre as well as giving their athletes the opportunity to compete against visiting athletes from other Centres. Registrations for the event are now closed. For all athletic enquiries see the centre website: www.seafordlac.com.au.