

## Week 1

While the Athletics World Championships draws to a close in Doha, the next generation of athletes took to the track to begin a new season of Little Athletics at Seaford over the weekend. A mix of old and new athletes converged on the local Centre keen to shine in the Track & Field events on offer.

Week 1 saw athletes try out a variety of events including hurdles, jumps, sprints, distance running and throws. The youngest members at the Centre took part in the On-Track program giving them an opportunity to learn valuable skills to assist with the events they will learn over the coming years.



The hurdles provided plenty of highlights in week 1 with several athletes breaking the 50mH records set the previous season. In the U/8 girls, Alayna Paulke jump started her season with a time of 11.84 seconds to beat last year's best time of 12.94. In the U/9 boy's event, both William Hayes (10.59) and Xander Boyd (10.54) came in ahead of Jordyn Delaney's record of 10.60 set last season. U/7 Connor Boyd just missed on his age group's record posting a time of 11.48 to fall just short of the 11.46 set last year by Oakley Hanley-Stone.

U/13 Ben Hayes set down the goals for his Summer season recording a 5.31.94 in the 1500m event. After a stellar Cross Country season which included a Silver medal at the State Championships, Ben has a big season ahead of him.

At Seaford Little Athletics we offer 2 fully-grassed running tracks with a dedicated straight track as well as a circular track running throughout each competition day. Optional training is also offered for our members.

Registrations continue to take place at Seaford LAC so any new or returning athletes keen to join our Club are encouraged to get ready for Week 2 of competition this Saturday October 12 from 8.30am at Riviera Park, Eel Race Road, Seaford.

