



## Week 10

Week 10 was a busy one for Seaford Little Athletics Centre with a team at the State Relay Championships along with the PB Round being held at their home track.

The boys U/16 4 x 200m team were the sole representatives for Seaford at this year's State Relays. The team consisting of Lachlan Smith, Dan Li, Tyler Roberts and Caleb Parr with reserve Shannon Delaney competed in the final for the 4 x 200m finishing in 8<sup>th</sup> place with a 1 second faster time than the one they recorded at Region relays. The boys worked hard as a team completing their race with polished changeovers at each box.

At Seaford, the athletes took place in a Personal Best round where they took the opportunity to compete against themselves and beat their season best results in each event on the program. Three athletes made the most of the round by also setting new Centre Records. New member U/8 Rose Parker broke the Scissor High Jump record for her age group with a 90cm jump to overtake the previous best of 89cm set by Hannah Kemp in November. U/10 Jordyn Delaney extended his Centre record at the Scissor High Jump from 1.12m to 1.13m and U/7 Arika Murphy recorded a throw of 16.32m at the vortex to add to his existing 16.02m.

The 60m Hurdles continues to be a popular event for the U/6 age group with plenty of athletes once again recording a new best performance time. Lilly Kemp, Poppy Joyce, Kai Tenny, Eliza Urmston, Patrick Lewis, Oakley Griffiths, Summer Goddard and Lucy Parker all soared in the Hurdles towards new PB times. In the U/10s, Jove Young proved every improvement is worth celebrating when he produced a time of 15.68 to shave the narrowest of times from his previous best of 15.69. U/8 Samuel Hartnett proved one of the biggest winners when he cut his PB by a whopping 2.32 seconds.

At shot put, the U/11 age group excelled with big improvement. New PBs were recorded by Ashley Laird, Owen Ferra, Addison Paulke, James Bolt, Patrick Staines, Jackson Knowles, Harli Lennon, Harry Walsh, Kayne Hlaing, Holly Mitchell, Fletcher Bruce, William Thompson, Archie Craig, Lily Stanton and Kang Li. The biggest increases to a PB went to U/8 Archie Morris who added 1.02m to his previous best and U/11 Archie Craig who added a further 1.26m to his best.

The next meet for Seaford Little Athletics is the Christmas Fun Round featuring the Seaford Gift on Saturday 21<sup>st</sup> December at Riviera Park, Eel Race Road. The Christmas themed meet will mark the halfway point of the season with the Centre then taking a well earned break before resuming on January 11. For all athletic enquiries see the centre website: [www.seafordlac.com.au](http://www.seafordlac.com.au).

