

## Week 12

2020 began with a bang with plenty of athletes hitting the track for the first competition meet of the New Year. The holidays didn't affect performances with many athletes shining after the well earned Christmas break. Fitness remained at a premium with athletes coping with the distance runs and working hard at their performances despite the strong winds on the day.

Hurdles were the focus on the straight track with all age groups tackling the sprint. The conditions gave an added challenge to the event but still enabled plenty of athletes to gain valuable Personal Bests. Maeve Fontaine, Poppy Joyce, Elin Taylor, Geoffrey Walker, Liam Clowes, Haven Lennon, Rose Parker, Darcy Roberts, and Sunshine Harington-Hawes all recorded new best times in the 50m Hurdles. Fastest times went to Lilly Kemp and Kai Tenny in the U/6 age group with Haven Lennon and Connor Boyd leading the way in the U/7s. Alayna Paulke and Hamish Joyce were out in front for the U/8 age groups with Xander Boyd first in the U/9s. Holly White and Jordyn Delaney rounded out the first places in the U/10s for the 50m Hurdles.

The second half of the season offers plenty for athletes with several Region and State events coming up along with Seaford's ever popular Open Day on February 9. The Seaford Little Athletics Centre will put itself in the spotlight as it once again prepares to host its annual Open day with athletes from all over the State invited. The Seaford team is looking forward to as always offering a relaxed and friendly day of competition to showcase their centre as well as giving their athletes the opportunity to compete against visitors from other Centres. For all Open Day enquiries, see the Centre website: [www.seafordlac.com.au](http://www.seafordlac.com.au)

Week 13 of competition is this Saturday 18<sup>th</sup> January at Riviera Park, Eel Race Road with walk events commencing at 8am. For all athletic enquiries see the centre website: [www.seafordlac.com.au](http://www.seafordlac.com.au).