

Week 2



With the school holiday period now officially over, bigger numbers took to the track at Seaford LAC for week 2 of the new season. Newcomers are enjoying the opportunity to tackle different events each week and develop the skills for track & field. Seaford LAC has revamped their coaching regime this season and the changes are proving popular with the athletes.

Middle distance was a feature on the track this week with many athletes highlighting their running improvement over the Winter Cross Country season. Leading the way in the boys' divisions were U/12 Mackenzie Taylor, U/13 Ben Hayes, U/14 Shannon Delaney and U/16 Hayden Dyball who all completed the 2 laps under the 3 minute mark. In the girls' divisions U/16 Shkyiah Upson recorded a sub 3 minute time with U/14 Mali Goggin finishing just over 3 minutes. Strong performances in all age groups saw Darcey Green, William Hayes, Lily Lambert, Maddix Michel, Harli Lennon, Timothy Hayes also record speedy times to kick start their season.



Excitement was strong at the High Jump with U/10 Jordyn Delaney breaking the scissor jump record for his age group. Jordyn cleared 1.09m to soar past the previous best of 1.05m set by James Bolt in December 2018. Jordyn narrowly missed the next attempted height indicating he will be one to watch for the season. In the U/9 scissor jump event Hugo Harrington-Hawes cleared 0.95m to just fall short of the current 1m record with Lachlan Kalogerinis not far behind on 0.90m.

The older age groups also tackled High Jump with U/14 Shannon Delaney leading the day with a clearance of 1.35m. U/16 Lachlan Smith soared to the next best jump for the boys with 1.25m followed by U/13 Leonard Harrington on 1.23m and U/16 Hayden Dyball on 1.20m. For the girls, U/14 Mali Goggin and U/16 Teaghan Thorpe both cleared the 1.20m mark.

New member Arika Murphy also made his mark at the Centre over the weekend with a huge throw of 16.02m with the vortex in the U/7 Boys. The result, currently waiting to be ratified, surpasses last season's record of 15.64m. Keep an eye on this athlete as the season progresses!

Week 3 of competition is this Saturday October 19 from 8.30am at Riviera Park, Eel Race Road, Seaford. The Club will also host our annual Bring a Friend round giving members the opportunity to introduce their friends to athletics at Seaford. Any prospective athletes need to register using the link on the Seaford website www.seafordlac.com.au.

