



### Week 3

Seaford LAC hosted their annual “Bring a Friend” round with plenty of athletes keen to introduce newcomers to the sport. Week 3 also included plenty of celebrations with 3 new Centre records set during the meet.

An early start to the meet saw the first competition walks for the season and 2 records tumble. The 1500m walk was first on the schedule for the U/12 – Open age groups with U/14 Emily Smith leading the way to be first across the line in a speedy 8.13.48. Emily’s season goal was ticked off early as she convincingly beat the 18 year old record of 8.31.50 set by Carina Weymouth-Wilson back in January 2001. Life member and mentor to all the young Seaford walkers, Karen Simonsen was next across the line followed by U/13 Alannah Upson in 9.25.31 and U/12 Phoebe Needham in 12.35.63. For the boys U/14 Shannon Delaney was first to cross the line in 10.47.29 just ahead of fellow U/14 Aiden Smith in 10.51.40. U/16 Lachlan Smith and U/14 Tyler Roberts battled it out in 12.13.89 and 12.15.01 respectively to be the next male finishers.

The 1100m walk for U/10 – 11 age groups was next on the program with U/11 Patrick Staines joining Emily in the record books. Patrick stopped the clock at 8.08.69 to beat his age group’s previous record time of

8.35.35 set by Aiden Smith in 2017. Also working hard in the boy’s division was

U/10 athletes Jordyn Delaney, Cameron Gardiner, Jove Young and U/11 Archie Craig. In the girl’s division, it was a close fought battle to the line with U/11 Harli Lennon (7.03.26) just edging out teammate Addison Paulke (7.03.42). Tamisha Upson, Lily Lambert, Marley Harrington and Holly White were the next best in the girls.



The walks finished with the U/8 – 9 age groups stepping up to the start line, some for the very first time. Leading the 700m walk were Hugo Harrington-Hawes (6.01.07), Alayna Paulke (6.06.61), Darcy Roberts and Sia Bakhshsi.

The final record for the week went to U/14 Mali Goggin in the 200m Hurdles. Mali grabbed the title with the narrowest of margins clocking a 35.42 to edge out former holder of the event Maddison Staines who recorded 35.45 in 2017. The youngest age groups also worked hard at the hurdles this week with their growing confidence evident in the 60mH races. Patrick Lewis, Poppy Joyce and Lily Kemp all soared over the hurdles in the U/6 age group while Henry Kunkel-Dowd, Ariki Murphy, Connor Boyd, Seth Littler, Emma White, Charli Mills, Haven Lennon and Eve Lambert all shone in the U/7s.

Out in the field, the long jump pits were kept busy with many age groups leaping high. Biggest jump of the day went to U/15 Troy Wardle with a best distance of 4.29m followed closely by U/14 Johnny Gawthorpe with 4.20m. Xavier Bright, Dylan Gardiner, Shannon Delaney and Hayden Dyball also produced big jumps. For the girls U/14, Mali Goggin capped off a big day recording a 3.89m jump to edge out strong performances from Annika Mitchell, Teaghan Thorpe, Talisha Bright and Harli Lennon.

Week 4 of competition is this Saturday October 26 from 8.30am at Riviera Park, Eel Race Road, Seaford. Athletes can still register using the link on the Seaford website [www.seafordlac.com.au](http://www.seafordlac.com.au).

