

## Week 4

The weather forecast lead to cancellation of competition for the weekend giving families a rare sleep in on Saturday morning. The rest was well earned as several of our Seaford athletes have been busy with big performances in the various school competitions held over the last 2 weeks.

School Sport Victoria held their annual State Track & Field Championships for secondary schools on the 18<sup>th</sup> October with 2 of Seaford's older athletes qualifying for their school. U/14 Shannon Delaney competed in the 12-15 age group for the 1500m walk and finished the race in 3<sup>rd</sup> place in a personal best time of 7.59.86. The Bronze medallist also tackled the Open Steeplechase finishing in 6<sup>th</sup> place in a time of 7.39.78. Seaford's U/15 Shkyiah Upson also competed in the Steeplechase and clocked up a respectable time of 8.48.13 to claim 6<sup>th</sup> place in the girl's division.

The SSV primary school State Championship took place the following week on October 24 with Seaford U/11 athlete Harli Lennon shining in the Triple Jump for the 9-10 age group. Harli nabbed second place in her final jump of the competition. Harli registered jumps of 8.42m, 8.40m and 8.00m in the early rounds before launching to 8.91m in the last round to secure the Silver medal.

The recent weekend saw Athletics Victoria host the first 2 days of competition for the All Schools State Championships. Shkyiah Upson was once again giving her all at the 2km Steeplechase coming home in 10<sup>th</sup> place with a time of 8.43.17. Younger sister Alannah Upson also took to the track in the U/14 3km race walk. Alannah finished the race in a time of 18.46.94 to claim 6<sup>th</sup> position overall.



Seaford U/14 Emily Smith stepped up an age group to compete in the U/15 race walk for her school. On a mission, Emily led from the early stages of the race and stopped the clock in a personal best time of 16.16.54 to claim first place and a coveted Gold medal.



The first twilight meet for the season is this Friday November 1 from 6pm at Riviera Park, Eel Race Road, Seaford. The annual Halloween meet promises plenty of fun with athletes encouraged to dress in their spooky best for competition. Chest patches need to be worn for competition. Athletes can still register using the link on the Seaford website [www.seafordlac.com.au](http://www.seafordlac.com.au).

