



## Week 5

The first twilight meet at Seaford Little Athletics for 2019/20 season coincided with the annual Halloween Meet. The popular meet gives athletes the opportunity to don their scary costumes and add some extra fun to the regular competition. The Friday night meet also gave athletes their first chance to record Personal Bests for the season with many athletes enjoying the challenge.

The younger athletes put on a show during the meet with 4 new records set. The 50m hurdles had the crowd cheering with 3 records falling one after the other. Lilly Kemp joined the record books for the first time when she registered a 12.56 time in the U/6 girl's event. Lilly's time beat the 13.30 season best of 2018 set by Haven Lennon which is the first year the event was included. Emma White continued the excitement in the 50m Hurdles when she recorded a time of 11.44 to claim the U/7 record. Emma's time beat the existing record of 11.99 set by Alayna Paulke in 2018. Connor Boyd made it a triple at the hurdles when he too set a new record at the Week 5 meet. Connor flew over the 50m Hurdles in a time of 10.80 to beat Hayden Knowles' record of 11.06 set earlier this season.

U/8 Alayna Paulke continued her successful start to the Track & Field season when she claimed her second record. This time around Alayna recorded a time of 1.12.46 in the 300m event. Alayna's time beat the previous record of 1.13.59 set by Charlotte Milkovic in November 2018. Sia Bakhshi also put in a strong performance at the 300m distance recording 1.13.41 to finish a close second.

Out in the field, the Triple Jump provided plenty of entertainment throughout the night with most of the older age groups competing in the event. U/14 Xavier Bright recorded 9.02m with U/15 Dan Li equalling the distance. U/12 Dylan Gardiner measured 8.56m in his best attempt while U/14 Shannon Delaney recorded 8.39m. For the girls, U/15 Shkyiah Upson recorded the biggest jump with 8.20 ahead of younger sister U/13 Alannah with 8.12m. U/16 girls Teaghan Thorpe and Annika Mitchell were next best with 7.94m and 7.80m respectively.



The night wound up with all age groups joining in some relay events. With the relay season about to start, the Seaford athletes took the opportunity to hone their baton changes during the night. Relays commence next weekend with the Mentone Open Day which will provide a handy warm up to the Region Carnival on November 23.

PB Achievements for 1/11/2019

**4 PBs:** Olivia Thompson, Jordyn Delaney

**3 PBs:** Summer Goddard, Eliza Urmston, Poppy Joyce, Kai Tenny, Patrick Lewis, Emma White, Charlie Young, Seth Littler, Connor Boyd, Samuel Thompson, Harry Stillman, Aiden Bolt, Kylah Fletcher-Dobson, Ivy Ferra, Archie Morris, Samuel Hartnett, Liam Child, Hugo Harington-Hawes, Lachlan Kalogerinis, Lily Lambert, Holly White, Sunshine Harington-Hawes, Cameron Gardiner, Jove Young, Nathaniel Fletcher-Dobson, Holly Mitchell, Harli Lennon, Tamisha Upson, Audrey Robinson, Lily Stanton, Addison Paulke, Owen Ferra, Harvey Scroggie, Charlie Joynt, Basil Scroggie, Dylan Gardiner, Mackenzie Taylor, Alannah Upson, Declan Molloy, Mali Goggin, Dan Li, Talisha Bright



The next meet for Seaford Little Athletics is this Saturday November 9 at Riviera Park, Eel Race Road, Seaford. Walk events commence at 8am with all other events due to commence at 8.30am. Athletes keen to get involved can still register using the link on the Seaford website [www.seafordlac.com.au](http://www.seafordlac.com.au) .