



General News

STEEPLECHASE

Today's sees the running of one of our most popular events, the Steeplechase. The event will be subject to suitable conditions and may be postponed if the prevailing weather conditions are unfavourable.

Parents Race



The annual running of our Parents Race was again one of the highlights of the year.

We had big fields in all of the age groups and Shane Hayes returned to his best form easily recording the fastest time in the men's race and in the process regained a title that he won a couple of seasons ago.

After an injury free race last year, things returned to normal this year with a torn hamstring reported in the over 40's race. Our last report was the patient is well on the road to recovery.

SPECIAL EVENTS UPDATE

Go Team Keilor

STATE RELAY CHAMPIONSHIPS

Next week (Sunday December 12, 2009) 45 relay teams from Keilor will be competing for at the State Relay Champs being held at Olympic Park.

Events will be on all day and last year we finished in the Top 3 overall for the entire state. We would love to see as many people as possible in their Keilor uniforms cheering our teams.

Regional Multi-Event Championships

Ten Families braved the unpredictable weather and headed to Kilmore for the NMR multi event championships on Sunday 29th November. This was probably the smallest contingent of Keilor athletes that has attended the event in recent years. Numbers were reduced, probably due to the older athletes attending a Victorian team meeting at Olympic Park and other families deciding not to venture to Kilmore.

Despite the small turnout we had a fantastic day with some great athletic highlights and reminiscences of country picnic meets gone by. A very big thank you to Shane Hayes who was the Chief Discus Official for most of the day and who

came out even though his children weren't competing. Also a big thank you to Annie Ozols, Bill Wilkie, David Pettigrove, Karin Ermstrang, Ray Koeleman, Francis Lee, Robyn Collie, Rachel Aston and Mike Lloyd for being on duty in the "cage" for a lot of the day. It was a very supportive environment which made the day well worth it.

Now to the athletes. Payton Ozols was the star of the day achieving a gold medal in the Under 9 Girls event. The way she stormed home over the last 100 m in her least favourite event, the 800m, showed how much of a determined competitor she is. We were all cheering frantically from our spot on the front track. Wen Yang Lee, fresh from a holiday in Queensland, quietly slipped into bronze medal position in the Girls Under 14 event.

We had some tears and falls and bewildered athletes trying desperately to hit top form in the very bleak conditions. They all tried very hard throughout the day.

Keilor Placings			
GIRLS		BOYS	
1st Payton Ozols	GU9	Competed Mitchell Moroney	BUS
8th Ebony Wilkie	GU9	5th Lachlan Pettigrove	BU10
Competed Annalise Wilkie	GU10	8th Ethan McShanag	BU10
12th Sophie Lloyd	GU11	13th Mason Ermstrang	BU10
6th Madelene Koeleman	GU12		
7th Emily Ermstrang	GU12		
Competed Clare Aston	GU13		
3rd Wen Yang Lee	GU14		

Regional Track & Field Championships

Updated Entry Forms for the Regional Track and Field event being held at Whittlesea City LAC on the 20/21st of February 2010, are available from the Brochure holder outside the administration window. Entry forms must be received by midday on the 19th December 2009. Entry forms and payments can be handed into the Admin Office Team



This weekend the Australian All Schools Championships are being held in Hobart and there are 9 KLAC competing. Our best wishes go out to them all and we'll report their results in next week's newsletter

Reminder - Twilight Competition Next Friday (11th Dec)

Just a reminder folks that next week is our 3rd twilight competition for the season. Comp starts at 5:30pm sharp. Parents on duty are asked to report in by 5:15pm-thanks.





On Track



Keilor Little Athletics Centre's Official Newsletter
Volume 11 – Saturday December 5th, 2009

VIP

SHOPPING NIGHT

Conducted by The Athlete's Foot
for Keilor Little Ath's
All Members, Family & Friends invited

20% OFF all Athletic Shoes
+ other offers available

Next Friday Dec 11th at the KLAC Clubrooms
5.00pm – 8.00pm

