

Friday – 17 November

Friday brings us our big night with our Coles Ambassador – Olympic high jumper **Brandon Starc**, we are looking forward to a great night of red & white as Coles is the major Sponsor of LANSW and we do get free bananas and other items for free. Thanks Coles!

Final Reminder - Zone Championships entries close this Friday 17th. Scamper this Saturday - Info below!

17 November – Coles Promotion Night – Friday – hope you have all organised your Coles gear for the night. **A BIG RED & WHITE NIGHT**

- Coles Ambassador Olympic Brandon Starc – High Jumper will attend from 6.00pm, posters for all athletes, maybe he will sign them for you.
- Please **arrive early before 5.45pm** all dressed up, so we are all here when Brandon arrives.
- 1st 100 athletes to arrive receive a Coles sweatband,
- Posters of Brandon Starc – these can be signed later when he is available.
- 10 Coles \$10.00 vouchers to be won for best dressed.
- Lots more fun next Friday, so be there all dressed up so we can win some more prizes for Holroyd for the best photos.

18 Nov – Region 7 Scamper for TT to U7's @ (Liverpool LAC) – entry on the day (forms available from officials table or on our webpage [Scamper Entry Form 2023](#), (please take form with you).

1-3 Dec – Zone Championships @ Girraween - U7s to U17s – entry forms are, hard copy from the officials table or on our webpage [Zone Entries form zone guide 2023](#)

Currently we have 193 athletes eligible to register, with only 28 entries so far and none in the U7 age group!!

Don't let these keen athletes miss out on achieving some new PB's and having fun.

When - 1-3 December 2023

Where - Girraween Little Athletics Centre

Cost - Free

Am I eligible - all U7's - U17's may enter

What events can I enter – check the entry form for your age group

- U7's -U11's can enter 1-4 events
- 12's - U17's can enter 1-6 events

If I am only available on one of the days is that ok? - Yes, check the event guide on the website or on the clubhouse window and select events for the day you can attend.

Are there medals –

- U7's receive medals for 1st,2nd,3rd place in each event.
- U8's - U17's do not have medals as they have the opportunity to progress to the Region Championships and
- U9's - U17's then have the opportunity to progress to State Championships.

How do I register –

- complete an entry form and hand in on Friday or email the **completed form before this Friday night 17th**
- entry forms are attached to week 9's (3/11) email, hard copy from the officials table on Friday night or on our [webpage>events](#)

11-12 Nov – LANSW Valour State Relays – Results are in, the 10 teams all attended and did their best on the day, those that competed in age relays not mixed as competed against the best in the State. Holroyd teams were lucky enough this season to compete in mixed relays (due to lower registration numbers from last season) which gained results with 1 – Gold, 2 – Silver and 1 – Bronze medal. Full results on webpage [Event Calendar & Results](#) – acknowledgment of all athletes that competed will be held next Friday. Congratulations to all the athletes that competed, as it may be daunting to compete at Homebush for the 1st time. Thanks to the coaches that trained the athletes for the last two weeks and parents that took their children to training and assisted with Holroyd's duties on the weekend.

Results for State Relays

U/8 Mixed 4 x 100m – 2nd place – Louis Ho, Jackson Colman, Jessica Leke & Alessia Ioppolo

U/9 Girls Throws – 14th place – Grace Warren, Thea Boulous & Mia Khoury

U/9 Mixed 4 x 100 – 3rd place – Naarah Kamara, Maris Rontal, Fisasili Kolo & Zacquieb Abaddi

U/10 Boys 4 x 100 – 20th place – Jaylen Fonua, Micheal Chrysanthou, Maxim Radmanovic & Sean Toulson

U/11 Girls 4 x 100 – 19th place – Katherine Stanton, Petra Fonua, Isla Corin & Arina Fililava

U/11 Boys Throws – 4th place – Elijah Bloomfield, Quentin Lail & Frescenai Abaddi

Junior Long Mixed 8,9,10,11 – 6th – Jacob Randell, Natalia Nassrallah, Adij Karim & Claire Leke

U/12 Mixed 4 x 100 – 1st place – Emily Thompson, Ruby Khoury, Emmanuel Fafagula & Jacob Leke

U/13 Mixed 4 x 100 – 4th place – Sanuthi Lewis, Priscilla Sousou, Vili Kolo & Sayed Mehdi

Senior Mixed 4 x 100 12-15 – 2nd place – Jacob Leke, Vili Kol, Darcy Coote & Amelia Darek

MWMZ Zone combined event U/7's – U/17's – Rescheduled date will be announced after MWM Zone meeting Tuesday 21 November. It will be posted on our webpage.

Christmas break on 8 December back 12 January 2024

WhatsApp – this is for information sent out, should you wish to be contacted please email your mobile & name through.

Emails – Go to all registered families, if you wish to add a family member, please email back.

From next week, the Thursday emails will have summary information on them. You will have to go to the Hotline link to read the full details, as most people don't have time to read any of their emails..... should you still wish to receive emails with full information, please email back.

Holroyd Website – www.holroydlac.com.au has all the information you require.

- Full Hotline + videos from each week (News & updates) [News & Updates](#)
- Upcoming carnivals (Event Calendar) [Event Calendar & Results](#)

Holroyd Little Athletics like to thank our sponsors that have helped us with equipment funding.

Australian Fire Services wahib@australianfire.net.au

Sheila Sharma Physio www.mobilephysiotherapy.org

Prop Magic Sydney [@propmagicsydney](https://www.instagram.com/propmagicsydney)

TrimsFresh Merrylands www.facebook.com/hashtag/trimsfreshmerrylands

Club Merrylands website for the grant donation this season, so why not join for \$5.00

“Success in Participation, Not in Victory”