

BMLAC News

Edition 6
Saturday 27 January, 2018

President's Piece

Welcome back for the second half of our 2017/2018 season. I hope everyone has had a lovely Christmas and New Year and have had a chance to relax and spend some quality time with your loved ones and recharge the batteries.

Our athletes recorded some excellent personal and team results at the State Relays just before Christmas (full results further in newsletter). Well done to all our Athletes, Coaches, Parents & Team Managers - Linda Thompson & Leon Whitehand.

We have already started off 2018 with the Inter Centre Round in Werribee last Saturday which I believe was enjoyed by all. Our athletes had some fun, made some new friends and we saw some fantastic results achieved early in the season as they enjoyed running on a synthetic track and even our U12 & Open age athletes participated in something a bit different such as the 1500 metre walk, which I believe no-one was disqualified from which is great considering they have never done the walk previously.

It is going to be a busy second half of the season with events such as Maryborough Open Day (which usually several athletes from BMLAC attend - we have some entry forms in the office), State Multi Event, Relaython, PB Round, State Track & Field and our OWN Championship Day (which entries have now opened for).

I hope to see the continued support of our parents helping out at the events each week ensuring we are able to complete our program with and for our athletes.

Also remember to please speak to any of our hard-working Executive Committee if you have any ideas, suggestions or concerns for the remainder of the Season.
Remember kids to **"Be Your Best"**

Cheers
Maria Downes
President



Return of Centre Singlets

Athletes who hired a Centre singlet for Region or State Relays please return singlets to the Office this Saturday and collect your refund.

These singlets are required for the upcoming Region Track & Field Championships.



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Region Track & Field - Entries Close January 31

The **2018 Western Metro Region Track & Field Championships** are taking place at the Newport Park Athletics Track (Williamstown) on Saturday 17 and Sunday 18 February 2018.

Available to all Under 9 to Under 15 athletes. Athletes may choose a maximum of 4 (four) events to compete in.

Cost: \$10 per event

Entries Close: Wednesday 31 January 2018

Register [HERE](#)

The WMR Region Track and Field timetable will be made available after the close of entries. However, in planning your athlete(s) participation in this Region event, we provide the draft [State Track and Field Championships](#) timetable, which will be used as a model for each Region timetable. Please note that events will be held on the same day of the weekend, however the timing can differ slightly and may also alter after the close of entries.

Training

Training will return once school returns. Annika is commencing work this year as a PE teacher and she will confirm the night training will take place once all her afterschool commitments have been sorted. Please keep an eye on our Facebook page and website.

Maryborough LAC Open Day



Several Bacchus Marsh athletes will be once again participating in the Maryborough Little Athletics Centre Open Day on Sunday 11 February, at Jack Pascoe Reserve, Gillies Street, Maryborough. First event starts at 9:45am. Entries close on Wednesday 7 February. No late entries will be accepted.

[Open Day Entry Form](#)

Records & Rankings

Well done to Nelson Banigo (Eagles) who broke a 47 year old record on Friday 15 December running 14.49 secs for the Under 9 100 meters, into a blustery head wind. The previous record held by R Spurr was 14.70 secs. Then later in the evening Nelson took 1.16 seconds off his own Under 9 200 metre record, running a new time of 29.80 secs.



On Saturday 13 January Nelson broke yet another track record. This time he took over 3 seconds off the Under 9 400m record with a new time of 1:10.15 mins. On the same day Keely

Rich (Dolphins) broke the Under 16 Javelin record with a new distance of 24.08 metres.

Championship Day entries open

The BMLAC Championship Day will be held on Saturday 24 March at Masons Lane Reserve. All registered athletes who have met the eligibility criteria (see entry form) are invited to enter.

Time: All athletes must arrive at 8.15am.

Events: Athletes may choose 3 track and 2 field events OR 2 track and 3 field events.

Uniform: All competitors must wear correct Club uniform and Subway registration name tag.

Medals: Medals will be awarded to the first three placegetters in each final.

Canteen: The Canteen will be open all day. BBQ lunch will be available.

Cost: Entry is included in your registration fees.

Close of Entries: Please submit entry forms to your Team Manager as soon as possible. Entry forms must be received no later than Friday 16 February.

[ENTRY FORM HERE](#)

State Relays

On Saturday 16 December BMLAC was represented by 7 teams at the 2017 State Relay Championships held at Lakeside Stadium, Albert Park.

It was a long day for our Centre, having a team in the first and last event of the day. First up on the track were the Under 15 girls competing in their final Relay Championships. The girls gave it their best on the day and finished 8th in the 4x200 metre heat. Next up were our Under 9 Boys in the 4x200 metre heat. All boys ran exceptionally well, finishing 3rd in their heat and progressing to the final. In the final, the boys put in a great performance and crossed the finish line in 5th place. After the lunch break the Under 12 mixed team ran in the 4x100 metre event and placed 5th in their heat. The girls Under 10 were up next for the Marsh in the 4x100 metre and crossed the line 4th in their heat, narrowly missing the final. Our very excited Under 9 girls were thrilled to compete at State and enjoyed their opportunity placing 5th in their 4x100 metre heat. The Under 9 boys returned to the track, this time for their 4x100 metre heat, the boys produced another fantastic race storming home to record a 3rd place and progressing to the final. The final was a tough race with some amazing performances from such young athletes. The Bacchus Marsh boys once again finished strongly to place 6th in the State. Our Under 9's backed up once again to run in the final event for the day, the Medley relay. All boys ran extremely well placing 7th overall. The long day took its toll on our youngest athletes as they were totally exhausted finishing the day's racing at 7pm. All athletes should be very proud of their achievements at this level of competition.

A big thank you to all our coaches - Under 9 boys & 12's Jorge Ide, Under 9 girls Vicki Cook, Under 10 girls Chantelle Estlick and Under 15 girls Phil Way. Without the commitment and dedication to coach our athletes, these kids would not get the opportunity to compete in Regional and State events - thank you.

And finally, many thanks to all the families and friends who supported our Centre at the Championships, your encouragement was much appreciated.

Inter-Centre Round

On Saturday evening our Centre participated in an Inter Centre Round competition at the Victoria University Wyndham Sporting Complex, Hoppers Lane, Werribee,

Athletes from Brimbank, Corio, Melton City, Werribee and Bacchus Marsh competed against each other in a fun and friendly environment. The athletes produced some great results and relished in the opportunity to compete on a synthetic track; a first for a number of our junior athletes. The open age and Under 12 athletes enjoyed the opportunity of competing in a walk event for the first time.



Coming Events

- Jan 20 – BMLAC meet
- Jan 27 – [State Multi Event](#)
- Jan 28 – [State Multi Event](#)
- Jan 31 – [Region Track & Field Entries Close](#)
- Feb 16 – BMLAC Twilight Meet
- Feb 17 – [Region Track & Field Championships](#)
- Feb 18 – [Region Track & Field Championships](#)
- Mar 09 – BMLAC Twilight Meet
- Mar 10 – [State Track & Field Championships](#)
- Mar 11 – [State Track & Field Championships](#)
- Mar 24 – BMLAC Championship Day

