



web: [www.kenmorelittathletics.org.au](http://www.kenmorelittathletics.org.au)  
email: [kenmorelittathletics@live.com.au](mailto:kenmorelittathletics@live.com.au)

flying over the high jump...  
letting the discus fly...  
sprinting down the track...  
I've made some great friends...

Dad times my races...

## 12<sup>th</sup> November 2009

**Sat 14<sup>th</sup> November:** Normal competition day

**Sat 21<sup>st</sup> November:** Normal competition day

**Fri 27<sup>th</sup> November:** Toowong Invitation at Jack Cook Park, Taringa from 6:00pm

**Sat 28<sup>th</sup> November:** No Centre Competition

**Sat 5<sup>th</sup> December:** Normal competition day with BBQ.

**Sat 12<sup>th</sup> December:** State Relays – SAF (QEII), Nathan

**Sat 16<sup>th</sup> January 2010:** Centre competition recommences

**This Saturday is normal competition day at Kenmore**

### Regional Relay Day

Regional Relay Day was held on Sunday at University of Queensland. **We appreciate everyone's efforts in helping on the day.**

**Congratulations firstly must go to all the Kenmore athletes** on their performances and more importantly on their good sporting behaviour. **They all did their very best.**

Kenmore had a great day at the relay carnival. Looks like all the training paid off as there were very few baton changing problems. Congratulations to Coach Alex who has shown much patience and resilience over the last couple of weeks.

**Special thanks to Janet** who did a fantastic job coordinating the nominations. **Thank you also to the committee and the parents** who did a tremendous job with the long jump, marshalling and recording. Our contribution was favourably noted by the organisers.

**The top four in each event will compete in the State Relay Championship on the 12<sup>th</sup> of December at the State Athletics Facilities (QEII) - Nathan.** Congratulations to the athletes who will be representing Kenmore – it is a great achievement. A program for the State Relays is available on the QLAA site: [www.qlaa.asn.au](http://www.qlaa.asn.au)

### State Relay Souvenir Shirts

Pre-orders and payments are being taken for the 2009 IGA State Relay Souvenir Shirts this Saturday.

Images courtesy of Sporting Images

The shirts are red with white printed artwork and are available in sizes Youth 8 to Small. The cost is \$25 incl gst. Please see Melinda at the canteen.

Limited quantity of shirts will be available at the State Relays.

### Parent Reminders

**The parents who assisted at Regional Relays please check the roster at the sign on desk this Saturday to ensure your name is recorded as helping so it can be counted towards parent participation.**

Any parent who may have photos from the Regional Relay Day and wish them to be included on our web site, email to [nsatherl@bigpond.net.au](mailto:nsatherl@bigpond.net.au)

### Happenings..

😊 A report came in from the long jump pit where two Kenmore dads helping out were involved in a competition of their own much to the amusement of the Pit Judge and the Jumps Referee. There was no clear winner but there was an impressive last up effort when one of the dads correctly guessed the length of the final jump of the day.

### Lost Property

Left at the Long Jump Pit at the Relays on Sunday was a Hostess 1.7L plastic food container complete with pikelets. The container can be collected from the Canteen this Saturday unfortunately we were unable to save the pikelets.

Also Parents are asked to check the growing number of lost property items at the Shed including hats, caps and water bottles.

**Next competition day is this Saturday at Kenmore – see you there!**

For further details:

[www.kenmorelittathletics.org.au](http://www.kenmorelittathletics.org.au)

[www.qlaa.asn.au](http://www.qlaa.asn.au)

Phone: Nicole 0408 060 209

Email: [kenmorelittathletics@live.com.au](mailto:kenmorelittathletics@live.com.au)