

North Star – 13 December

Congratulations to all members who took part in the **2009 Club Premiership**. The red, white and black was very prominent in nearly every event on Saturday so we assume we won the round to finish the competition as undefeated premiers. **Winners included** Nick Bromley in the 800m (backing up from 6th in the Zatopek 1500m on Thursday), Romi Arnott (open 400 Hurdles), Courtney Boyle (U17 200), Chrissie Grun (U17 Jav), Gabbi Sattout-Day (U17 Steeple), Ruby Hackett (U20 800), Jackie Bez (35+ HJ, LJ), Janet Naylor (35+ JT), Deborah Drennan (50+ 200), Evan Walsh (35+100,200), Conor Delahunty (35+800), Tim McGrath (35+ HJ,LJ,Jav). Newcomer Henry Mitchell took out 3rd in the open 100 and 200 plus anchored the A team to 2nd in the Swiss relay while Jess Knox made a welcome return to competition with 2nd in the open 100m (11.95). The women's relay teams finished 1,2,4,5 and the men placed 2,6,7,9,10.

Thank you to Frazer Dowling, Alex Godbold, Kieran Courtney, Bev Jaye and Karen Jones for their organisation and assistance with the **Club Christmas Party**. A great morning was had by all who attended. There were some surprise winners in some equally surprising events! Goddy excelled with wins in the Champagne hurdles, chunder 1000m, 5 step long jump and anchored his team to a win in the 4x200m beer relay. Fresh from a PB in the 800m yesterday, Myalls won the gumboot toss and finished 2nd in the 1000m. Not to be outdone by his older brother, Tristan won the U16 1000m. Surprise winners of the thong toss were Andrew Wu and Janet Naylor, who also came equal first (with Amanda Paterson making a rare appearance) in the long jump. The big men were expect to excel in the throws but struggled with the lighter implements and windy conditions. Clarky's effort with the blow up pool was exceptional. I wonder what swimming event we can add to the program next year? Jackie B astounded all with her win in the champagne hurdles leaving Cat and Janet still standing at the start (we heard she had done some secret training with Melissa). Seriously - a fun morning. Thank you Frazer!

The **Skins Meet** on Saturday 19 December is the last meet before Christmas! Various events on offer with entries closing online this Wednesday for the 60m and Friday for the other events - details at https://www.clubsonline.com.au/meets/index.cfm?fuseaction=display_full&MeetID=444&OrgID=52

Please note **Rotary Athletics Field is now closed till 8 January** for annual maintenance (infilling of holes, dips etc). Dunbar Park (Sobraon Road, Marsfield) is available for club members. Also check with your coach for other arrangements.

Have a happy and safe Christmas and New Year!

North Star – 9 December

Congratulations to everyone who competed at **State Relays**! We won the most medals ever, set numerous club records, several meet records and 1 national record; all on one of Sydney's hottest weekends. As a result we also lead the scoring for Club Premiership.

Round 4 of Club Premiership followed the weekend after and it was another hot one and again UTS Norths dominated and look set to win all rounds of the competition.

Last weekend saw 20 of our young athletes contest the **National All Schools and Youth Championships** in Hobart - again some very impressive performances. Karlie Morton was outstanding in winning the U17 200m - she has won her age 200m at All Schools every year she has competed!

Let's make history this weekend at the **final round of Club Premiership!** In winning this weekend we will not only win the competition but will be the first Club to have won every single round. Competition is at SOPAC on Saturday 12 December starting at 1pm. Entries are required 1 hour before or via the online entry system at the ANSW website. Program below:

1:00pm 400m Hurdles, High Jump 1.70m, Javelin (Men), Long Jump (Women)
1:40pm 100m
2:30pm High Jump 1.50
2:40pm 200m
2:45pm Long Jump (Men)
2:50pm Javelin (Women)
3:45pm Swiss Club Relay (100, 200, 300, 400)
4:00pm High Jump 1.20
4:15pm Javelin 45m, 800m, Long Jump 5.50m
5:05pm 200 Hurdles
5:25pm Steeplechase

On Sunday 13 December at 9am at Rotary, let's celebrate a great first half of the season at the **UTS Norths Christmas Breakfast!** Come along and enjoy some friendly rivalry in the gumboot toss, champagne hurdles, thong throw, 5 step jump and of course a relay. See attached flyer and check us out on Facebook. For catering purposes, please RSVP to Frazer Dowling on frazerdowling@yahoo.com