

For this September only a UTS Northern Suburbs Athletics Club Newsletter

- ***“Only 2 sleeps to until Northern Zone” said Peter Douglas***
- ***Club Premiership***
- ***Registration for 2009-10 Season***
- ***Australian All Schools Entry and Information***
- ***Speed and Agility Workshops***
- ***Macquarie University & Ryde Relay for Life***
- ***West Met***
- ***Balmain Fun Run Sunday 1st November***
- ***State NSW XC Champs***
- ***Happy Birthday Bev Jaye***

“Only 2 sleeps to until Northern Zone” said Peter Douglas

Northern Zone returns this Saturday September 12 at Rotary Athletics Field with Series 1 events. First events are at 1pm. The cost of entry is \$4.00 and includes unlimited entry to events listed for the day. Series 1 event for this Saturday are as follows:

- 1.00pm Javelin (W), Shot (M)
- 1.30pm 1500m, Javelin (M), Shot (W)
- 2.15pm 100m, Hammer (W), Long Jump (M)
- 3.00pm 400m, Hammer (M), Long Jump (W)
- 3.30pm 3km Walk

Note: Event times are a guide only but events will not start before listed time.

All other details of Northern Zone including Series 2 events for September 19 are on the Club's website: <http://www.utsnorthsath.com.au>

Club Premiership

Early Notice for Club Premiership: It Starts on **OCTOBER 24th**

Australian All Schools Entry and Information

The Australian All Schools will be held in Hobart from 4th-7th December 2009. Entries are now available on the Athletics NSW website. [For more information about the event, the nsw team, and travel arrangements, click here.](#)

Registration for 2009-10 Season

Registrations will be accepted from 7th September 2009, for the 2009-10 season, commencing 1st October 2009. Registrations will be for the full year, until 30th September 2010. Contact your club for more information.

There are two ways that you can register:

1. Log on to the Members Section of the [ANSW website](#)

2. Download the registration form from [here](#) or from the UTN website and return it to the club registrar.

Speed and Agility Workshops

NSW Sport and Recreation are holding speed and agility workshops for field sports, for coaches and athletes, in September and October. [For more information click here.](#)

Macquarie University & Ryde Relay for Life

Relay for Life raises money for the Cancer Council. Our relay is being held from 3pm Saturday 26th September to 10am Sunday 27th September. It is a really great community event, with lots of entertainment, and fun for all ages. Please see attachment for more information. Feel free to contact me on 0401 883 594

Hayley Wilson

Macquarie University & Ryde Relay for Life Volunteer Committee

West Met

David Archbold needs to be congratulated on a great season for those cross country runners West Met main aim is to give runners regular races each week and in doing so makes them race fit, introduces them to our clubs and is a social interaction meet - "distance runners love to talk shop" David quipped

Steadily West Met has increased the numbers of cross country Runners

Â

WEST MET No	2009 RUNNERS	2008 RUNNERS	2007 RUNNERS	2006 COM	2005 RUNNERS
TOTALS	1163	1228	1033	904	587

Balmain Fun Run Sunday 1st November

Start and Finish at King George Park, Manning Street, Rozelle

8.30 for the 2kms Primary School Run / Walk

9.00 for the 5 kms Run / Walk and the 10 kms Run

Queries? **John Dawlings** on 0422 819 468 or balmainfunrun@hotmail.com

State NSW XC Champs

Well done UTS distance runners. "It was very hot and somewhat humid" reported **Andrew MacDonald** ex North Star editor.

Results were

Boys 4k Run CC U16 **Ruairidh Mac Donald** 4th 13:30 minutes

Boys 6k Run CC U18 **Josh Hall** 23rd 19:56 minutes

Happy Birthday Bev Jaye

Bev Jaye UTS throws coach turned 21 again on Thursday the 10 of September 2009

--

Mark Cepak

North Star Editor

edatnorthstar@gmail.com