



GUNLAC Weekly Wrap-up

1 March 2017

ENTRIES FOR ACT CHAMPIONSHIPS (MARCH 17th-19th) ARE NOW OPEN! (Under 8s AND OLDER). ATHLETES MUST BE ENTERED BY MONDAY MARCH 6TH - NO LATE ENTRIES. FOR ENTRIES AND MORE INFO - www.actflaa.org.au

Once entered please also send details of events to GUNLAC at enquiries@gunlac.org.au so we can check entries once closed.

This week at GUNLAC - Volunteer Round!

This weekend is our final 'full' competition round before our presentation day next weekend (see below). We'd like to make a special mention this week to all our volunteers who make sure each GUNLAC Saturday meet runs smoothly and provide our athletes with the opportunity to be their best every week.

So this weekend we'd like all our parents and athletes to make sure to thank our Age Group Managers, canteen helpers, starters, recorders and equipment team. We'll be roving around taking photos of all our volunteers - so take a moment to have your photo taken with a volunteer and give them a high five and a thank you for their efforts this season.



End of Season Presentation Day - Saturday March 11th

This season we will be having our end of season presentation day at the conclusion of our meet on Saturday 11th March.

We will commence at 9am and run a short program of three events until 10am when we will run the **GUNLAC Gift Handicap race**. This year as part of the Gift races we will also be running a **AGE GROUP MANAGER RACE** - should be lots of fun (we'll take no responsibility for any dodgy knees or hamstrings in this race!).

After these events we will make presentations on 'the hill' at the oval. We will be presenting the following awards -

- Athlete participation medals (awarded to all athletes who return and participate at GUNLAC after the Christmas break),
- Age group PB Champions
- Age Champion awards (this year we will be presenting Gold, Silver and Bronze Medals in this category)
- Athlete 10 year medals.
- Club Champion and Club Person of the Year.

We will also be acknowledging the contribution of our Age Group Managers and regular helpers.

Congratulations to all our Multi-event athletes!

Over 40 GUNLAC athletes competed at the ACT Little Athletics Multi-event carnival last Sunday. Our athletes all performed wonderfully, with many PBs and a lot of fun by all reports! It was very exciting for 6 of our athletes to win medals for finishing top 3 in their age groups, with 18 GUNLAC athletes in total finishing in the top 10 - a fantastic achievement! Well done to all our athletes who competed.

A big thank you to all our parent helpers during the carnival, we greatly appreciated all contributions made on the day. Thank you to our tireless canteen and BBQ team - many of whom worked all day on the BBQ - and those parents who took on extra shifts on events when needed.

Special mention to **Tim Van Dalen, Paul Brennan, Sean Jenner and Tony Rice** who all made particularly big contributions on the day, alongside many Committee members - THANK YOU!

GUNLAC Medal winners

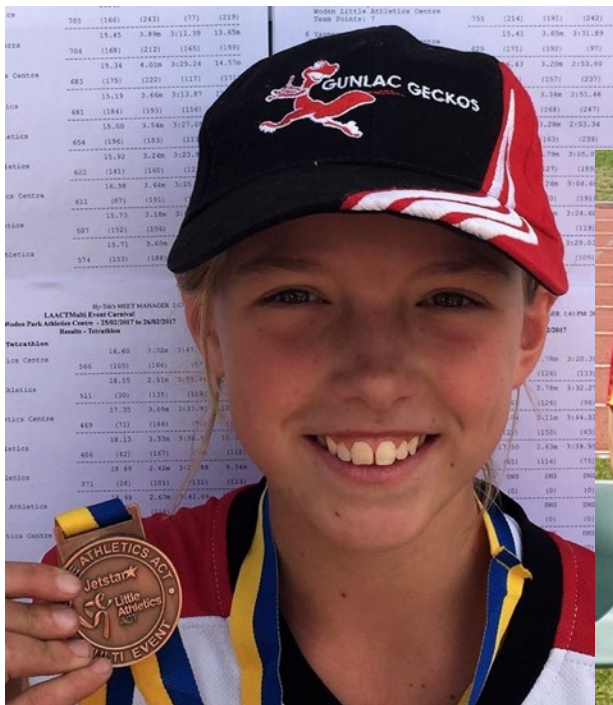
Mikayla Cruz - 1st Under 6 Girls
Chloe Penfold - 1st Under 10 Girls
Tarcia Collins - 1st Under 14 Girls

Oliver Hawkins - 2nd Under 8 Boys

Cooper Jenner - 3rd Under 9 Boys
Jaime Brennan - 3rd Under 12 Girls

GUNLAC Athletes finishing in Top 10

Zara Jordan (5th), Rhys Hewitt (6th),
Cooper Rice (10th), Lucy Tanner (9th),
Emma Vermeulen (4th), Ryen Birrell (10th),
Ebony King (8th), Peter Vermeulen (6th),
Thomas Penfold (6th), Ruan Hennig (9th).
Sebastian Tanner (10th), Cameron Scott (4th).



GUNLAC FUNDRAISING BBQs AT ACT CARNIVALS

On Sunday at the Multivevent carnival we held the first of two fundraising BBQ/Canteens (the second being at ACT champs in a few weeks time). Thanks to many parent helpers and Committee effort we took in over \$2000 on Sunday, all of which will go towards new Long jump runways at GUNLAC.



At ACT Champs we will be running the BBQ and Canteen on Friday evening, Saturday and Sunday. This is a big task, but potentially very beneficial to the club! While we will be rostering on parents of those athletes competing at the champs, we will need additional helpers across the weekend also. If any parents or older athletes can help for even a few hours over the weekend of 17th-19th March please email us at enquiries@gunlac.org.au.

WEEK 16 PARENT ROSTER

The following age groups are rostered on this Saturday -

Morning set-up help - Under 11 Boys (2-3 people)

Canteen/BBQ - Under 14-17 Girls & Under 6 Girls (4 people)

Track helpers - Under 10 Boys (6 people)

Pack-up Assistance - Under 11 Girls (2-3 people)

For more info on these roles go to our [Parent Roster](#) page on the website.

