

Kew LAC Newsletter

Kew kids start in gold and finish with more gold!

It was pretty easy to track down Kew's talented maroon and gold athletes at the June 24 EMR Cross Country championships at Doncaster.

They were often found on the podium and by then their uniform usually sported more gold than maroon!

Five of our athletes won gold medals at the Regional championships and we bet our U/7 girls (Catherine Miller, Tess Menzies and Meredith Rule) were pretty excited when they won the 'trifecta' at the finishing line!

Congratulations to our 'individual' EMR Gold medal winners who are Grace Baker U/6 Girls, Catherine Miller U/7 Girls, Isabella Dalla Costa U/9 Girls, Natalie Rule U/11 Girls and Jack Holden U/12 Boys. Gabrielle Golds won a silver medal in the U/12 Girls CC event.

A number of our athletes gave gutsy performances to ensure Kew had even more golden moments on the EMR Cross Country podium. Kew's U/6 and U/7 Girls were both awarded gold medals for being the first teams across the finishing line.

Other Kew athletes also obviously gave shining performances on the track because our U/9 Girls, U/11 Girls and U/12 Girls were each awarded Silver medals for being the 2nd best team.

All 45 of our athletes who ran at EMR gave gutsy performances and we wish all our athletes from the U/7s through to U/15s the best of luck when they contest the State CC championships at Warragul on Sunday, July 29.

That will be the highlight of what has been another fantastic CC Winter season. Our kids have trained hard, run their best, never given up and our parents haven't got lost (well maybe some sometimes!) trying to get our athletes to starting lines all over Melbourne.

We hope to see all our athletes cross the countryside back to Stradbroke Park, Kew in time for the start of our 2007/08 Summer season on Saturday, October 6.

(Pictured below are our young medal winners at a Box Hill Open Day.)



DIARY DATES

Sunday, July 29:

State Cross Country Championships at Lardner Park, Warragul.

Sunday, Aug 5, 5-7pm:

Hotdog/Presentation night at North Kew Tennis Club, cnr Kellett Grove and Willesmere Rd (down Kilby Rd).

August 25-26:

Level one coaching course at Knox. See our website for more details.

Saturday, Sept 1 & 15:

Registration Day at Stradbroke Park, Kew.

Saturdays in September:

(Sept 1, 8, 15 & 22)

Training with visiting Specialist and club coaches. See our website for times and any costs.

Saturday, October 6:

Season commences.

Sat, October 20:

Kew LAC 40th anniversary competition day.

November 9-11:

Crystal Creek EMR coaching camp U/12-U/15.

Sun, November 18:

EMR relays.

30/11/07- 2/12/07:

Crystal Creek EMR coaching camp U/10-U/11.

Check our club website

www.kewlac.org.au

THE COUNTDOWN IS ON TO OUR HOTDOG/PRESENTATION NIGHT ON AUGUST 5

Melbourne's worst kept social secret has finally been revealed. The famous annual Kew LAC gala Cross Country awards night is again set to be held at North Kew Tennis Club. While we don't want our kids to get too excited and make a racket on the night (or is that the adults we should be concerned about!), we want all families to have a ball. So get out your diaries and keep free Sunday, August 5 from 5-7pm. All children who competed in at least 60% of eligible Cross Country runs will be presented with an award. Cost is \$5 per child for hotdogs and parents are asked to bring a plate to share and BYO drinks. RSVP to Manuela on 9859 8838 or 0407 360 310 by Thursday, August 2. ***Thanks Manuela for a fantastic job as our CC co-ordinator!***

Kew kids' EMR Cross Country results

Congratulations to our 45 Kew athletes (from U/6 through to U/15) who ran so well, and never gave up, at the EMR (Eastern Metropolitan Region) Cross Country championships at Doncaster on June 24. (And a huge thank you to all those Kew parents who so willingly helped out with their rostered official duties.)

EMR Cross Country results:

(U/6) _ Edward Beckwith, 17th, 2.49.20; Shiv Rao, 9th, 2.19.76; Annabelle Oliphant, 10th 2.21.72; Kate Pengelly, 5th, 2.12.49; Grace Baker, 1st, 1.57.44.

(U/7) _ Christopher De Martinis, 9th, 4.41.96; Kevin Joshy, 13th, 4.58.70; Meredith Rule, 3rd, 4.09.86; Tess Menzies, 2nd, 4.08.07; Catherine Miller, 1st, 4.03.92.

(U/8) _ Christopher York, 27th, 4.28.00; Max Lazarus, 6th, 3.49.81.

(U/9) _ Monique Beckwith, 27th, 7.53.25; Isabella Dalla Costa, 1st, 6.10.82; Gabriella Morgan, 5th, 6.33.48; Ella Menzies, 32nd, 8.36.93; Megan Pengelly, 10th 6.48.38; Jayden Bravo, 10th, 6.25.10; Dale Taylor, 11th, 6.27.13; Jack Owen, 8th, 6.18.19; Liam Briscoe-Hough, 19th, 6.53.25.

(U/10) _ Chloe De Highden, 19th, 6.55.55; Mia Italiano, 13th, 6.34.71; Tamah McDonald, 36th, 12.03.47; Andrew Holloway, 18th, 6.33.91; George Gabriel, 30th, 8.08.14; Henry Kiellerup, 17th, 6.32.65.

(U/11) _ Erin Briscoe-Hough, 13th, 9.36.80; Emma Calvert, 16th, 9.44.72; Cassandra Dalla Costa, 10th, 9.28.33; Belinda Pengelly, 24th, 10.29.31; Natalie Rule, 1st, 8.27.13; Christopher Arthur, 9th, 9.13.39; Jack Hughes, 4th, 8.33.79.

(U/12) _ Gabrielle Golds, 2nd, 8.45.78; Georgina Owen, 4th, 8.50.81; Helen Tower, 14th, 9.52.18; Selina Wilmott, 17th, 10.06.59; Jack Holden, 1st, 7.34.50; Laurence Demartinis, 22nd, 10.58.53.

(U/13) _ Josephine Arthur, 12th, 13.50.75; Stephanie Larkin, 18th, 14.31.84; Jonathan Warhurst, 6th, 11.58.89; Michael Holloway, 5th, 11.58.20.

(U/15) _ Sarah Calvert, 4th, 13.20.21.

Social news

Kew kids train hard, run hard and their parents party hard! Actually, everyone who attended the first CC dinner or the mid-season CC dinner at our sponsor Colombo's Family Restaurant were in fine spirits. In fact, some adults were again into Stan's spirits (or was that the Kew LAC's fundraising wines. Stan is the man to speak to!) And some families, who either just don't like cooking or simply just like socializing, attended both nights and had just as much fun each time. Let's hope all our families can mark in their diaries the End of CC Season Hotdog/Presentation Night on Sunday, August 5 from 5-7pm at the North Kew Tennis Club. As you can see from these photos, Kew LAC families just like to have fun!



Meet the Pengelly sisters



Belinda



Megan



Kate

School and Year level: St Bede's Primary School, North Balwyn. **Belinda** Year 6, **Megan** Year 3 and **Kate** Year 1

Favourite television show? **Belinda**: Zoey 101. **Megan**: Hannah Montana. **Kate**: Unfaboulas.

Favourite author? **Belinda**: JK Rowling. **Megan**: Andy Griffiths. **Katie**: Daisy Meadows.

When did you start Little Athletics? **Belinda**: started in U/6 and then took up tennis but still does Cross Country in Winter; **Megan**: started in U/6, stopped and ran again in U/9; **Kate**: U/6.

What do you most like about Little Athletics? **Megan**: having fun and doing events. **Kate**: having fun and enjoying races.

What is your favourite event and why? **Belinda**: 2km Cross Country because I enjoy it. **Megan**: long distance and 2km Cross country because I have more time to improve my

position. **Kate**: 500m because it's easy.

Do you play any other sports? **Belinda**: tennis, swimming and netball. **Megan**: Swimming, tennis and netball. **Kate**: swimming and tennis.

What do you eat for breakfast? **Belinda**: cheese on toast. **Megan**: Special K and toast. **Kate**: cheese on toast.

Who is your favourite Australian runner and why? **Belinda**: Cathy Freeman because she represents her country proudly and always tries her best. **Megan**: Craig Mottram because he never gives up in hope. **Kate**: Cathy Freeman because she tries her best.

* Megan Pengelly was a member of the U/9 Girls Kew relay team who won a Silver Medal at the 2007 Victorian State Little Athletics U/9 Girls Medley Relay championships earlier this year at Olympic Park on the hottest day in 50 years!

... and two of their 'Kew LAC' cousins



This year's Cross Country season has been a real family affair for the 3 Pengelly sisters and their two cousins Annabelle Oliphant and Amelia Maisano. Both Annabelle and Amelia run with Kate in the U/6 age group. It's obviously friendly rivalry at the starting line.

Crossword Clues

ACROSS:

- 1 Kew wins lots of team _____
2 H _____ /awards night is August 5
3 Our kids love Cross _____ running

DOWN:

- 4 _____ at Kew on Wednesdays
5 Please _____ our club

