

## **2017 ALAC Report**

Well what a wonderful end to the 2017 Little Athletics Season. The Australian Little Athletics Championships (ALAC) was held in Sydney this year in a new format – over 2 days for the first time. Sydney put on a stunning weekend of weather, and the athletes many wonderful performances – our Cherrybrook athletes in particular.

ALAC is a highly contested team of 26 Under 13 athletes and 6 Under 15 multi event athletes selected each year to represent NSW in the only interstate Little Athletics competition.

The NSW team prepared with 2 camps at Narrabeen where the team trains, participates in team building and has a lot of fun!

Cherrybrook was represented by 2 athletes this year – Donovan Bradshaw in the U13 boys, who was selected after his extremely strong performances at the State Championships in March, and Amie Bowrey who returned to ALAC after competing in the U13 team in Perth in 2015. Amie gained selection for ALAC after competing in and coming 1st in the U15 multi event at NSW State Multi in March this year held in Newcastle. This follows the strong tradition of Cherrybrook members being selected for the state team, with 12 Cherrybrook athletes selected in the past 8 years.

Donovan had an exceptional championships yet again, with great performances in all his events. He finished with an amazing 4 medals – GOLD in the Long jump with a huge PB of 6.05m in the long jump (only 2cm off the 12yo world record!!), GOLD in the 400m, and SILVER in the 100m. He also ran an excellent anchor leg in the U13 4x100m where the NSW team won yet another GOLD – congratulations on an amazing set of results.

This year the Under 15 athletes compete in 7 events over 2 days. The U15 multi event girls competition includes the 200m, 90hurdles, Shot Put, Javelin High jump, Long Jump and 800m. Amie performed exceptionally well, with strong performances across all the events including PB's in the 200m and the high jump, to finish on the podium with the SILVER medal which is an amazing performance – Cherrybrook's first Multi athlete to medal at ALAC – well done.

NSW took out the U13 overall point score trophy, the handicap trophy and also finished first in the U15 multi event. The Gold Coast will host ALAC in 2018.