

ALAC Report

The Australian Little Athletics Championships (ALAC) is a highly contested team of 22 Under 13 athletes and 4 Under 15 "Multi" event athletes selected each year to represent NSW in the only interstate Little Athletics competition. The 2015 ALAC championships were held in Perth. The NSW team prepared with 2 camps at Narrabeen, with the championships held at Perth on Sunday 26th May 2015 in very warm conditions. Cherrybrook was represented by 3 athletes – Amie Bowrey and Morgan Little in the U13's, and Kristina Moore who returned to ALAC competing in the U15 Multi event, where all athletes do 5 events in 1 day. This follows the strong tradition of Cherrybrook members being selected for the state team, with 8 Cherrybrook athletes selected in the past 6 years.

All 3 athletes showed their class and versatility throughout the competition. Amie competed in 3 events, finishing 4th in both the long jump and javelin, 10th in the hurdles, and was also selected for the girls 4x100 relay which won the silver medal. Morgan also performed very well, competing in the 400m where he finished 4th, the 800m where he finished 9th, Javelin where he finished 5th and was also selected for the 4x100 relay which came 4th. Kristina again showed that she is also a great all round athlete, competing in the U15 multi event where she did the 200m, 90hurdles, shot, Long jump and 800, finishing 7th overall, as well as picking up a silver medal in the U15 4x100 relay. All 3 athletes really enjoyed the great team atmosphere and camaraderie which is a special part of ALAC, and ultimately culminated in a good NSW team performance, finishing 3rd in the U13 interstate point score, and 3rd in the U15 Multi event. Congratulations to all 3 athletes on their really strong performances.