**QUEENSLAND ATHELTIC LEAGUE PERFORMANCE UPDATE FORM**

Surname_____ Given Names_____

Date of Birth___/___/ __ Phone(H)_____(W)_____(Mobile)_____

(Email)_____

Address_____

City/Town_____Postcode_____

Coach/ Trainers Name_____

Occupation_____

**You must complete the sections below**

| Nominate your fastest most recent performances. Indicate (H) or (E) after times. | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| **DATE** | **LOCATION AND TRACK SURFACE** | **HANDICAP** | **DISTANCE** | **PLACING** | **YOUR TIME** | **WINNERS TIME** | **WINNERS H'CAP** | **WINNERS NAME** | **PRIZE MONEY WON** |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| **PERSONAL BEST PERFORMANCES IN 100m/120m, 300m/400m, 800, OR 1500m/MILE** | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |

***Email to kynastondarren@gmail.com or Post to QAL Handicapper Darren Kynaston 17Benarkin Street FOREST LAKE QLD 4078 as soon as possible.**

I declare that all the information contained within this performance sheet from is true and correct.

Signature_____ Date_____