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**Newsletter**

**20<sup>th</sup> December 2014**

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### *President's Message:*

Having eight athletes going to the Australian School Track & Field makes one feel proud of their accomplishments. Just to be part of our club it is wonderful to imagine that these young athletes are the future in their various events. Well done.

Sincere thanks to all who represented the Club at the State Relay Championships. It was excellent results and a lot of the credit must go to Team manager Ted Ruben as he made sure all teams feel at home and ready to compete. Thanks to Coaches Marty, Brad, Mick and Ted. Without parents this is would be a non-event, thanks for your support.

The Xmas party was exciting with a lot of fun had by all.

Now is the time to celebrate the Festive Season in your own special way and I wish you a Happy and prosperous New Year.

*Vic*

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### **A Note for New Members**

At the end of the season the club has a Trophy Presentation. Trophies are awarded to athletes on a points system. There is a scale of points for all performances at a QA competition. These are accumulated over the club season. So it will pay to compete regularly for your club at any track.

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### **Committee Notes**

Our next Monthly committee meeting is on **Tuesday 27<sup>th</sup> January 2015** at 7pm. All welcome.

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### *Just a Thought'*

*I've learned that....*

*Be open and non-judgmental – life's teachings  
often come to you in disguise.*

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# Congratulations!

Over two weekends, club athletes have performed exceptionally well at the Australian Primary School Track & Field Championships at Penguin, Tasmania 29-30th November and the Australian Secondary School Track & Field Championships in Adelaide, South Australia during 5 -7th December.

A magnificent result gave a total of four Gold, one Silver and two Bronze medals from just eight athletes.

At the Championships in Penguin, Tasmania saw **Casey Bell** win the Gold medal in the Girls 12yrs Long Jump with a PB leap of 5.26m. A star of the future.



**Casey Bell**



Whilst at the Adelaide Championships saw **Rochelle Vidler**, who was awesome in the Girls U/14yrs Hammer Throw winning the Gold medal with a meet record of 47.99m. **Rochelle** then claimed the Silver medal in the Girls U/14yrs Discus with a throw of 39.58m. It was a tremendous effort considering she had injured herself during the competition.

**Rhys Carr**, not to be outdone by his training partner also won a Gold medal in the Boys U/14yrs Hammer Throw with a distance of 48.61m.

Both **Rochelle** and **Rhys** were in a class of their own.

**Tori Langton** was in the Girls U/18yrs Discus and threw a massive **PB** of 42.05m in the final round of competition to claim a Bronze medal.

All three athletes are coached by **Michael Moore**.



**Miriam Peni** ran sixth in the Girls U/16yrs 100m Final, but no results of times or photo finish given until a video produced the place getters. **Miriam** was then the first leg in the U/16yrs 4 x 100m Relay where (**Miriam Peni**, Ruby Pandolfi, Riley Day & Katie Colebourne) claimed the Bronze medal in 48.19.



**Miriam** again was the first leg of the U/16yrs Swedish Relay (100m **Miriam Peni**, 300m Sarah How, 200m Riley Day & 400m Madeline Attlee) saw her finish on a high note with a Gold medal in a meet record time of 2.13.58.



**Joel Walk** was in the Boys U/14yrs High Jump and finished fourth, but unlucky missing the Bronze on a count back. Joel leapt to a height of 1.69m.

**Haley Wright** ran in the Girls U/14yrs 80m Hurdles Final into a strong headwind to finish 9th with a time of 13.57.



**Cameron Kelland** finished 8th in the Boys U/14yrs Triple Jump leaping a huge **PB** of 11.50m.

To finish with better than a top ten is awesome and I believe we have some of the best athletes of the future in Track & Field.

The next goal is the State Junior Championships on 19 – 22 February 2015 followed by the Australian Youth Championships being held in Sydney from 11 - 15 March 2015.

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## Relay Championships

A combination of Little Athletics and Queensland Athletics produced a busy if not a hectic schedule for dual athletes competing for both Associations on Saturday 13<sup>th</sup> – 14<sup>th</sup> December 2014.

It provided a day where the younger athletes get to meet the Australian representatives and also an opportunity to be competing at the same venue.

We had 21 teams compete producing 5 Gold medals and 7 Silver medals. Unfortunately I did not get everyone's photograph at these Championships, hopefully next time. Well done to all.

### **2014 Queensland Relay Championships – Summary by Team manager, Ted**

Please find a summary of the 2014 Queensland Relay Championships as follows:

- Overall 23 teams were nominated
- 21 teams competed
  - 1 x team disqualified
    - u/20 Male 4 x 100m,

- 2 x teams withdrawn
  - u/16 Female Long Jump
  - u/16 Female 4 x 400m.

Cost of Team Nominations           \$560.00.

Overall 31 athletes nominated

2 athletes were late inclusions

3 withdrawals

Acknowledgement to the athletes who “stepped up” without any hesitation as follows:

- Tyla Stolberg                           u/18 4 x 100m - Due to athlete withdrawal,
- Daniel Parnell                        u/20 4 x 200m, u/20 4 x 100m - Due to athlete withdrawal,
- Ben Peters                               u/20 4 x 800m and u/16 4 x 100m - Did not originally nominate for relays. He was contacted him on Saturday night,
- Rochelle Vidler,                      u/16 4 x 200m – Due to athlete withdrawal,
- Indira Rakuita,                        u/20 4 x 400m - Late inclusion, withdrew u16 4 x 400m team,
- Miriam Peni,                            u/20 4 x 400m - Withdrew u16 4 x 400m team
- Elle Raeli                                u/18 4 x 100m - Ran with a knee injury,
- Franco Olak                            u/20 4 x 800m – Late inclusion, advised he'd run on the Sunday.

## Overall Results

### 5 Gold medals

- u/20 Girls                               4 x 400m
- u/20 Boys                               4 x 200m
- u/18 Girls                               3 x Discus
- u/14 Boys                                3 x Discus
- u/14 Girls                                3 x Discus

### 7 Silver Medals

- Open Women                           4 x 200m
- Open Women                           4 x 100m
- Open Women                           3 x Long Jump
- u/20 Girls                               3 x Long Jump
- u/20 Boys                               4 x 800m
- u/18 Girls                               3 x Shot Put
- u/16 Girls                               4 x 200m

### Bronze Medals                    Nil

### 4<sup>th</sup> Place 3 Teams

- Open Women                           4 x 400m
- u/18 Girls                               4 x 100m
- u/16 Boys                               3 x Long Jump

### 5<sup>th</sup> Place 3 Teams

- Open Men                               4 x 400m
- Open Men                               3 x Long Jump
- u/16 Boys                               4 x 100m

**6<sup>th</sup> Place 1 Team**

- Open Men 4 x 200m

**7<sup>th</sup> Place**

None

**8<sup>th</sup> Place 1 Team**

- Open Men 4 x 100m

**1 Team**

- DQ
- u/20 Boys 4 x 100m (unlucky)

**U/18yrs 3 x Discus team**



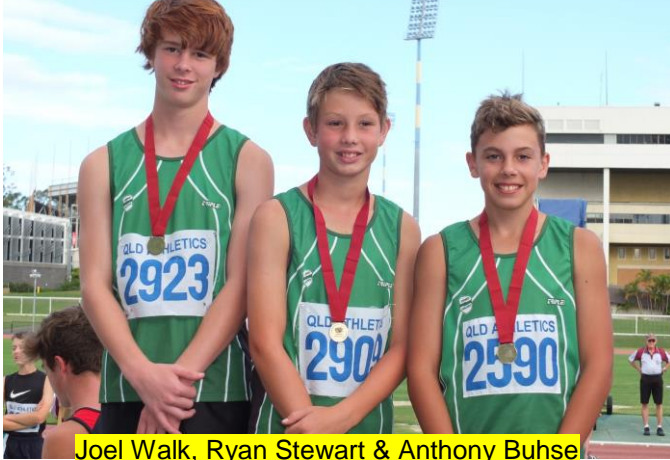
Tori Langton, Rochelle Vidler & Clare Sullivan

**U/20yrs 4x 200m Team**



Paris Aliva, Franco Olak, Ted Ruben, Rico Aliva & Daniel Parnell

**U/14yrs 3 x Discus Team**



Joel Walk, Ryan Stewart & Anthony Buhse

**U/14yrs Discus Team**



Maddie Trebbin, Rochelle Vidler & Clare Sullivan

**U/20yrs 4 x 400m Team**



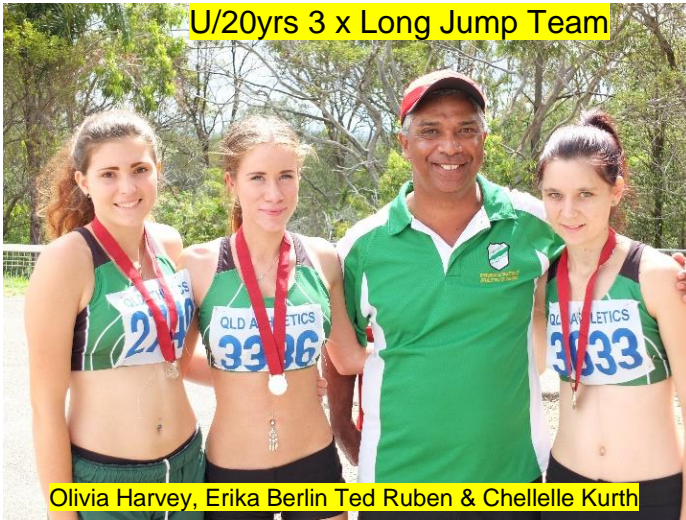
Indira Rakuita, Erika Berlin, Miriam Peni & Larissa Chambers

**Open 4 x 200m Team**



Aaliyah Chambers, Liz Melrose Miriam Peni & Larissa Chambers

U/20yrs 3 x Long Jump Team



Olivia Harvey, Erika Berlin Ted Ruben & Chellelle Kurth

U/16yrs 4 x 200m Team



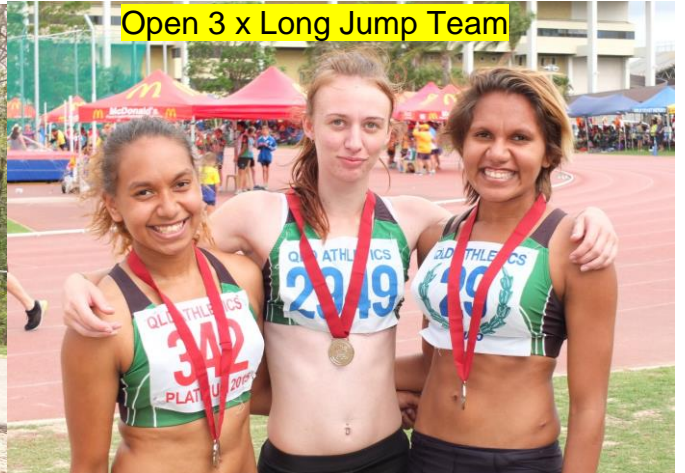
Indira Rakuita, Miriam Peni, Rochelle Vidler & Juanita Chambers

Open 4 x 100m Team



Patrick McCarthy, Lindsay Shard, Daniel Harbort & Scott Tuohy

Open 3 x Long Jump Team



Aaliyah Chambers, Liz Melrose & Larissa Chambers

U/20yrs 4 x 800m Team



Jack Warner



Ben Peters, Daniel Parnel & Franco Olak

# Track & Field InterClub Competition

All Track and Field events are now scheduled on the [Queensland Athletics website](http://www.qldathletics.org.au)

[www.qldathletics.org.au](http://www.qldathletics.org.au)

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## Happy December Birthdays

Filoi Aokuso      Renae Mitchell      Ramil Wilson      Laise Warner  
Patrick McCarthy      Joshua Peni      Nicholas Grant

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**QAL now has several events scheduled on their website [www.qal.org.au](http://www.qal.org.au)**

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## Club Uniform

The Club uniform ***must*** be worn at all interclub meets, e.g. All comers at St. Lucia and Gold Coast etc. **If the uniform is not worn, no points or performances will be recorded at inter club meets.**

### The cost of the uniform is as follows:

Girls Crop Tops	\$50-00
Girls Singlet's	\$37-00
Girls Shorts	\$52-00
Boys Singlet's	\$37-00
Boys Shorts	\$57-00

Old Stock is on sale at \$10-00 apiece. These can be used for training etc.

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## Answer to the Question

The winner of the **November** question was

*Emily Beston*

The correct answer was: **“Nine”**

### A new question is as follows:

Two girls were born to the same mother, on the same day, at the same time,  
in the same month and year and yet they're not twins.  
How can this be?

The **first** person and the **third** person to reply by email with the correct answer win a prize.

**Email:** - [vgpascoe1@bigpond.com](mailto:vgpascoe1@bigpond.com)

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## Club Training Nights

**Training nights on Monday and Wednesday nights 7pm to 9pm.**

A water bottle, towel and **appropriate warm clothing** are required for all sessions.

**The first training session for the New Year will be Monday 5<sup>th</sup> January 2015.**

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## The Club *Christmas Party*



The Club held at the clubhouse on Wednesday 17<sup>th</sup> December 2014. A lot of fun was had by all.

Those who did not attend missed an entertaining night. Everyone had their strengths and abilities skills and it was not surprising to see some emerging talent for the games.

It was an excellent night for all and many thanks to the committee for organizing such a treat.





Daniel & Andrew Parnell, Larissa Chambers Ted Ruben, Toby & Marty Stolberg  
"Nice shiny teeth Ted."



"Tunnell Ball"



Maddie Trebbin, Tori Langton & Tyla Stolberg



Marty Stolberg & Andrew Wheeler



"Wheel Barrow Race"



Coaches, Brad, Vic, Marty & Mick.....Relaxing

# MERRY CHRISTMAS

On behalf of everyone from Ipswich & District athletic Club Inc. we wish all our members and families a wonderful Christmas and New Year, and we look forward to seeing you at a coaching session in 2015!

