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Newsletter

26th February 2013

President's Message:

After the big week-end of athletes giving their very best, it quietens down a bit with some of our athletes selected for the South Queensland Regional Cup 2 competition.

Then it is off to Perth proudly representing Queensland at the Nationals. Congratulations to those going west. That's a very big financial decision to make and a nice reward for your season's efforts.

When the club pursued a recruitment process through the schools last year the main aim was to show athletes pathways where their potential could take them and they have now progressed to the Nationals to compete against the nation's best. We must congratulate these recruits for accepting the challenge.

QA Officials have asked to convey a special **"Thank You"** to the parents; athletes and coaches who jumped the fence last week end to assist them. It is just something else that shows IDAC cares and shares.

As the next Club newsletter comes after the Nationals, we wish you reps every success and an enjoyable trip and the families who are travelling too.

Bailey.

Committee Notes

Our next Monthly committee meeting is on **Tuesday 26th March 2013** at 7pm. All welcome.

Happy February Birthdays

Glen Yarham

Michael Moore

Majella Cassidy

Daniel Parnell

Congratulations!

At the **Queensland Open 3000m Championships**, **Glen Yarham** (current club champion) age 21yrs ran 2nd in 8.26.69. This is an amazing effort after coming back from injury. Well done!

Glen ran in the Briggs Track Classic down at Hobart and ran a 14.13, a **37sec PB** but not surprising as it was his first 5km in 2 years. Glen is hopeful to get a start in the Melbourne Track Classic 5km in early April. If that is the case he will run the Brisbane Track Classic 1500m and Melbourne Track Classic. If he does not get given an entry he will run a local QA 1500m meet, followed by the State 5km at the end of March.



Glen will then race the National 5km Open Championships down in Sydney in early April. That's practically his plan for the next 2 months. He has difficulty in seeing any of the club members as he always busy running.

Glen will be sadly missed when he takes up a scholarship to Florida State University, USA. He will be starting there in August 2013.

Queensland Youth Athletics Championships, QSAC 22 – 24th February 2013

What a wonderful weekend of competition for the Ipswich & District Athletic Club. The results were magnificent with at least 20 PB'S and one Season best. It was truly a tremendous effort by all.

5 gold medals
5 Silver medals
3 bronze medals

1 World Junior Qualifier for High Jump.

There were moments of disappointments when Ashlee Stieler was beaten 0.001 of a second in the 200m hurdles and Erika Berlin almost coming to grief at the 2nd hurdle of a 400m hurdle race and still finish 4th.

Cassie Purdon jumped to a marvelous **PB** in the High Jump which equated to a World Junior Qualifier. (Coach Bailey Pashley). She now is waiting for team selection.

An exciting result from **Josh Stockill** was when he pounced on the leader who buckled under pressure at the last hurdle to go on for a wonderful win and set a new **PB**. (Coach Bailey Pashley).

Larissa Chambers ran a perfect race in the 200m final to achieve a **PB**. Larissa was also the sprint queen in both the 100m and 200m thus being the fastest woman in the State at the Championships. **Larissa** was beaten by a Victorian by 0.12 of a second but still gets the State Title. (Coach Vic Pascoe).

Emily Beston who struggled in the humid conditions still managed to excel with a win in the 2000m Steeplechase. (Coach Brad Robinson).

Johnathon Taylor was impressive in the sprints where he did a **PB** in 100m and 200m. (Coach Vic Pascoe).



Coach Bailey and Cassie Purdon



Josh Stockill and Bailey



Coach Brad, Tyrell Woodley & Emily Beston



Emily Beston, Johnathon Taylor & Larissa Chambers

The results are as follows;

Carley Stieler	U/14yrs	80m Hurdles	7 th	14.95	PB	
		High Jump	3 rd	1.54m	PB	
Majella Cassidy	U/16yrs	100m	20 th	13.75	PB	
		90m Hurdles	12 th	14.97		
Majella Pearl	U/16yrs	90m Hurdles	9 th	14.57	PB	
		High Jump	3 rd	1.54m	PB	
Ashlee Stieler	U/16yrs	90m Hurdles 3 rd heat	14.00	PB	3 rd	14.22
		200m Hurdles	2 nd	30.02	PB	



Ashlee Stieler at the first hurdle of the 200m (beaten 0.001), but was still a happy athlete.



Emily Beston	U/16yrs	2000m Steeple Chase	1st	7.47.07	
Dayspring Koop	U/16yrs	Javelin Discus	FOUL 6 th	28.22m	
Raemiga Elle Raeli	U/16yrs	Discus	4 th	35.47m	PB
Natalie Davison	U/18yrs	100m 200m	13 th 15 th	13.09 26.96	PB
Montana McQueen	U/18yrs	100m 200m 400m	22 nd 18 th 12 th	14.66 29.68 70.30	PB PB
Cassie Purdon	U/18yrs	100m High Jump (World Junior Qualifier)	16 th 2nd	13.21 1.78m	PB
Madeline McGuire	U/18yrs	800m	4 th	2.15.69	SB
Tanika Marshall	U/18yrs	100m Hurdles High Jump	5 th 7 th	15.66 1.55m	
Erika Berlin	U/18yrs	400m Hurdles	4 th	68.58	(Almost fell at 2nd hurdle)
Sophie Koop	U/18yrs	Discus	7 th	31.34m	
Heather Burridge	U/18yrs	Javelin	7 th	36.69m	
Aaliyah Chambers	U/20yrs	100m 400m Hurdles	8 th 5 th	13.44 72.72	
Larissa Chambers	U/20yrs	100m 200m 400m	1st 1st 2nd	12.04 24.53 58.85	PB
Elizabeth Melrose	U/20yrs	400m Hurdles	6 th	81.17	
Jaxson Samuels	U/14yrs	High Jump	4 th	1.35m	
Johnathon Taylor	U/16yrs	100m 200m	2nd 1st	11.33 22.71	PB PB
Jarryd Vogler	U/16yrs	100m 200m Long Jump	16 th 17 th 9 th	12.91 26.53 4.39m	PB
Thomas Cronin	U/16yrs	200m Triple Jump Discus	22 nd 4 th 8 th	28.86 10.11m 33.06m	PB PB

Daniel Parnell	U/16yrs	400m 800m	5 th 53.64 6 th qualifier in 2.06.86 7 th 2.10.26 Final	PB
Jacob Wells	U/16yrs	800m	7 th qualifier in 2.07.34 6 th 2.09.04 Final	PB
Tryell Woodley	U/16yrs	2000m Steeple Chase	2nd 8.06.98	
Josh Stockill	U/18yrs	400m 400m Hurdles	10 th 52.19 1st 55.77	PB
Maranatha AJ Raeli	U/18yrs	Discus	8 th 41.03m	
Connor Diffey	U/20yrs	100m 200m	11 th 11.23 9 th 22.52	PB PB



Johnathon Taylor & Jarryd Vogler in 200m Heat



Connor Diffey in 200m Heat



Carley Stieler in 80m Hurdle Final



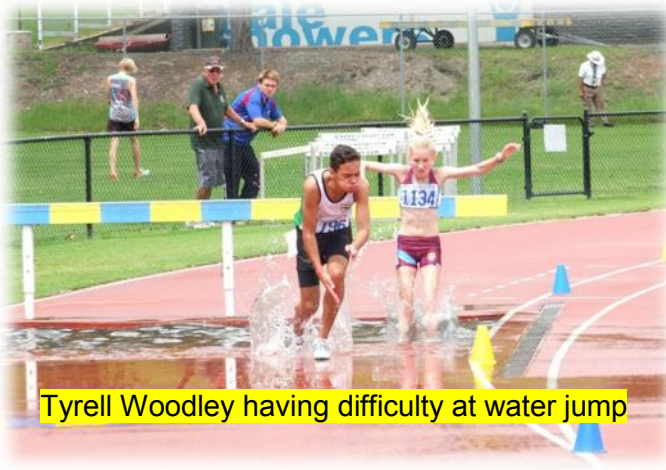
Thomas Cronin is relaxed before 200m Heat



Heather Burrige before Javelin Final



Natalie Davison & Montana McQueen in 200m Heat



Tyrell Woodley having difficulty at water jump



Emily Beston washing hands at water jump

Just a Thought'

I've learned that.... We are all capable of great acts of courage - look around and be inspired!

Track & Field InterClub Competition

All Track and Field events are now scheduled on the **Queensland Athletics website**

www.qldathletics.org.au

QUEENSLAND OPEN & AWD CHAMPIONSHIPS

Entries close 12th March 2013.

QAL now has several events scheduled on their website www.qal.org.au

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 \$40-00.

Answer to the Question

The winner of the **January** question was *Liz Melrose*

The correct answer was: **“Consecutive.”**



A new question is as follows:

How can you throw a ball as hard as you can and have it come back to you, even if it doesn't bounce off anything? There is nothing attached to it, and no one else catches or throws it back to you.



The **first** person to reply by email with the correct answer wins a box of Lindt Chocolates.

Email: - vgpascoe1@bigpond.com.au

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.

South Queensland Regional Cup 2

Where: Queensland Athletic Centre, QSAC.

When: Saturday March 2nd 2013

Good Luck Team Members.

Australia Day Awards

Club representative **Rochelle Vidler** won the Somerset Regional Sports Award on the 26th January 2013. The ceremony was held in Esk. **Rochelle** is an excellent Discus thrower.

