



President's Message:

The blustery conditions at last week-end's Junior State Titles were far from ideal for good Track and Field performances. Never-the-less our club athletes put their best foot forward and recorded some magnificent results which are recorded below in this Newsletter.

Congratulations to all who competed. Regardless of where you came I was proud of your efforts and wore my Ipswich Club shirt with pride. We had 36 athletes competing in 68 events. That must be a club record. Congratulations to all who put their hand up to represent the Club.

We now have 22 juniors going to the Nationals in Sydney on 12-16th March. It will be a real thrill to be with them. Congratulations to Coaches Brad, Mick, Ted, Marty & Vic for delivering well-trained athletes.

I have a special request. Please put the date of the Trophy Presentation in your diary and I ask for a good response to this celebration of the past season.

It was embarrassing last year when we had two special elite guests to present Awards and many of the recipients were not present to collect their prizes. It is an important Club event.

Bailey.

Committee Notes

Our next Monthly committee meeting is on **Tuesday 25th March 2014** at 7pm. All welcome.

Happy February Birthdays

Glen Yarham Alistair Wells

Megan Anderson Jayden Elder

Majella Cassidy Daniel Parnell

Cameron Kelland Ella Milford Michael Moore

Congratulations!

QLD Junior Championships 21-23 February 2014

What an exciting weekend of competition for the Ipswich & District Athletic Club. The results were magnificent with at least 17 PB'S and one Season best. It was truly a tremendous effort by all.

10 gold medals in 2014

5 gold in 2013

10 silver medals in 2014

5 silver in 2013

9 bronze medals in 2014

3 bronze in 2013

A superb improvement by all, well done.

1 World Junior Qualifier for High Jump.

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

Larissa Chambers ran like a girl on fire to win a treble in the U20yrs 100m, 200m and 400m. Larissa was also the sprint queen in both the 100m 200m and 400m thus being the fastest woman in the State at the Championships. Each win was in blustery winds. (Coach Vic Pascoe).

Clinton Suthers ran the perfectly judged race in blustery conditions to win the U/16yrs 1500m. (Coach Brad Robinson).

Filoi AoKuso won gold in the U/20yrs Shot Put and a Silver medal in the Discus. (Coach Michael Moore).

Kelly McNamara won the U/16yrs 2000m Steeple Chase when runners in this event kept changing the lead many times with surging at various times trying to outwit their rivals. **Kelly** kept a cool head and her final challenge for the lead just after the last water jump proved to be the winning move. (Coach Brad Robinson).

Rhys Carr threw magnificently to win both U/14yrs Shot Put and Discus. (Coach Michael Moore).

Rhys younger brother **Zain Carr** who is still 11yrs finished with a Silver in U/14yrs Shot Put and a Bronze medal in the U/14yrs Discus. (Coach Michael Moore).

Rochelle Vidler had a hectic schedule in the U/14yrs events. **Rochelle** competed in five events and extremely well to win Gold medals in Discus and Hammer and Silver medals in the Triple Jump and Javelin and a creditable fourth in the Shot Put. Coach Michael Moore).

In the younger ages **Lucy Turner**, **Annie McGuire**, **Jaxson Samuels** and **Yoo Bin Miller** did remarkably well.

There were moments of disappointment when in a medal winning position, **Jacob Wells** clipped the heels of the leader and fell with only 250m to go in the final of U/16yrs 800m but did well in the U/16yrs 2000m Steeplechase the very next day to gain a Bronze medal. Just goes to show **Jacob** is tough as nails.

This a list of results for 36 athletes in 68 events;

Lucy Turner	U/14yrs	100n 80m Hurdles High Jump	14.07 in Heat PB & 14.13 in Final 14.21 1.40m	6 th 3 rd PB =3 rd
Annie McGuire	U/14yrs	High Jump Long Jump	1.40m 4.91m	=3 rd 2 nd PB
Rochelle Vidler	U/14yrs	Triple Jump Shot Put Discus Hammer Javelin	9.51m 9.71m 33.10m 32.05m 35.25m	2 nd PB 4 th 1 st 1 st PB 2 nd PB
Indura Rakuita	U/16yrs	400m	64.04	18 th
Juanita Chambers	U/16yrs	100m	13.44	16 th
Miriam Peni	U/16yrs	100m 200m Long Jump Triple Jump	13.23 27.00 in Heat & 26.83 in Semi & 11 th overall 4.39m 10.58m	11 th 11 th 3 rd
Majella Cassidy	U/16yrs	90m Hurdles Long Jump	14.95 in Heat & 15.14 in Final 4.95m	8 th 5 th =PB
Kelly McNamara	U/16yrs	3000m 2000m Steeplechase	10.37.71 7.21.83	8 th 1 st PB
Majella Pearl	U/16yrs	90m Hurdles 200m Hurdles High Jump Long Jump	14.57 32.03 1.55m 4.90m	9 th 5 th 4 th 6 th PB
Carley Stieler	U/16yrs	High Jump	1.60m	2 nd
Savinika Wijeyewickrema	U/16yrs	Shot Put	10.08m	7 th
Tyla Stolberg	U/16yrs	Javelin	27.05m	10 th PB
Olivia Harvey	U/18yrs	200m 100m Hurdles	31.12 16.87 in Heat & 17.50 in Final	18 th 8 th
Madeline McGuire	U/18yrs	800m	2.1712 in Heat & 2.16.27 in Final	6 th SB
Ashlee Stieler	U/18yrs	100m Hurdles High Jump Long Jump	15.64 in Heat & 15.83 in Final 1.55m 4.62m	4 th 5 th 13 th
Emily Beston	U/18yrs	2000m Steeplechase	7.73.23	4 th
Tori Langton	U/18yrs	Discus	35.36m	5 th

Larissa Chambers	U/20yrs	100m 200m 400m	12.21 in Heat & 12.11 in Final 24.81 in Heat & 24.50 in Final 55.67	1st 1st 1st PB
Natalie Davison	U/20yrs	100m 200m	13.27 27.58	11 th 10 th
Aaliyah Chambers	U/20yrs	200m 400m Hurdles Long Jump	27.65 69.56 4.88m	11 th 4 th 7 th
Erika Berlin	U/20yrs	400m Hurdles Long Jump	68.36 4.64m	3 rd 9 th
Cassie Purdon	U/20yrs	High Jump	1.83m	2 nd PB World Junior Qualifier
Filoi Aokuso	U/20yrs	Shot Put Discus	12.40m 44.17m	1st 2 nd
Yoo Bin Miller	U/14yrs	100m 200m	13.16 26.03	3 rd 2 nd
Jaxson Samuels	U/14yrs	High Jump	1.50m	2 nd PB
Rhys Carr	U/14yrs	Shot Put Discus	11.33m 31.45m	1st 1st PB
Zain Carr	U/14yrs	Shot Put Discus	9.55m 26.84m	2 nd 3 rd PB
Jacob Wells	U/16yrs	800m 2000m Steeple Chase	2.06.61 in Heat PB & Fell in Final 7.08.28	8 th 3 rd
Thomas Cronin	U/16yrs	Discus	43.73m	7 th PB
Clinton Suthers	U/16yrs	1500m	4.24.31	1st
Benjamin Peter	U/16yrs	2000m Steeplechase	7.56.90	7 th
Johnathan Taylor	U/18yrs	100m 200m	11.63 in Heat & 11.20 in Semi 23.25 in Heat, S/F 23.23 & 22.76 in Final	10 th
4 th				
Leslie Snuderl	U/18yrs	100m 200m	11.60 in Heat & 11.48 in Semi 23.48 in Heat & DNS in semi	12 th
Alistair Wells	U/18yrs	2000m Steeplechase	7.05.93	4 th
Jai Baas Becking	U/20yrs	100m 200m	11.66 23.48	11 th 12 th
Connor O'Leary	U/20yrs	1500m	4.02.97	2 nd

Below is a few pictures that you may like, if you do, please email me and they can be forwarded.



Cassie Purdon WJQ for High Jump



Larissa Chambers



Rochelle Vidler



Clinton Suthers



Kelly McNamara

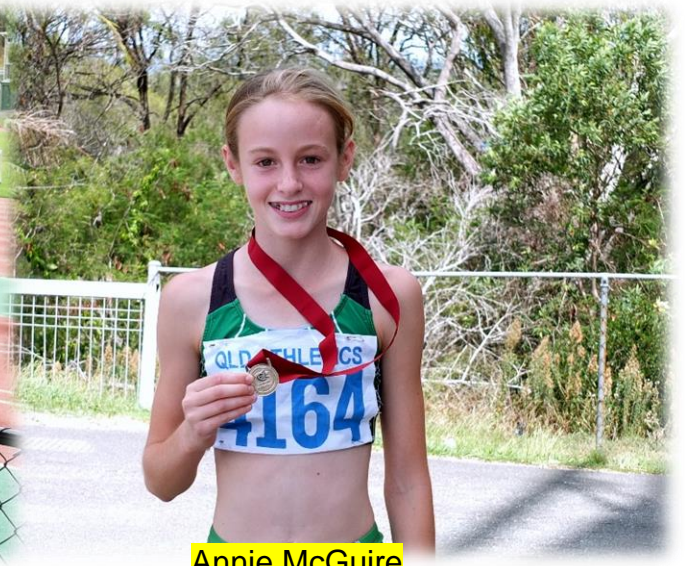


Zain Carr

Rhys Carr



Yoo Bin Miller



Annie McGuire



Erika Berlin



Jacob Wells



Connor O'Leary



Lucy Turner



Carley Stieler



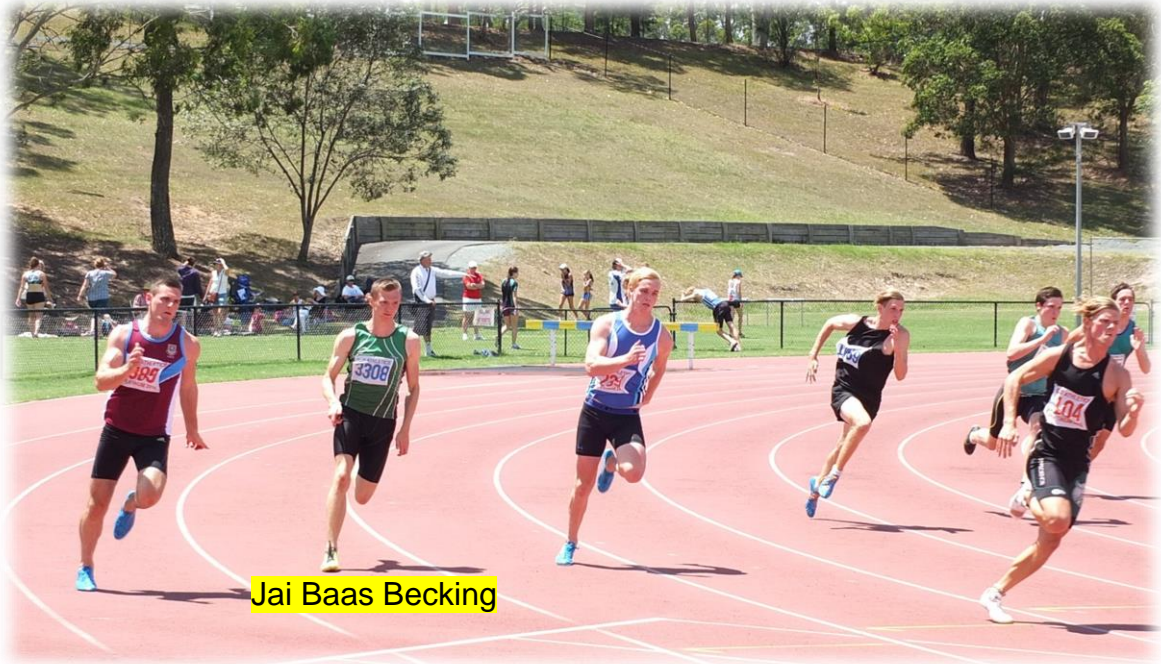
Emily Beston
Water Cold ?



Jack & Miriam Peni



Benjamin Peters
Flying High



Jai Baas Becking



Leslie Snuderl



Johnathan Taylor

Just a Thought'

I have learnt.....Be there, no matter what, to support those you love.

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.**

Answer to the Question

The winner of the **January** question was ***Wendy Chambers***

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

A new question is as follows:

The Beatles had many hit songs, now just tell me the missing word: 'She was just.....if you know what I mean'?

The **first** person to reply by email with the correct answer wins a prize.

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 1st 2014

Good Luck Team

LATE NEWS

The **Club Trophy Presentation day** will be held on Sunday 11th May 2014.

Put this in your little black book.

Be there or be square!!

Watch this space.

One Mile Gift

When: Saturday 3rd May

Where: Bundamba Racecourse

Prizemoney of at least \$5,000.

Events: 300m Open
1 mile Open
1 mile Junior.



Be sure to enter when registrations become available.

These races are help raise money for the Ipswich Hospital Foundation.

We are now on Facebook, search for Ipswich & District Athletic Club.

Be sure to like our page.