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Newsletter

29th March 2013

President's Message:

The results of the Nationals have made Newspaper headlines and there's more in this newsletter.

Congratulations to all for a sterling performance and for promoting the merits of our club. There are some who could not make it to Perth and many others who just missed out. That proves how much depth there is in the Club.

Congratulations to all for your performances in the 2012-13. The club passes on a special 'Vote of Thanks' to the parents and also for your contributions to the success of your sons and daughters athletic achievements this past season. Maybe you are having a well-deserved rest for a few weeks before starting your quest for the school season.

Sincere thanks to Andrew, Brad, Mick, Ted and Vic for the time, effort and expertise you have given to developing our athletes.

Bailey

Congratulations!



An excellent result with our junior athletes was achieved at the recent Australian Junior Track & Field Championships.

A record of 1667 athletes competed at the Challenge Stadium in Perth

The medal results are as follows.

U/14 to U/20yrs

Tuesday 12th to Sunday 17th March 2013
Western Australian Athletics Challenge Stadium, Perth

Cassie Purdon U/18yrs got a **Bronze** medal in the High Jump, on the first day of competition with another **World Junior Qualifier** leap to again equal her **PB**. **Cassie** walked 10klm (with mum) and this was after missing the bus from the track back to her hotel the day before competition. Cassie had definitely tired legs carrying all her gear with her. It was an amazing feat.

Carley Stieler U/14yrs after a week of sightseeing around Perth did a **PB** of four centimetres to get the **Silver** medal in the High Jump. **Carley's** mum was overwhelmed by her performance as it was **Carley's** first attempt at a national title.

Madeline McGuire U/17yrs did a season best in the 800m to get a **Bronze** medal after being boxed in for most of the race until the last 200m metres and then **Madeline** stormed home to get 3rd. It was a gutsy effort right to the finish.

Larissa Chambers U/20yrs ran a fantastic leg in the 4 x 400m Relay for the Queensland team to get a **Silver** medal.

Johnathon Taylor efforts proved to be outstanding for he was attending his first nationals and was most delighted to make it to the finals of the 100m and 200m. **Johnathon** (now known as **Johnno**) was ecstatic when he anchored the 4 x 200m Relay to win a **Gold** medal by 0.05 of a second. **Johnno** was also part of the 4 x 100m Relay where the Queensland team finished with a **Bronze** medal.

Emily Beston was a little unlucky to have not taken home a medal. **Emily** was beaten by 0.02 of a second, but did do a **PB** of 4.17 seconds which definitely made up for the disappointment of missing a medal. It was wonderful race to witness.

Carley Stieler	High Jump	U/14yrs	1.58m	2nd	PB
Raemiga Elle Raeli	Discus	U/15yrs	35.29m	5 th	
Majella Cassidy	90m Hurdles	U/15yrs	14.75	11 th	PB
Majella Pearl	90m Hurdles	U/15yrs	14.44	10 th	PB
	200m Hurdles	U/15yrs	31.72	7 th	PB
	High Jump	U/14yrs	1.49M	9 th	
Ashlee Stieler	90m Hurdles	U/15yrs	14.13	13 th	
Emily Beston	2000m Steeple Chase	U/16rs	7.27.45	4 th	PB
Madeline McGuire	800m	U/17yrs	2.15.12	3rd	SB
Erika Berlin	400m Hurdles	U/18yrs	69.26	7 th	

Larissa Chambers	100m	U/20yrs	12.39	7 th
	200m	U/20yrs	25.14	6 th
	4 x 400m Relay	U/20yrs	3.51.68	2 nd
Aaliyah Chambers	400m Hurdles	U/20yrs	73.07	15 th
Cassie Purdon	High Jump	U/18yrs	1.78m	3 rd
		(Equal PB & World Junior Qualifier)		
Jacob Wells	800m	U/15yrs	2.15.63	13 th
Johnathon Taylor	100m	U/16yrs	11.46	7 th
	200m	U/16yrs	23.11	4 th
	4 x 100m Relay	U/16yrs	44.35	3 rd
	4 x 200m Relay	U/16yrs	1.32.72	1 st
Daniel Parnell	400m	U/16yrs	55.04	17 th
Joshua Stockill	400m Hurdles	U/18yrs	56.26	5 th

Our Club finished with **1 Gold**, **2 Silver** and **3 Bronze** medals along with 6 **PB's** and a **SB** recorded by our athletes.

The next Australian Junior Track & Field Championships will be held in Sydney, March 2014.



**Cassie Purdon & proud Coach Bailey Pashley
Bronze Medalist U/18yrs High Jump**



**Carley Stieler
Silver Medalist U/14yrs High Jump**





Larissa Chambers
Silver Medalist U/20yrs 4 x400m Relay

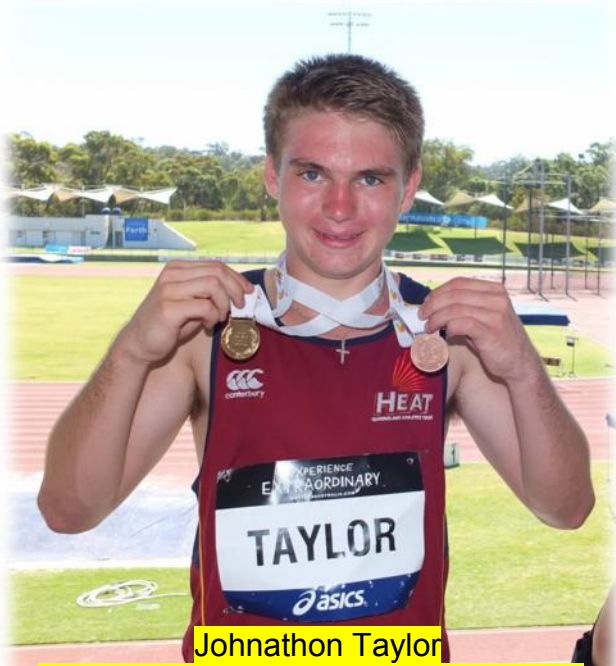


Madeline McGuire
Bronze Medalist U/17yrs 800m

Go for
2 & 5[®]
FRUIT VEG



Erika Berlin U/18yrs 400m Hurdles



Johnathon Taylor
Gold Medalist U/16yrs 4 x 200m Relay
Bronze Medalist U/16yrs 4 x 100m Relay



Excited mum Kerrie with Carley Stieler
Carley on the phone telling the family of a **PB**



Annie, Madeline & Ros McGuire



Aaliyah, Emily, Larissa & Johnathon



Larissa, Jackie Brynes, Josh Stockill & Johnno
National Sprint Coach



Ashlee, Majella & Majella



Jacob



Daniel



Raemiga Elle



The warm up track



Aaliyah & Emily looking great!



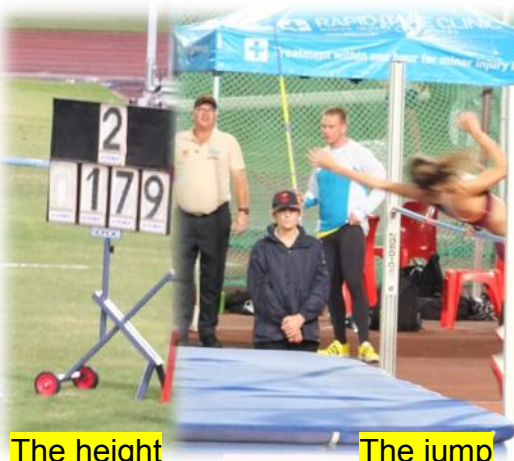
Johnathon with Melinda Gainsford -Taylor
Commonwealth Champion & Olympic Representative



A view in Kings Park, Perth

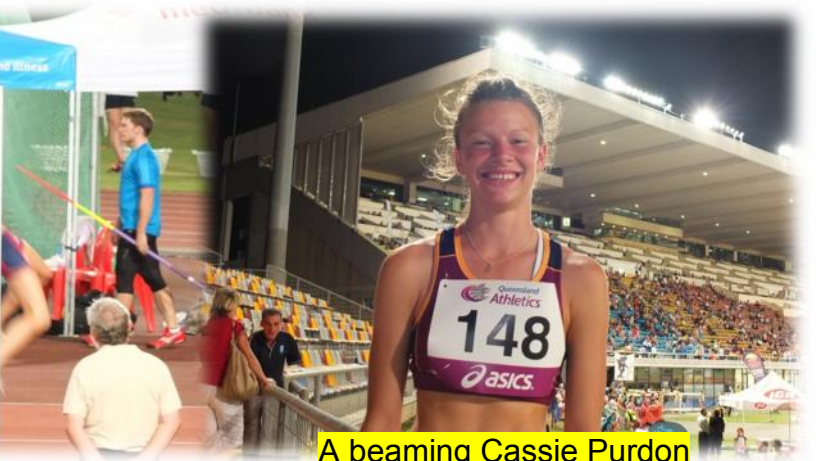
Queensland Track Classic, Brisbane

Cassie Purdon has been able to go one centimetre better by winning the **Queensland Track Classic** Women's Open High Jump on Saturday night with a magnificent leap of 1.79m, a **PB**. It was wonderful to see a gleam in Cassie's eye after the event.



The height

The jump



A beaming Cassie Purdon



Josh Stockill 4 x 400m Relay



Melinda Gainsford –Taylor, Larissa Chambers & Jackie Byrnes
100m & 4 x 100m Relay

One of the truly great runners of Australian athletics history, 3 time Olympian (Olympics 1992, 1996, 2000) **Melinda Gainsford-Taylor** is the dual 100m and 200m National Record Holder.

Melinda Gainsford-Taylor represents a truly unique Australian talent. As popular with the media as she is with the greater public, Melinda's relaxed and endearing personality, combined with her professional approach, make her a delight to work with. Melinda is the ideal choice as an MC or guest speaker for those looking for someone who has worked hard to achieve the highest levels of success in their chosen field whilst being able to relate her approach to success to a broad range of subject matter and issues.

Melinda is now enjoying coaching running technique to children who want to improve their explosive speed. Being a country girl at heart, Melinda's down to earth demeanour offers a perspective of success that is not often seen today; unaffected and natural.

Her ability to engage with audiences on any level and deliver insightful, life experiences has kept her very busy with ongoing speaking engagements for charities, businesses and the ambassador for several companies.

The Queensland Open and AWD Track & Field Championships

The **Ipswich & District Athletic Club** had eight athletes competing on the 26 – 28th March at QSAC, Brisbane. All competition was held during the evenings.

Cassie Purdon 17yrs at her first Open Competition won a **Gold** medal in the Open Women High Jump, with another **World Junior Qualifier** leap to again better her previous **PB**. **Cassie** has now had three **PB'S** at three consecutive major competitions, the sky is the limit.

Cassie's effort was more even more exciting as the **Gold** medal was shared with Maroochydhore athlete **Ashleigh Reid** 25yrs. It was a truly memorable contest as both girls, even after jump offs, they could not be split. Well done.

Larissa Chambers had a remarkable recovery after a hamstring tightening on the Saturday night to come out and secure a **Bronze** medal in the Open Women's 100m and then followed up with a **Silver** medal in the Open Women 200m. It was her first Open Championships.

Connor McNamara had lots of support from his training partners and family as he gave a determined display of Steeplechasing when he won a **Silver** medal in the Open Men 3000m Steeple Chase at his first Open Championships. **Connor's** strong point was his ability to hurdle barriers and do wonderfully well at the water jump and finish with a **PB** of **17.02 seconds**. It was marvelous to watch. **Connor** is going to Sydney for the Australian Open Championships 11-14th April.

Scott Tuohy was very happy with his result at his first Open Championships where he managed to get a **PB** in Open men 100m and more importantly a **=PB** in the 200m Open men Final. Well done. **Scott** hopes the experience at Stawell this weekend will inspire him to even better results.

The list is as follows;

Cassie Purdon	16yrs	High Jump	1.80m	1st	PB
Larissa Chambers	17yrs	100m	12.22	3rd	
		200m	24.97	2nd	
Connor McNamara	20yrs	3000m Steeple Chase	9.58.98	2nd	PB
Scott Tuohy	27yrs	100m	11.50	11 th	PB
		200m	22.72	5 th	=PB

Scott is also running in the **Stawell Gift** over Easter.

John Purdon	21yrs	Javelin	59.69m	4 th	
Aaliyah Chambers	18yrs	400m Hurdles	72.94	7 th	
Liam Henry	21yrs	Discus	42.14m	7 th	
Lindsay Maher	21yrs	100m	12.45	19 th	
		200m	25.26	14 th	



Cassie Purdon & Ashleigh Reid
A golden moment



Connor McNamara



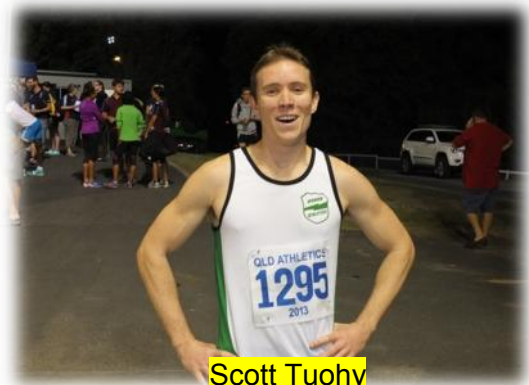
Larissa Chambers



Cassie Purdon



Connor with excited mum Louise McNamara



Scott Tuohy

Committee Notes

Our next Monthly committee meeting is on **Tuesday 2nd April 2013** at 7pm. All welcome.

Just a Thought'

I've learned that....Never miss an opportunity to encourage and nurture a child - help them to become the best person they can be.

Track & Field InterClub Competition

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

www.qldathletics.org.au

Happy March Birthdays

Rochelle Vidler

Johnathon Taylor

Rhiana Webber

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 **February** question was **Emily Beston**

The correct answer was: **“Throw the ball straight up in the air.”**

A new question is as follows: *A Petri dish hosts a healthy colony of bacteria. Once a minute every bacterium divides into two. The colony was founded by a single cell at noon. At exactly 12:43 (43 minutes later) the Petri dish was half full. At what time will the dish be full?*

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

Email: - vgpascoe1@bigpond.com.au

Club Training Nights

The last official training session for the summer nights was on **Wednesday night 27th March 2013** and will **recommence** on **Monday 8th April 2013** and **Wednesday nights**. That's right this year right through winter we train two nights a week.

Any other extra training sessions can be arranged with your Coach.

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

CLUB BREAKUP

Please note that the Club will hold its annual **Trophy Breakup at 11.00am on Sunday 19th May 2013**. Many trophies are given out on this day, so please support all our members by attending.

A mystery guest speaker will be commencing the breakup - .watch this space!

Following the breakup our Club's **Annual General Meeting** will be held. **All positions** are declared vacant and this is your opportunity to become part of the Committee. Nomination forms for positions are available with the Secretary John Musters. **Ph. 3282 7004**

One Mile Gift

When: 4th May 2013

Where: Bundamba Racecourse, Ipswich.

\$5,000 for the One Mile Gift

\$750 for the 300m Gift

\$500 for the Junior One Mile Gift

Entries close 24th April



An Entry form is attached with this newsletter.

