



President's Message:

We knew we had three contenders for the World Junior Championship team but it was a nervous wait to see if the Athletics Australia selectors thought so too. All three had qualified above the standard but had to indicate their intention to travel if selected. Who Wouldn't! On behalf of our club members, "Congratulations Ladies. We are proud of you". May this experience inspire you and provide results for other National teams.

It has been a special month for the club with our National Junior competitors doing extremely well at the Sydney Nationals and for our LAs Dual members selected for their Nationals. You are all worthy national contenders. Congratulations coaches.

All the above is part on this month's Newsletter.

Best wishes to athletes competing in the Open and Combined Events Nationals.

The club is always pleased to offer athletes financial support to attend National Titles and this year we will be making a huge contribution as support to our representatives. That makes us happy to do so.

I need to ask for families to watch when our catering fund-raisers are on. We will need your support, even for a short time, to provide service for our guests. Keep watching for when and where. Happy wishes to all readers.

Bailey

Congratulations!

2014 SOUTH QUEENSLAND REGIONAL CUP

OVERALL POINT SCORE

Place	Region	Meet #1	Meet #2	Total	
1	Brisbane South	972	1079	2051	
2	Sunshine Coast & Country	773	687.5	1460.5	(That's us)
3	Gold Coast	677	696.5	1373.5	
4	Brisbane Central	531	635	1166	
5	Brisbane North	392	321	723	

Our Club provided quite a number of athletes for these two meets, well done.

Queensland Open Track & Field Championships 7-9th March 2014 Nathan, Brisbane.

Friday being the first night of competition made the beginning of an exciting weekend of Track & Field.

Connor O'Leary was the standout for the club by winning the men's 1500m in a time of 4.03.65 just 0.33 of a second ahead of the next runner following up from his heat of 4.04.22. It was only a few weeks ago I said **Connor** was capable of making the final but he went onto win in a fashion that you would expect from much older athletes. Connor's cool head and ability to use strategic nous was something to see. His proud mum was overwhelmed with his win.



Larissa Chambers ran 2nd in her 100m heat on Friday night in 11.98 and then lined up on Saturday night for the 100m final but after the field had gone almost 40m a recall gun sounded with some slowing for a moment and then continuing the race but **Larissa** eased down and stopped, thinking there was a break or an unfair start. After some deliberation the officials decided to rerun the race later in the night.

On the next attempt the race got under way but two runners had pulled out due to other commitments on the night or not being well enough to compete.

Anyhow after a long time after the race was over, all athletes of the race were called to the centre where the Track Referee

informed them that no electronic timing or photo finish had operated for that particular race.

The winner was clear cut but no one could determine who the place getters were until two members of the public came forward with their video cameras as they had been standing in the grandstand level with the finish line. The Track Referee quickly resolved the place getters after viewing both videos.

Unfortunately no times were recorded. **Larissa** got the nod for the silver medal by a whisker. Thanks to the videos we had a result that everybody was happy with. **Larissa** won a silver medal in the 200m Final 24.60 after being 2nd in her 200m heat 24.70.

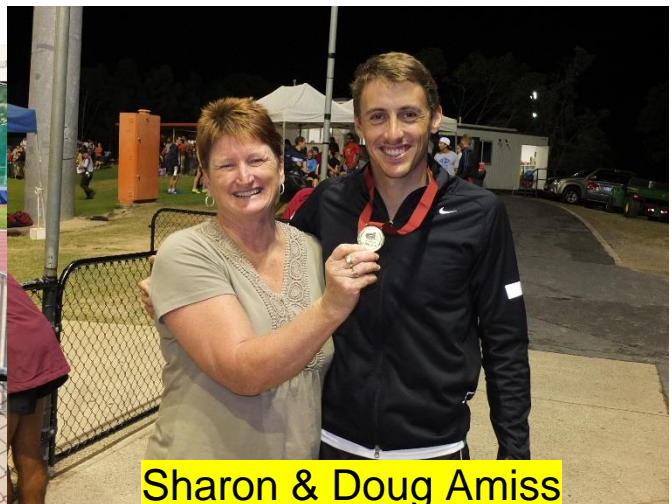
Cassie Purdon gained a silver medal in the High Jump with height of 1.75m. **Cassie** was disappointed on the night but will bounce back.

Doug Amiss won a silver medal in the 400m Hurdles Final in 55.06 but hopes to improve at next month's Australian Open titles in Melbourne.

Connor McNamara held on for a bronze medal in the 3000m Steeplechase Final 10.03.38 after competing in the 1500m final 4.23.10 the night before where he finished 10th to his club mate Connor O'Leary whilst suffering shin splints, very painful.



Paul & Connor McNamara



Sharon & Doug Amiss



Filoi Aokuso



Cassie Purdon

Filoi Aokuso finished with a throw in the Discus of 45.62m grabbing a bronze medal. **Filoi** is recovering from a back injury courtesy of a women's rugby league match a few weeks ago.

Scott Tuohy made it to the 400m final at his first attempt to finish a gutsy fourth place in 49.39 after running 49.84 in his heat.

Aaliyah Chambers ran sixth in the 400m hurdles final in 73.39.



A record of 2099 athletes competed at Olympic Park in Perth

The medal results are as follows.

Australian Junior Track & Field Championships
Olympic Park, Sydney 12 -16 March 2014

2014 **3 GOLD MEDALS**
6 SILVER MEDALS

2013 **1 GOLD MEDAL**
2 SILVER MEDALS
3 BRONZE MEDALS

23 athletes of the club competed at these Championships.

Annie McGuire	U/14yrs	High Jump	1.45m	7 th	SB
		Long Jump	4.98m	4 th	PB

Rochelle Vidler	U/14yrs	Triple Jump	9.10m	13 th	PB
		Shot Put	9.85m	7 th	
	U/16yrs	Discus	34.59m	1 st	PB
		Hammer	30.77m	5 th	
		Javelin	37.31m	2 nd	
	U/16yrs	Discus	34.13m	12 th	
Carley Stieler	U/15yrs	High Jump	1.62m	5 th	
Dayspring Koop	U/16yrs	Javelin	36.60m	8 th	
		Hammer	35.79m	9 th	
Majella Cassidy	U/16yrs	90m Hurdles	14.24	21 st	
		Long Jump	4.94m	9 th	
Kelly McNamara	U/16yrs	3000m	10.37.28	11 th	
		2000m Steeplechase	7.22.30	5 th	
Majella Pearl	U/16yrs	90m Hurdles	14.20	19 th	PB
		200m Hurdles	32.29	13 th	
		High Jump	1.59m	10 th	PB
		Long Jump	4.91m	10 th	PB
Madeline McGuire	U/18yrs	400m Hurdles	64.75 in heat	1 st	PB
			64.65 in Final	5 th	PB
Emily Beston	U/17yrs	2000m Steeplechase	7.28.55	4 th	
Tori Langton	U/17yrs	Discus	37.68m	8 th	PB
Larissa Chambers	U/20yrs	100m	11.97 in heat	1 st	PB WJQ
			11.69 in Final	2 nd	
		200m	24.53 in heat	1 st	PB
			24.22 in Final	2 nd	
		400m	56.38 in heat	2 nd	
			55.90 in Final	5 th	
4 x 100m Relay	47.20	2 nd			
4 x 400m Relay	3.44.64	1 st			
Aaliyah Chambers	U/20yrs	400m Hurdles	68.28	10 th	PB
Cassie Purdon	U/20yrs	High Jump	1.79m	2 nd	
Filoi Aokuso	U/20yrs	Shot Put	13.61m	2 nd	WJQ
		Discus	50.87m	1 st	
Jaxson Samuels	U/14yrs	High Jump	1.56m	6 th	PB
Yoo Bin Miller	U/14yrs	100m	12.73	6 th	PB
		200m	25.74 in heat	3 rd	PB
			DNS in Final, very ill.		
Rhys Carr	U/14yrs	Shot Put	11.01m	6 th	PB
		Discus	32.01m	5 th	

Zain Carr	U/14yrs	Shot Put Discus	8.90m 25.28m	10 th 9 th	
Jacob Wells	U/16yrs	2000m Steeple Chase	7.24.46	16 th	
Clinton Suthers	U/16yrs	1500m	4.22.52	11 th	
Johnathan Taylor	U/17yrs	100m 200m	11.40 23.00	11 th 14 th	
Jai Baas Becking	U/20yrs	100m	11.22	27 th	
Connor O'Leary	U/20yrs	1500m	3.55.60 in heat 4.02.19 in Final	3 rd 8 th	PB

Day 1

With the start of competition we saw excellent performances from **Emily Beston** in the women's U/17yrs 2000m Steeplechase by finishing 4th in 7.28.55 just missing the bronze medal by 0.59 of a second.

Larissa Chambers started with a bang by qualifying for the U/20ys 400m Final in finishing 2nd in her heat in 56.38.

Day 2

Filoi Aokuso had a great battle in the Women's U20yrs Discus, finishing first with a great throw of 50.87m. **Filoi** threw impressively to easily clear the WJQ mark of 47.57m and should book a spot on the Australian Spark Team.

Connor O'Leary ran an impressive 3.55.60 by finishing 3rd in a heat of the U/20yrs 1500m to qualify for the final. This was massive **PB** of 5.10 seconds.

Tori Langton in the U/17yrs Discus threw a **PB** of 37.68m at her first nationals.

Day 3 Friday

Rochelle Vidler in the women's U14yrs Javelin threw 37.31m claiming silver, it is an excellent achievement to receive a national medal especially when you do a **PB**.

Madeline McGuire ran a controlled race in the U/18yrs 400m Hurdles by finishing 1st in her heat in a time of 64.75, a new **PB** to qualify for the final.

Day 4 Saturday

All season throughout 2013 and 2014 we have seen **Larissa Chambers** come so close to a world junior qualifier in a variety of events 100m 200m and 400m, she has been consistent and sometimes unlucky with illegal wind readings, but on day 4 the stage was set, a dry track, slight tail winds and strong competition. The gun went and **Larissa Chambers** flew out of the blocks, it was a battle between the Queenslander **Larissa Chambers** and the Victorian **Hanna Basic** with **Hanna** eventually out dipping **Larissa** on the line, but our champ was bouncing around jumping with joy as she had posted a legal world junior qualifier of 11.69s, more impressive she bettered

the Australian junior meet record of 11.76 held by Olympic champion **Sally Pearson (McLellan)** and **Carla Williams**.

Madeline McGuire finished 5th in the final of the U/18yrs 400m hurdles with another **PB** of 64.65.

To finish off the day our Queensland sprinters got back out on the track during the 2014 Sydney Track Classic and our women's under 20yrs 4x100m relay won the silver medal. The women's team of **Lesley Scanlan, Aliyah Johnson, Casi Simmons** and **Larissa Chambers** finished with a time of 47.20 to win their silver medal.

After a long day and some terrific results our athletes got to unwind and watch World and Olympic champions compete at the 2014 Sydney Track Classic.

Day 5 Sunday

The final day of competition again began with Queensland medal in the women's discus and it was **Rochelle Vidler's** turn in the U14 women's discus, in a tight contest she became the 2014 Australian Junior Champion with a performance of 34.59m.

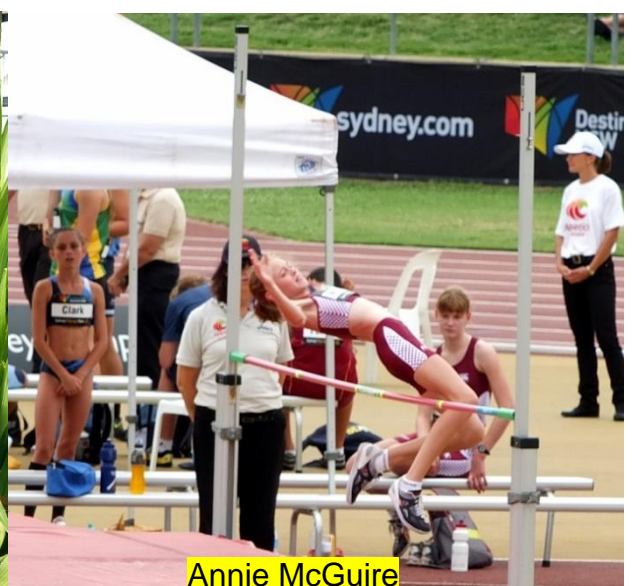
Larissa Chambers, capped off a brilliant national championships after being a finalist in all three sprints, a medalist in the 100m placed 2nd in the women's 200m and just missed out on another World junior qualifier, with a time of 24.22s.

Whilst over in the high jump Queenslander **Cassie Purdon** cleared 1.79m to claim the silver medal in the women's under 20yrs high jump competition.

The final event of the day was just exciting with the women's U20yrs 4x400m featured **Emily First, Courtney Geraghty, Mikhela Bayes** and **Larissa Chambers** and again it came down to the wire, and again the fighting Queensland spirit proved too strong, **Larissa Chambers** outlasted her Victorian opponent to claim the gold medal and title of national champions for 2014 with a time of 3:44.64s.

This a truly successful meet for Ipswich and one that will see plenty of athletes with their families and spectators walk away with life long memories.

A special thank you to all the supporters of this wonderful club.





Connor O'Leary



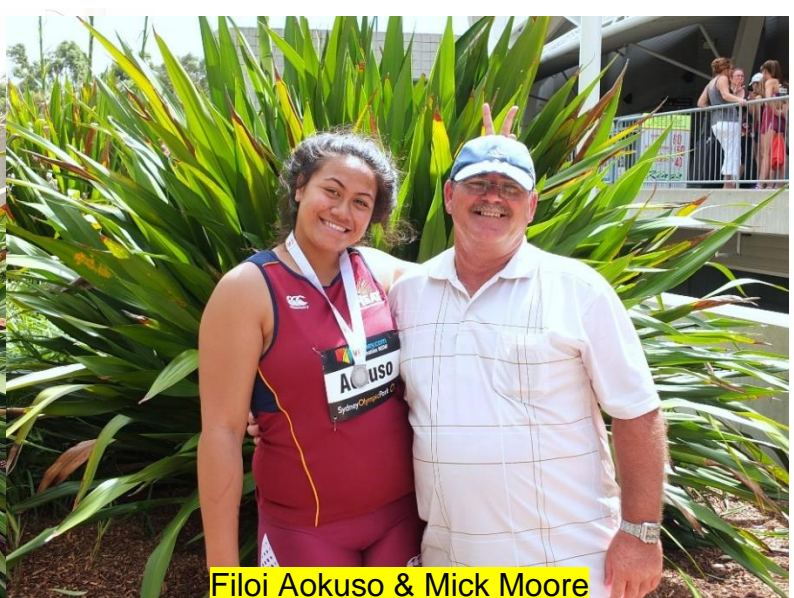
Sam & Jaxson Samuels



Did anyone see this??



Cassie Purdon



Filoi Aokuso & Mick Moore



Yoo Bin Miller



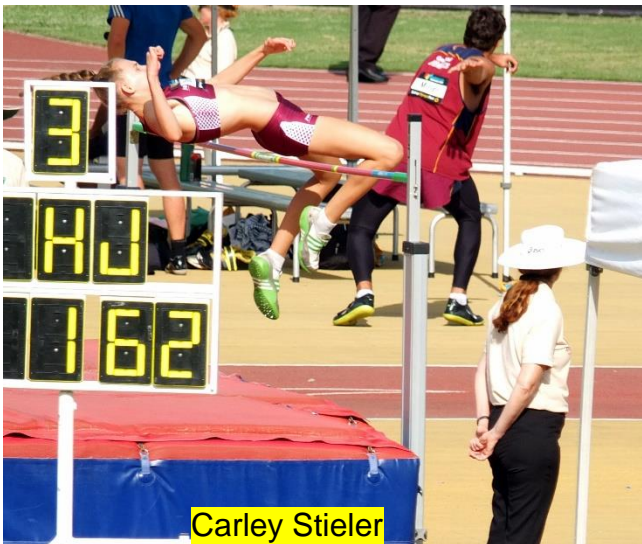
Emily Beston



Mick Moore, Zain & Rhys Carr



Jai Baas Becking



Carley Stieler



Carley getting instructions from Bailey



Alan & Clinton Suthers



Clinton Suthers



Johnathan Taylor



Majella & Corey Cassidy, Jean & Majella Pearl



Tori Langton



(Johnathan Taylor & Jaxson Samuels absent)

Presentation night



Larissa Chambers
Just being excited on WJQ for 100m

The next Australian Junior Track & Field Championships will be held in Sydney, March 2015.

Ipswich Golden Oldies

Darrin Norwood is one of our committee members and he competed in the Australian Masters Championships in Hobart 7-10th March 2014.

His medal tally is as follows:

Friday

Outdoor Pentathlon
 Long Jump 5.47m 1st
 Javelin 41.33m 1st
 200m 25.84 1st
 Discus 36.06m 1st
 1500m 2nd
 Total score 2512 1st

Weight Pentathlon
 Hammer throw 33.15m 1st **PB**
 Shot put 12.66m 1st **PB**
 Discus throw 35.49m 1st
 Javelin throw 43.53m 1st
 Weight Throw 11.44 1st **PB**
 Total score 2648 1st **PB**

Saturday		
Weight throw	11.13m	1 st
Javelin	45.17m	1 st
Long jump	5.52m	1 st
100m	12.50	1 st

Sunday		
Hammer throw	29.49m	1 st
Triple jump	11.37m	1 st
200m	25.33	1 st
High jump	1.40m	2 nd
Discus	36.36	1 st
4x100m Relay QLD Team		4 th



Monday		
Shot put	11.83m	1 st
Javelin champion of champions	45.46m	1 st

Total gold 11, 1 silver, 4th and champion of champions in javelin.

Two other club members **Patrick McCarthey** 30-34yrs and **John Musters** 60-64yrs did well at the **Queensland Masters Championships** on the Gold Coast 21-23rd March 2014.

This is their medal tally:

Patrick McCarthey 30-34yrs

60m	7.83	2 nd
100m	12.34	2 nd
200m	25.11	2 nd
Long Jump	5.67m	1 st

John Musters 60-64yrs

High jump	1.30m	1 st
Shot Put	9.97m	1 st
Discus	25.17m	3 rd
Hammer	17.75m	3 rd
Javelin	26.57m	2 nd
Weight Throw	9.17m	1 st

It only goes to show that there is a wealth of senior talent within the club, well done



Queensland Track Classic, Brisbane

Saturday night 29-03 2014

On a night of pleasant conditions for athletics and a small tailwind for the sprinters, our club members have once again done us proud.

Beginning with **Cassie Purdon** being 2nd in the Open High Jump with a leap of 1.77m, followed by our Mens Distance medley Relay 1200m, 400m, 800m & 1600m who finished 1st in an excellent time of 10.57.97. This team consisted of **Connor McNamara, Clinton Suthers, Jack Warner & Connor Oleary.**

The Women followed up with a 3rd placing in the Distance medley Relay 1200m, 400m, 800m & 1600m in a time of 13.15.15 and the team was **Aeysha Granzien, Erika Berlin, Madeline Madeline McGuire & Emily Beston.**

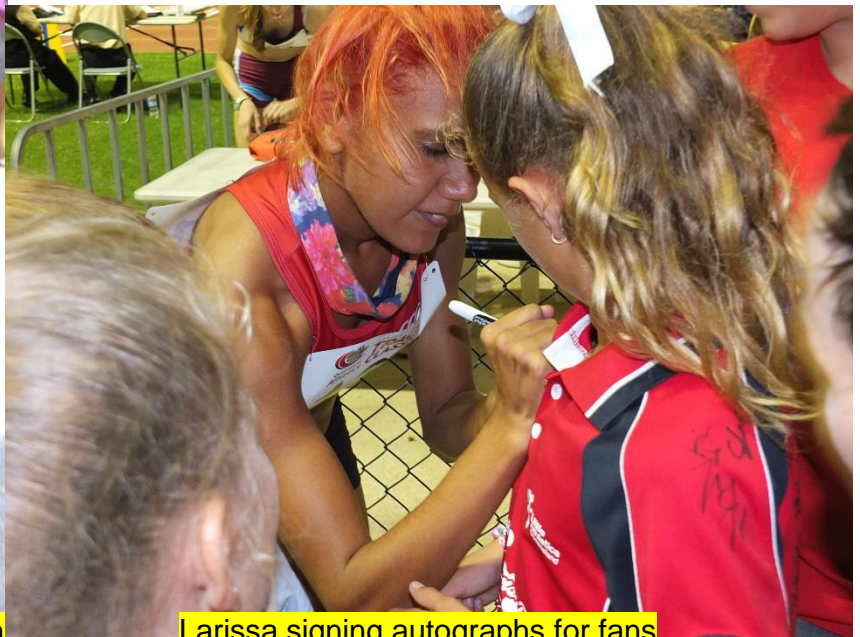
Then not to be outdone **Clinton Suthers** backed up in the U/16yrs 1500m and ran a PB of 4.18.42 lopping off 3.09 seconds off his previous best. Well done.

In the Open 4 x 100m National relay for Queensland, **Larissa Chambers** ran a very strong second leg with the team finishing 2nd in 46.85 missing first place by just 0.42 of a second. Larissa then ran 2nd in the Open 200m in a time of 24.58. Larissa also ran in the Open 100m against Sally Pearson and finished 9th in 12.02 in what could have been easily a national final as Sally did a Commonwealth Games 'A' qualifyier of 11.27.

It was a great night of athletics and those who weren't there missed a spectacle.



Connor's first fan "Ella" and autograph



Larissa signing autographs for fans

We may have start up a fan club for our impressive athletes. What do you think?

Our Dual Members

Some wonderful achievements by four of our current dual members set at the State Little Athletic Championships in Cairns 21st – 23rd March 2014.

Joel Walk (High Jump & Relay) and **Haley Wright** (1500m Walk & 400m) of Ipswich Little Athletics and **Rochelle Vidler** (Discus, Javelin & Shot Put) of Laidley Little Athletics were selected for the U13yrs State team to compete in the Australian Little Athletic Championships in Melbourne.

Tori Langton also of Ipswich Little Athletics won the “**George Harvey Award**” for displaying leadership, respect, perseverance, sportsmanship and enthusiasm in sport.



Some photos unavailable.

Many others performed well winning medals;

- Ryan Stewart** 2nd U/12yrs 1500m Walk
- Hayley Wright** 2nd U/13yrs 1500m Walk
- Annie McGuire** 2nd U/13yrs Long Jump
- Joel Walk** 1st U/13yrs High jump
- Rochelle Vidler** 1st U/13yrs Discus & 3rd Javelin
- Tara Chaplin** 3rd U/13yrs 200m and 3rd 400m
- Tori Langton** 1st Discus (QBP) and 3rd Shot Put
- Olivia Harvey** 1st U/17yrs 90m Hurdles and 2nd 200m Hurdles



It just goes to show we have a lot of depth within our club and the future is in good hands.

Committee Notes

Our next Monthly committee meeting is on **Tuesday 22nd April 2014** at 7pm. All welcome.

Just a Thought'

I've learned that....If you have ever planted a seed, you know the power and promise of hope.

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

Zoe Greinke

Clinton Suthers

Jarryd Vogler

Haley Wright

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 **Olivia Harvey**

The correct answer was: **"Seventeen."**

A new question is as follows:

We live in a wonderful country but can you name the highest mountain in Australia which was named by a Polish explorer?

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

Email: - vgpascoe1@bigpond.com.au

Club Training Nights

That's right this year right through winter we train two nights a week.

However there will be no official training on Easter Monday.

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 9.00am on Sunday 18th May 2014** at Brothers league Club, Raceview. Many trophies are given out on this day, so please support all our members by attending.

Mystery guest speakers will be commencing the breakup, be ready with your questions!

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 Registrar Greg Parnell on training nights. **Ph. 0408 858 551.**

One Mile Gift

When: 3rd May 2014

Where: Bundamba Racecourse, Ipswich.

\$5,000 for the One Mile Gift

\$1,000 for the 300m Gift

\$500 for the Junior One Mile Gift

Entries close 24th April



An Entry form is attached with this newsletter.

Renew your first aid certificate:
1300 336 613

AustraliaWide**FirstAid** 

Warming up for Winter



Although there is a lack of clear evidence that warming up every day prevents injury, anecdotal evidence and logic would suggest warming up should reduce the risk of injury, and at worst, not increase it. Here are 8 logical reasons why you should start your sporting game with a warm up and take **NO** shortcuts.

Warming up will:

1. Increase your body temperature which reduces the potential for muscle and connectivity injuries
2. Increase degradation of ox hemoglobin. In reality, warming up will help break down the chemical complex of oxygen, which enables it to separate from the blood and enhance its delivery to the muscle.
3. Increases blood flow to exercising muscles. The more blood that reaches the muscles, the easier the delivery of nutrients required for energy production.
4. Increase level of blood flow to the heart. More blood to the heart means a reduced risk for exercise-induced cardiac abnormalities.
5. Help promote sweating. Remember, sweat is good. Sweating reduces the amount of heat sorted in the body. Your body spends more energy cooling itself than through any other activity.
6. Enhances the speed transmission of nerve impulses. Need proof? Get out of bed and run to the front door. You'll probably bump into something or fall down. If you walked to the front door and stretched, you would be able to run like Forrest Gump.
7. Increases the blood saturation of the muscles and connective tissues. Sounds messy, but in reality the more blood reaching the muscles, tendons and ligaments, the better

the elasticity of these tissues. This means better performance and a reduced chance of injury.

8. Prepares the cardiovascular system for impending workload. Warming up helps the heart and blood vessels adjust to the body's increased demands for blood and oxygen.

Ensuring an **Effective** Warm-Up

To ensure an effective warm-up, you need to do movements that increase your heart rate and breathing, as well as increasing the temperature of your muscles. A good indication of an effective warm up is to the point where you have raised a light sweat.

If you want to put a time on it, general fitness will need 5-10 minutes (or slightly longer in cold weather). If you are warming up for a particular sporting goal, you may need to warm up for longer, as a team, or complete a warm up specifically designed for your sport.

"Health is the relationship between you and your body"



**"What a lucky break!
Not only do we FIND the Easter bunny...
BUT we catch him right when he's
making chocolate mini-eggs!"**