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Newsletter

30th March 2015

President's Message:

The Queensland Athletic Championships which included the Brisbane Track Classic saw many of our club athletes compete and be competitive with some excellent results.

At the Australian Junior Athletics Championships showed that our athletes can compete with the best. Congratulations to all those who competed but without the support of family and friends this would not happen. Well done coaches.

The club gave some financial support to national representatives and hopefully it is received in appreciation.

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

Vic

Queensland Open Track & Field Championships 5-8th March 2015 Nathan, Brisbane.

Thursday being the first night of competition made the beginning of an exciting weekend of Track & Field with the Brisbane Track classic being held on Saturday night.

Rochelle Vidler who will be 14 years this month led the way throwing the Hammer 40.41m to finish 6th on Thursday night and then finished 7th in the preliminary round of the Discus with a distance of 39.53m. **Rochelle** then performed at the Brisbane Classic later that night compete against her idol Dani Samuels the gold medalist who hails from NSW to finish 8th overall but gained the bronze medal with an improved distance of 40.23m for Queensland. Athletes from Victoria and Malaysia also competed at this event.

Signing autographs was something that **Rochelle** did for the very first time, maybe it is the start of a fan club.

Clare Sullivan is another athlete who is still 13 years finished in 11th position in the Discus preliminary round with a distance of 35.92m and then went on that night to finish 12th in the final with a distance of 33.79m.

It is a magnificent effort by Rochelle and Clare to compete at this level. Well done.

Larissa Chambers competed in the 100m heats 12.25, semi-final 12.15 and final finishing 7th in 12.46 and not much recovery as it was only an hour after the 400m final. Her efforts in the 400m heat 3rd in 56.94 and then winning the 'B' 400m final in 56.23 was amazing. She then competed in heats 3rd in 25.24 and the final of the 200m to finish 7th in the final with a time of 25.45.

Darrin Norwood did well to toss the Hammer a distance of 35.45m finishing 4th and followed up with a throw of the Javelin 46.45m to finish 14th. Darrin was hampered by injuries when doing the Australian Masters Decathlon 35-39yrs the previous weekend in Melbourne.

John Purdon threw the Javelin a distance of 56.13m to finish 10th.

Scott Tuohy ran in the 100m heats in 11.57 finishing 46th overall.

Aaliyah Chambers ran twelfth in the 400m hurdles final in 76.39.

Liz Melrose ran in the heats of the 400m in 1.04.07 finishing 26th overall.

Rickson Aliva at 11yrs competed in the Boys Fastest kid over 100m, this race was to encourage young athletes to have a compete amongst the older athletes at the Brisbane Classic. Kids from the age of 10-13yrs of 'Little athletic Clubs' ran in heats and finals, an experience they will never forget when you can sit next to your idol Sally Pearson.

Rickson ran 14.03 a PB in his heat and finished 8th in the final in a time of 14.23. This was all done after a day of competition at his Ipswich Centre Championships. Well done.



Rochelle Vidler & Dani Samuels



Clare Sullivan



Larissa Chambers



Sally Pearson & Rickson Aliva

Australian Junior Track & Field Championships
Olympic Park, Sydney 11 - 15th March 2015

2015

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

1 Meet Record

13 athletes of the club competed at these Championships.
11 – 15th March 2015

Emily Beston	U/18yrs	800m	2.24.24	9 th	
		2000m Steeplechase	7.53.29	8 th	
Rhys Carr	U/15yrs	Hammer	ND	--	
Kirra Csurhes	U/16yrs	90m Hurdles	15.63	27 th	
		200m Hurdles	33.27	18 th	
Aeysha Granzien	U/17yrs	2000m Steeplechase	7.52.00	20 th	
Tori Langton	U/18yrs	Discus	40.91m	5 th	
Daniel Parnell	U/18yrs	400m	50.10	7 th	PB
		800m	2.03.29	8 th	
Miriam Peni	U/17yrs	100m	12.34	2nd	
Indira Rakuita	U/16yrs	400m	1.02.29	24 th	
Ryan Stewart	U/14yrs	Discus	26.52m	8 th	
		4 x 100m Relay	54.04	3rd	
Clare Sullivan	U/15yrs	Discus	32.13m	10 th	
Jack Treschman	U/16yrs	High Jump	1.75m	9 th	
Rochelle Vidler	U/15yrs	Discus	42.29m	1st	PB
		Hammer	46.76m	1st	Meet Record
		U/17yrs Discus	38.64m	5 th	
		U/20yrs Hammer	40.37m	13 th	
Jack Warner	U/20yrs	3000m Steeplechase	10.48.14	14 th	

What a way to start an Australian Junior Athletics Championship at Olympic Park, Sydney, **Rochelle Vidler** throwing the Hammer to set a new **Meet Record** and claim the gold medal of 46.76m in the U/15yrs. This amazingly talented athlete then followed up with another gold medal performance in the U/15yrs Discus with a massive **PB** of 42.29m.

Rochelle then competed well outside her age group when competing in the U/17yrs Discus finishing 5th in 38.64m and also in the U/20yrs Hammer where she threw 40.37m to finish 13th in Australia, a truly top performance.

Miriam Peni ran 2nd in her heat in 12.49 and was considered an outside chance in the final. However **Miriam** ran the race of her life, starting brilliantly, in the U/17yrs 100m to finish with a Silver medal in the time of 12.34.

Miriam has now been placed into a squad of athletes to compete at the South Pacific Games to be held in Port Moresby, PNG in July 2015. Final selection for the PNG team will be announced mid-April 2015.

An invitation to compete at the Melbourne Track Classic in the Oceania 100m Challenge race happened and was accepted. Miriam finished 4th in 12.48 running into a headwind.

To have a photo of Jack Hale (17yrs 10.38 for the 100m) and Miriam was an absolute highlight along with Melinda Gainsford-Taylor (former Australian record holder of 100m).

Ryan Stewart is more noted to being a field event athlete especially Discus 8th with a throw of 26.52m but when asked to compete in the U/14yrs 4 x 100m relay **Ryan** made the most of it when running a strong second leg of the race. The team finished with a Bronze medal in a time of 54.04.

Daniel Parnell had a very hard schedule to meet when he competed in the U/18yrs 400m and 800m events. The 800 heats (1.58.03) were on Thursday afternoon, the 400m heats (50.10) **PB** on Friday morning with the 800m final on Friday afternoon where he finished 8th in 2.03.29. Then on Saturday afternoon he backed up for the 400m final where he finished 7th in 50.27. It was a magnificent effort.

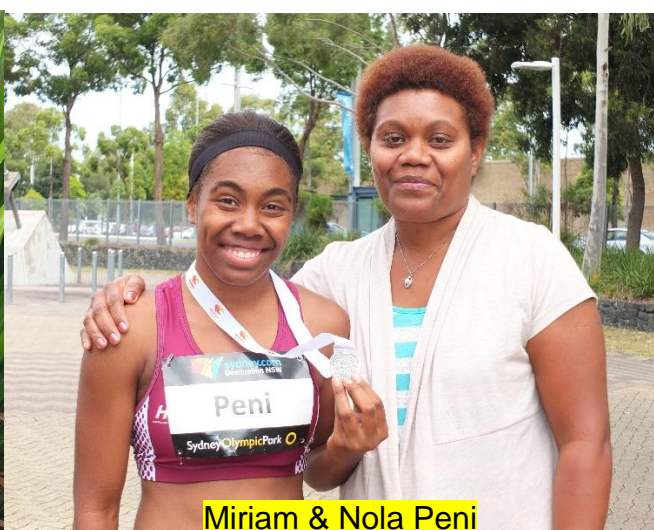
Other team members to put in strong performances were **Tori Langton** in the U/18yrs discus with a throw of 40.91m, **Clare Sullivan** was 10th in the U/15yrs Discus hurling it 32.13m and **Jack Treschman** in the U/16yrs High Jump of 1.75m finishing 9th. It was Jack's and Clare's first National Championship.

Just to get to this level is a marvelous achievement, but making it to be in the top 10 is magic.

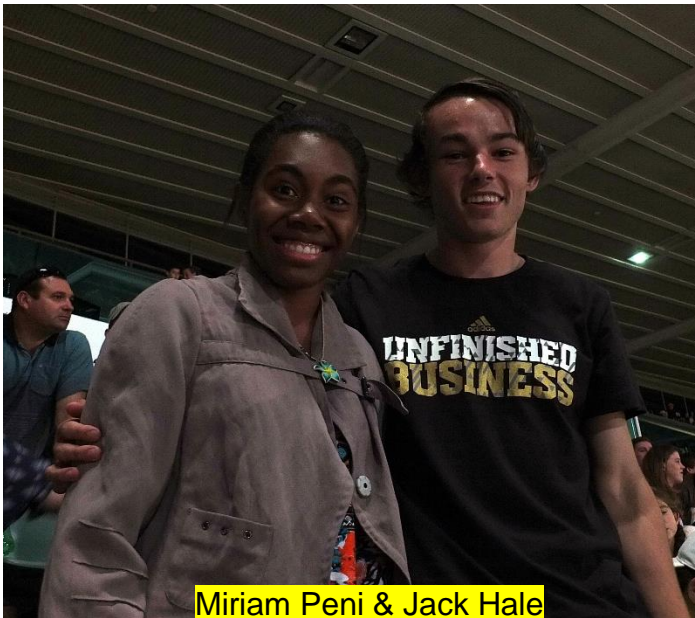
A special thank you to all the supporters of this wonderful club.



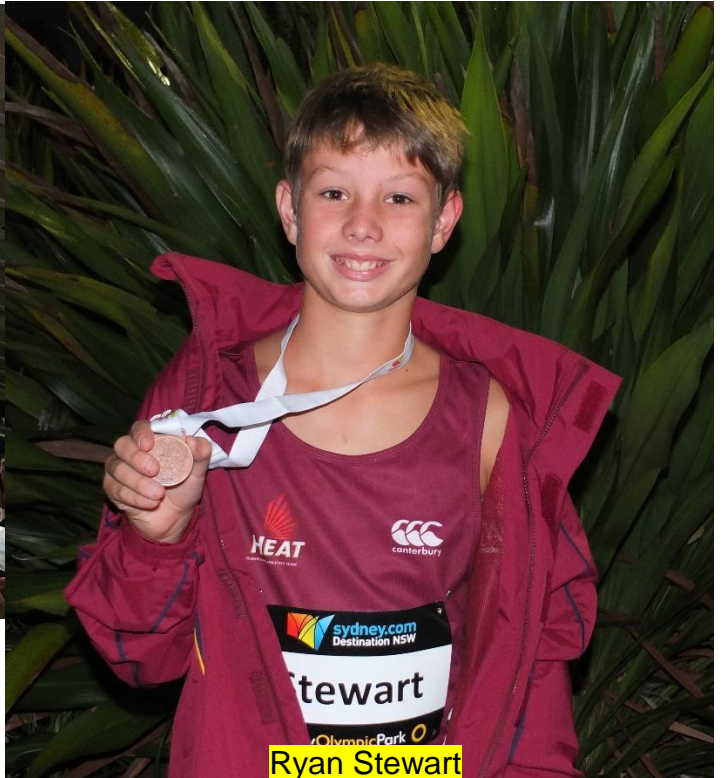
Michael Moore & Rochelle Vidler



Miriam & Nola Peni



Miriam Peni & Jack Hale



Ryan Stewart



Back Row Clare Sullivan, Tori Langton Ryan Stewart Aeysha Granzien, Emily Beston Jack Warner

Front Row Indira Rakuita Rochelle Vidler Miriam Peni Kirra Csurhes



The next Australian Junior Track & Field Championships will be held in Perth, March 2016.

Ipswich Masters

Club members **Patrick McCarthy** 30-34yrs, **Darrin Norwood** 35-39yrs, **Steven Graham** 40-44yrs and **John Musters** 60-64yrs did well at the **Queensland Masters Championships** at QSAC on 14-15th March 2015.

This is their medal tally:

Patrick McCarthy 30-34yrs

60m	7.59	1 st
100m	12.08	1 st
200m	24.44	1 st
Long Jump	5.98m	1 st

John Musters 60-64yrs

High jump	1.33m	2 nd
Shot Put	9.07m	1 st
Discus	25.28m	2 nd
Hammer	17.19m	3 rd
Javelin	27.18m	1 st
Weight Throw	9.52m	2 nd

Darrin Norwood 35-39yrs

Shot Put	13.71m	1 st
Discus	38.96m	1 st
Javelin	45.69m	1 st
Hammer	37.65m	1 st
Pole Vault	3.60m	1 st
Weight Throw	12.12m	1 st

Steven Graham 40-44yrs

60m	7.86	2 nd
100m	12.59	2 nd
200m	25.18	2 nd
110m Hurdles	21.96	1 st
Long Jump	4.99m	1 st
Triple Jump	8.68m	1 st

It seems as though as masters they are improving with age (just like wine) as the majority of the events were an improvement on last years performances. This only goes to show that there is a wealth of senior talent within the club, well done and congratulations.



Brothers Kindred Club

The committee wants to make all club members and parents be aware that our Club is part of the Brothers Kindred Club. This association encourages juniors in their chosen sports to be acknowledged for their commitment and dedication to their respective sports for a Junior Sports Star monthly award.

The association also likes to encourage juniors for doing their best, helping around the Club and assisting others who may need that little bit of assistance in techniques etc., please advise Vic Pascoe (Club delegate and publicity officer), of any junior you may think needs to be entered for an Junior Sport Star Encouragement monthly award. **Please phone Vic on 0409 754 884.**

Congratulations go to **Miriam** for receiving the Junior Sports Star Award of the month for March 2015.



Committee Notes

Our next Monthly committee meeting is on **Tuesday 28th April 2015** at 7pm. All welcome.

Just a Thought'

I've learned that....Arrange a quiet meal with your partner this week. Begin the conversation by saying, "Tell me about....." Then listen.

Track & Field InterClub Competition

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

www.qldathletics.org.au

Happy March Birthdays

Rickson Aliva

Rochelle Vidler

Kiara Condon

Zoe Greinke

Michael Todd

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.**

Answer to the Question

The winner of the **February** question was **Lizzy Melrose**

The correct answer was: **“2nd Place.”**

A new question is as follows:

**A sundial is a timepiece that has the fewest number of moving parts.
Which timepiece has the most moving parts?**

The **first** person to reply by email with the correct 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 10.45am for an 11am start on Sunday 24th May 2015** at Brothers league Club, Raceview. Many trophies are given out on this day, so please support all our members by attending.

Club Champion award

Achiever of the Year award

Les Scott Encouragement Award

Bremer Chiropractic U/20yrs award male & female

Rookie of the year award male and female

Most Interclub Participation award

Highest points for various categories many more.

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

At 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: Saturday 2nd May 2015

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 Monday 20th April 2015.

An Entry form is attached with this newsletter.

It is also on our website, club FB page and the QAL website.

Some of our parents of younger athletes have asked about this Osgood Schlatters Disease.



Osgood Schlatters disease is a very common cause of pain in children between the ages of 10 and 15 years old just below the knee at the top of the tibia or shin bone.

Symptoms

Symptoms of Osgood Schlatters disease typically consist of pain at the tibial tuberosity or bony bit at the top of the shin. The tibial tuberosity may become swollen or inflamed and may even become more prominent than normal. Tenderness and pain is worse during and after exercise and the athlete is likely to experience pain when contracting the quadriceps muscles or performing squat type exercises.

What is Osgood Schlatters Disease?

It was named after two physicians in 1903, Dr. Robert Osgood and Dr. Carl Schlatter. These Doctors defined the disease.

The disease is a very common cause of knee pain in children and young athletes usually between the ages of 10 and 15. It occurs due to a period of rapid growth, combined with a high level of sporting activity.

These changes result in a pulling force from the patella tendon, on to the tibial tuberosity which is the bony protrusion at the top of the shin. This area then becomes inflamed, painful and swollen. This is frequent in younger people because their bones are still soft and are not yet fully grown. It is seen more often in children involved with running and jumping activities which put a much greater strain on the patella tendon.

With repeated trauma new bone grows back during the healing process which causes a bony lump often felt at the tibial tuberosity. It mainly affects boys aged 10 to 15 years old and should clear up when they stop growing and the tendons become stronger, however, it can occasionally persist into adulthood.

Treatment

What can the athlete do?



Rest is the most important element of treatment. Only do as much exercise as it will allow without causing pain. Weight bearing exercise will make it worse. Keep your sessions few and high quality rather than training every day.

Apply ice or [cold therapy](#) to the knee regularly throughout the day to reduce pain and inflammation and particularly following activity or sport. Ice should be applied at least three times a day for 10 to 15 minutes. If it is particularly painful then ice can be applied for 10 minutes every hour. Ice massage with an ice cube is a convenient way to apply cold therapy to a specific area such as the patella tendon. Keep the ice moving as applying directly to the skin can cause ice burns.

Gently [stretch the quadriceps muscles](#) if comfortable to do so. Osgood Schlatters coincides with a growth spurt so if the bone has grown too quickly leaving the muscle tendon unit tight then stretching will help.



Use a patella knee strap or patella tendon taping technique to help reduce the tension on the knee. A patella strap or taping can absorb some of the shock or impact and change the angle the forces are transmitted through the tendon. It can be worn all the time if the knee is painful. A full neoprene knee support can keep the tendon warm and support the whole joint. It may be trial and error to see which type works best for you.

What can a sports injury professional do?

A Doctor can make a correct diagnosis to confirm it is not anything else causing the pain. A big part of managing the condition is [educating](#) the patient, parents and coaches about the condition and the importance of not over training.

They may use [sports massage techniques](#) on the quadriceps muscles and myofascial release techniques to help stretch the muscles. Ensuring the muscles are strong enough to cope with the loads placed on them is important. A sports injury professional will be able to advise on an exercise program that will allow the athlete to do as much exercise as possible and get the best results from your training.

In extremely severe cases they may do an [X-ray](#) to see exactly how much damage has occurred. A plaster cast can be applied for three weeks if pain is severe.

"Health is the relationship between you and your body"



Have a safe and Happy Easter