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Newsletter

23th March 2022

President's Message:

With the Coronavirus restrictions easing, it is very important that we stay safe and healthy during these troublesome times. We still need to follow all Covid-19 regulations and ensure washing hands for 20 seconds with soap and water etc.

The Australian Track and Field Athletics Championships are now scheduled for 26th March – 3rd April 2022. Without the support of family and friends this will not happen. A photo shoot of team members will occur when restrictions allow, watch for postings on FB.

The AGM and presentation is to be held on Sunday 29th May 2022 at Brothers Leagues Club at 11.00am barring any Covid-19 restrictions.

The Winter Carnival for 2021 is scheduled to run 21st August 2022, planning is underway.

The GPS X-Country Championships will be at Limestone Park on Thursday 19th May 2022, volunteers are required to operate the canteen, please let us know if you can help even for a short time.

Stay safe everyone during these traumatic and terrible times.

Vic

QLD Track & Field Championships 3rd March - 6th March 2022

Many of the athletes have qualified for the Australian 2022 Track & Field Championships will do their best at Olympic Park, Sydney, a team should be announced within a few days.

To gain a place into the final ten is a marvelous achievement for our athletes. They are a wonderful group of youngsters.

Mia Kertesz T/F40	U13yrs	100m	1 st	32.78	59.18%	Aust REC
		200m	1 st	71.39	60.42%	Aust REC
		400m	1 st	2.42.28	63 19%	Aust REC
		Shot Put	1 st	2.38m	25.45%	
		Discus	1 st	5.17m	20.43%	
Acacia Wohlsen	U14yrs	100m	2 nd	13.10		
		200m	4 th	26.99		PB
Addison Farinazzo	U14yrs	100m	3 rd	13.22		PB
		200m	8 th	27.21		PB
		400m	4 th	62.24		PB
		Long Jump	3 rd	4.76m		PB
Hayley Windolf	U14yrs	Javelin	6 th	24.34m		

Tamika Ritchie	U14yrs	100m	18 th	14.05	PB
		200m	16 th	29.17	
		400m	7 th	64.77	
		80m Hurdles	6 th	14.74	
Leah Leembruggen	U14yrs	200m	17 th	29.34	PB
		400m	11 th	72.65	PB
		80m Hurdles	7 th	15.52	
		Long Jump	6 th	4.24m	PB
Holly-Maree Matthew	U15yrs	1500m	9 th	5.02.46	
Mackenzie Crowley	U15yrs	Javelin	3 rd	29.78m	
		Shot Put	3 rd	11.59m	PB
		Discus	5 th	28.80m	
		Hammer Throw	2 nd	36.57m	PB
Isabella Willshire	U15yrs	200m	9 th	27.60	PB
		Long Jump	9 th	4.76m	
Indiana Platen	U15yrs	90m Hurdles	4 th	14.54	PB
		200m Hurdles	4 th	32.01	PB
		Long Jump	8 th	4.78m	PB
		High Jump	2 nd	1.60m	PB
Olivia Windolf	U15yrs	Shot Put	2 nd	12.31m	PB
		Javelin	1 st	34.46m	
		Discus	3 rd	36.68m	PB
Sophie Schutz	U15yrs	400m	7 th	63.65	
		800m	8 th	2.25.06	
		1500m	7 th	5.00.18	
Charlotte Parsons	U15yrs	400m	5 th	61.97	PB
		800m	6 th	2.24.01	PB
		1500m	6 th	4.50.86	PB
Tiana Parsons	U15yrs	400m	4 th	61.65	PB
		800m	7 th	2.24.49	
		1500m	8 th	5.02.09	
Allira Takau	U16yrs	Shot Put	1 st	14.99m	PB
Rylee Novinetz	U16yrs	800m	11 th	2.31.07	
		1500m	14 th	5.24.71	
Hayley Condon	U/16yrs	Shot Put	5 th	11.15m	
		Discus	5 th	32.81m	
		Hammer	2 nd	38.07m	PB
Abbie Severinsen	U16yrs	90m Hurdles	5 th	14.94	
		200m Hurdles	5 th	33.63	
		Javelin	8 th	26.55m	PB
		Long Jump	5 th	4.72m	PB

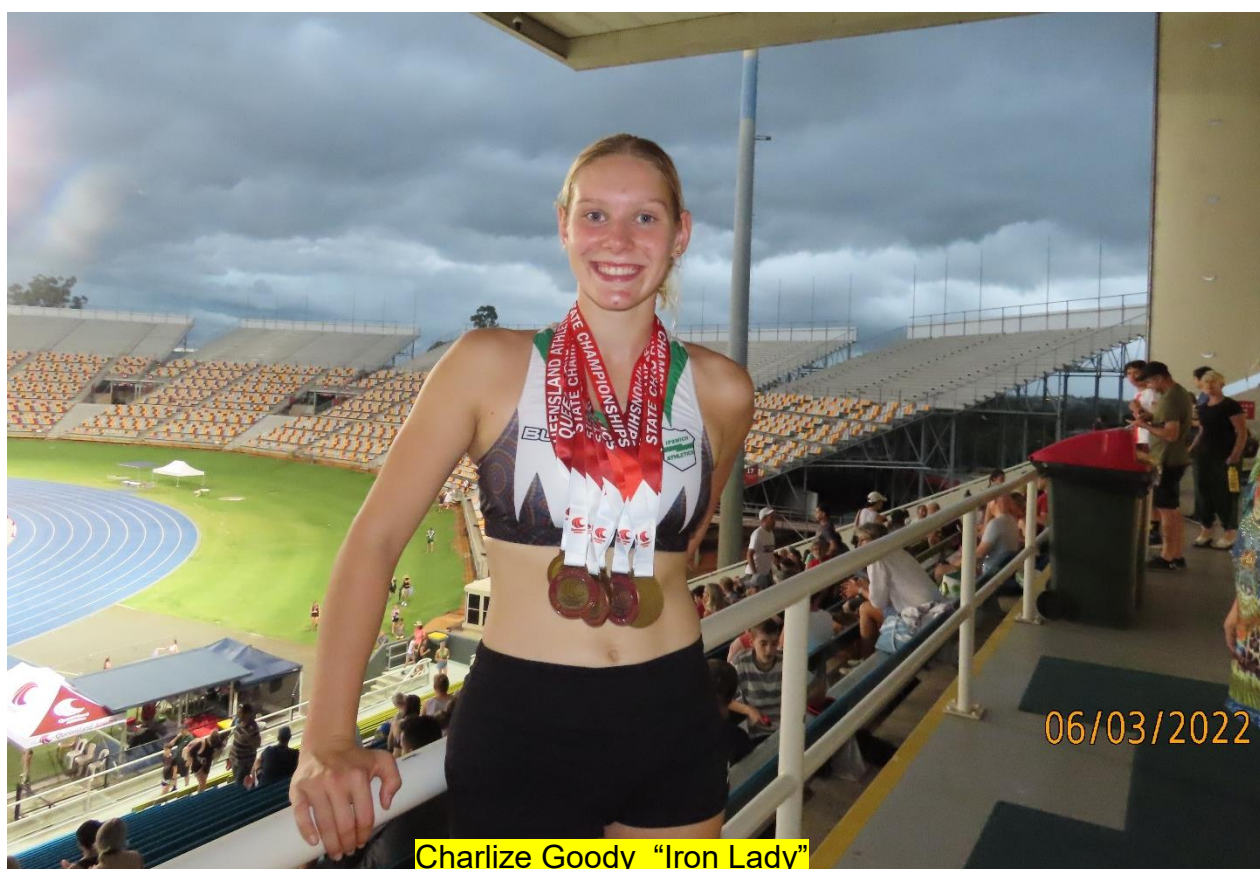
Grace Banford	U17yrs	Triple Jump	5 th	9.46m	PB	
		Long Jump	8 th	4.59m	PB	
Toby Stolberg	U17yrs	Open High Jump	2 nd	1.75m		
Lily Vine	U17yrs	100m	6 th	12.69	PB	
		200m	7 th	27.10		
		Long Jump	1 st	5.63m	PB	
Charlize Goody	U/17yrs	High Jump	2 nd	1.50m		
		Discus	1 st	46.06m	PB	
		Open Discus	3 rd	47.85m	PB	
		Shot Put	1 st	14.65m	PB	
		Javelin	1 st	47.39m		
		100m Hurdles	3 rd	15.27	PB	
		Hammer	1 st	44.87m		
Jessica Rowe	U/18yrs	Hammer	2 nd	51.54m		
		Discus	3 rd	40.37m		
		Shot Put	2 nd	13.91m		
	4kg Open	Hammer	8 th	44.38m	PB	
Rachael McNamara	U18yrs	800m	9 th	2.53.90		
		1500m	9 th	5.51.53		
Sophie Wilkins	U/18yrs	Shot Put	4 th	13.00m	PB	
		Long Jump	8 th	4.48m		
		400m Hurdles	6 th	84.74		
Aldora Tuilaepa	U18yrs	Hammer	3 rd	41.44m		
Camryn Novinetz	U/20yrs	10000m Walk	1 st	53.58.96		
Laylani Va'ai	U/20yrs	Discus	1 st	48.74m	PB	WJQ
	Open	Discus	5 th	46.45m	PB	
	U/20yrs	Shot Put	4 th	11.20m		
	Open	Shot Put	8 th	11.03m		
Jade Lally	Open	Discus	1 st	61.75m		
Archer Crowley	U14yrs	800m	13 th	2.28.72		
		1500m	24 th	5.15.01		
		High Jump	9 th	1.35m	=PB	
		Discus	7 th	26.58m		
		Javelin	3 rd	28.77m	PB	
Caleb Van Deventer	U14yrs	100m	6 th	13.60	PB	
		200m	8 th	27.36	PB	
		400m	8 th	65.69		
Connor Mathewson	U14yrs	1500m	13 th	4.47.45		

Harsith Rameshkumar	U14yrs	100m Long Jump	16 th ND	14.49	PB
Sebastien Sills	U14yrs	Discus	4 th	27.63m	
Simeon Anstey	U14yrs	100m 200m 400m	1st 2nd 5 th	12.52 25.53 61.50	PB PB
Angus Dine	U15yrs	100m 200m Long Jump Triple Jump	1st 3rd 5 th 1st	11.54 23.55 5.35m 11.96m	PB =PB
Blake McCartan	U15yrs	100m 200m	12 th 14 th	13.64 28.12	PB PB
Daniel Harlow	U15yrs	100m Hurdles 200m Hurdles Long Jump High Jump	1st 1st 1st 1st	13.78 28.12 5.81m 1.76m	PB PB
Dakota Stewart	U15yrs	400m 800m 1500m 2000m Steeplechase	5 th 3rd 10 th 6 th	57.32 2.08.68 4.48.13 7.13.67	
Hallam Cooper	U15yrs	Long Jump Triple Jump	9 th 4 th	4.97m 11.24m	PB
Hemi Rakuita	U15yrs	400m	4 th	57.15	PB
Joel Jakimowicz	U/15yrs	200m 100m Hurdles 200m Hurdles	12 th 5 th 6 th	26.92 15.48 31.18	PB
Aidan Titman	U16yrs	400m 800m	6 th 12 th	58.25 2.19.46	PB
Dempsey Russell	U/16yrs	100m 200m 200m Hurdles High Jump Long Jump	6 th 5 th 4 th =4 th 7 th	11.82 24.41 29.34 1.70m 5.71m	PB PB
Ethan Platen	U17yrs	200m 400m	14 th 3rd	24.51 54.13	
Kobe Blake	U/17yrs	110m Hurdles 2000m Steeplechase 400m Hurdles	5 th 6 th 3rd	17.72 7.57.69 61.86	PB

Cooper Blake	U/17yrs	High Jump	5 th	1.75m	=PB
		2000m Steeplechase	7 th	9.06.52	
Ky Dalby	U18yrs	Discus	3rd	38.63m	
		Shot Put	4 th	9.70m	
		Javelin	3rd	29.38m	
		Pole Vault	1st	2.40m	PB
Jaime Van Rensburg	U20yrs	Hammer	2nd	50.04m	PB
Connor Shaw	U20yrs	800m	10 th	2.01.62	PB
		1500m	16 th	4.24.89	
Zane Paterson	U20yrs	High Jump	2nd	2.05m	PB

2020	10 Gold	13 Silver	14 Bronze
2021	7 Gold	10 Silver	10 Bronze
2022	23 Gold	11 Silver	16 Bronze

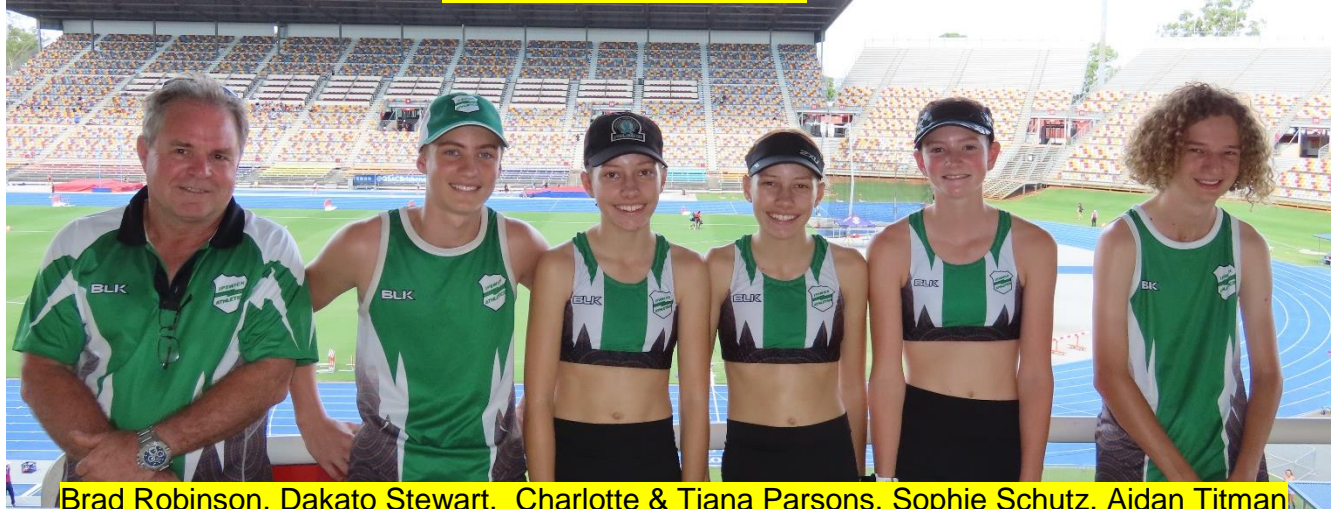
Excellent results this year with heaps of PB's and wonderful support by families, friends and Coaches. Many of our athletes have their sights on representing Australia in the near future, the Oceania Area Championships will be staged in Mackay during June 2022 on their tartan track.



Charlize Goody "Iron Lady"



Daniel Harlow "Iron Man"



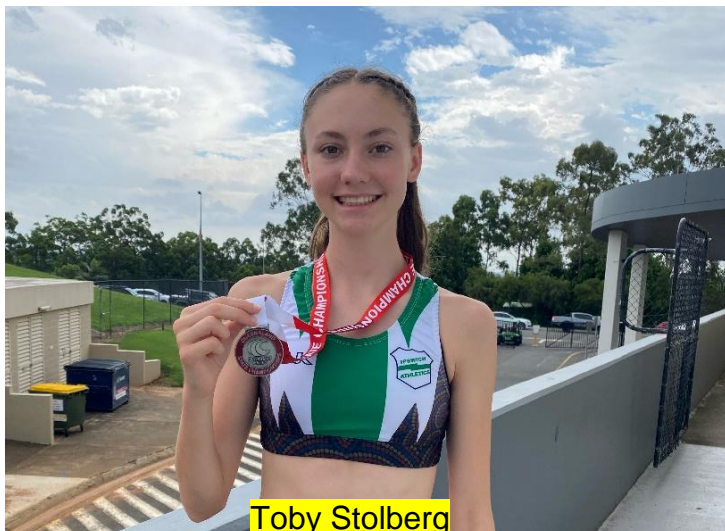
Brad Robinson, Dakato Stewart, Charlotte & Tiana Parsons, Sophie Schutz, Aidan Titman



Camryn Novinetz



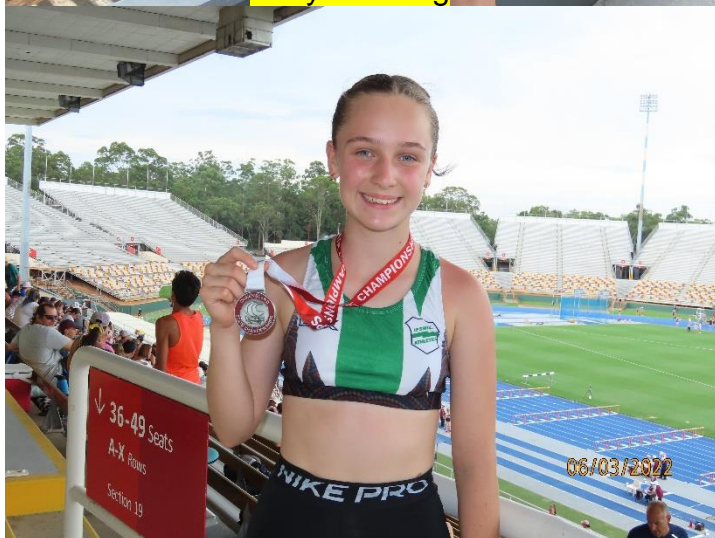
Ky Dalby



Toby Stolberg



Simeon Anstey



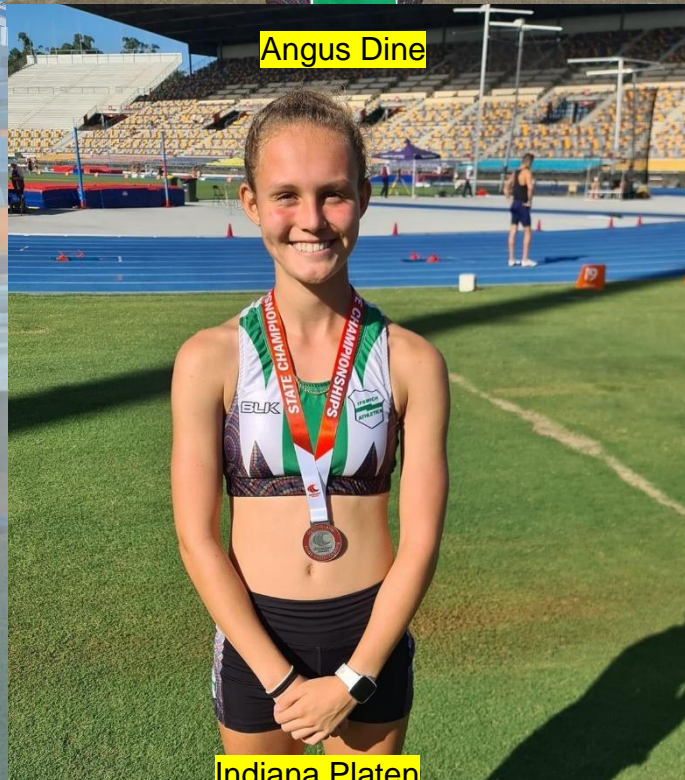
Acacia Wohlsen



Angus Dine



Lily Vine



Indiana Platen



Kobi Blake



Zane Paterson



Mia Kertesz



Mia Kertesz & Toby Stolberg



Rachael McNamara



Dempsey Russell



Isabella Willshire

Addison Farinazzo

Indiana Platen



It was a fabulous performance by all Club members along with their parents and supportive friends.

The coaches did a fantastic job in getting athletes to do amazing numbers of PB's, an excellent effort.

With the "Iron Lady" Charlize Goody and "Iron Man" Daniel Harlow leading the charge with Mia Kertesz, Simeon Anstey, Ky Dalby, Toby Stolberg and many others made it a memorable occasion for all.

Committee Notes

Our next Monthly committee meeting is on **Tuesday 26th April 2022** at 7pm. All welcome.

Just a Thought'

I've learned that You get out of your
life what you put in – so take risks.

Happy March Birthdays

Olivia Agiannitis Isabella Willshire Olivia Windolf Cooper Cross
Jorja Crocker Tahnee Beckers Ella Holding Owen Martin
Eloise Alderson Jade Lally Dakota Stewart Andrew Nieass
Jude Thomas Michael Thomas Caleb Van Deventer

Track & Field InterClub Competition

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

www.qldathletics.org.au

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, QSAC 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 **Sophie Schutz**

The correct answer was: **"FORTY"**

A new question is as follows:

Add the same word to each side of the equation to make the equation correct:
OPEN = CLOSED

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

Email: - vgpascoe1@bigpond.com.au

Club Training Nights

Training sessions on a Monday and Wednesday night at the Bill Paterson are on from 6.30pm to 8.30pm.

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

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

The “**Sydney Track Classic**” on 12th March 2022 saw club members compete at amazing levels and have a very bright future in the sport.

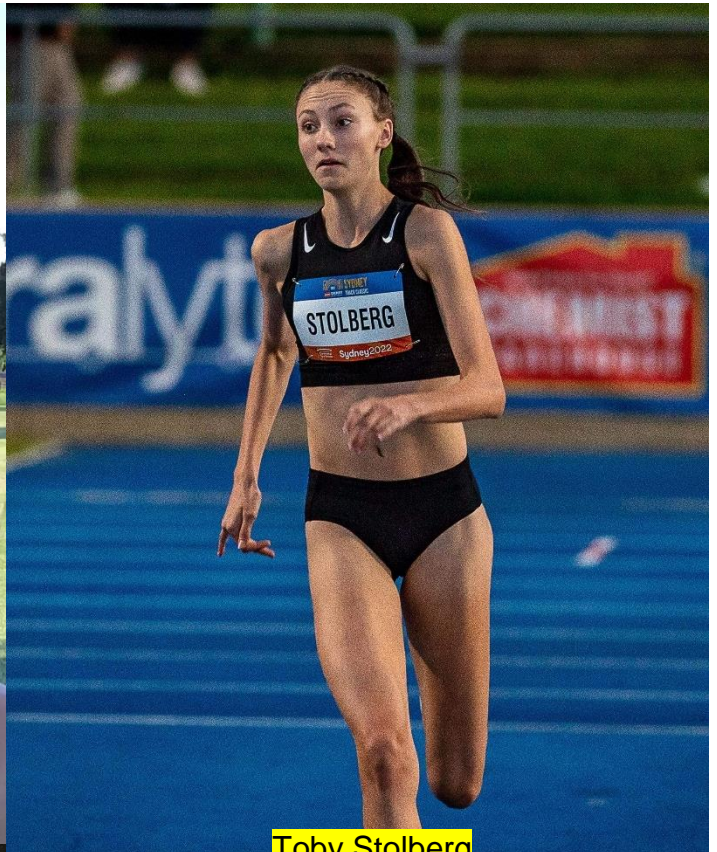
Jade Lally won the Open Women’s Discus with a throw of 59.90m, well done.

Toby Stolberg finished 3rd in the Open’s Women High Jump with a leap of 1.73m, not a great day at the office, but will do it soon.

Jude Thomas won the Australian Open Men’s 3000m Championship in a time of 7.47.26 smashing his own U20yrs Australian record by 4.85 seconds, a fantastic run when you consider **Jude** was in 8th position with one lap to go, started circling the field from the 350m mark pushing on to be challenging the leaders with 120m to go before reaching the lead at the 80m mark, from there it was an epic battle to the finish beating Cameron Griffith (NSW) and Sam McEntee 3rd from Victoria by the barest of margins, congratulations well deserved..



Jade Lally



Toby Stolberg



Jude Thomas

The **"Brisbane Track Classic"** will be held on the 9th April 2022 and it will showcase many of our own Club athletes.

CLUB BREAKUP

Please note that the Club is scheduled for its annual **Trophy Breakup** on Sunday 29th May 2022 at Brothers league Club, Raceview. Due to the Covid-19, Brothers Leagues Club follows all regulations so the presentation day can be held. Many trophies are given out on this day, **so please wait for further announcements.**

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 Club Participation award

Highest points for X-Country, Track and Field, male and female and many more.

A guest speaker will be commencing the breakup, be ready with your questions! Watch this space.

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. **Ph. 0409 754 884.**



Les Scott & Associates
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Oceania Athletics Championships



These Championships will be held at the Mackay Aquatic and Recreation Centre from 7th – 11th June 2022.

Our Club has paid up for an U16yrs team event that will be managed by Coach Brad Robinson.

Please contact Brad on email bradrobbo60@bigpond.com or phone after hours on 0423 921 615 if you would want to be part of the U16yrs team. Athletes must be born in 2007 or 2008. This is a marvelous opportunity to be representing our club at an International Championships event.

All other age groups U18yrs, U20yrs and Open have to nominate by this week at their respective portals.

Queensland U14yrs Relay Record.

The boys 4 x 100m and 4 x 200m records are now on display within our club.

These young stars of our sport are an absolutely an inspiration to our fellow club members by having a go and follow their dreams, yes we can do it.

