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## Newsletter

31<sup>st</sup> October 2012

**PRESIDENT'S MESSAGE:** Special congratulations to all club members who did so well at the All Schools last week-end. You have been rewarded for your preparation and your effort. Those who did not do so well, we know that you gave your best and you were good enough to compete in a State Championship.

We now wait and see who have nominated for the National All Schools. Congratulations Coaches.

There is an event coming up that the Committee wishes Parents and Athletes to be part of. A framework for a Club Strategy for the next five years has been developed and now we need you all to be involved in developing it further. As Athletes and Parents of athletes you can assist in steering the Club in the best possible way to prepare pathways that will provide the rewarding achievements for yourselves and your children. A Flyer for this event will be sent out very shortly so look for it. In the meantime put **Thursday NOVEMBER 15<sup>th</sup> 2012, 6.30pm** in your Diary for this event.

Currently there is a drive through local schools to recruit the region's best Track & Field athletes to the club. Sixty letters have been sent out. All current members are urged to bring in a new member.

Now the school season is over we move into Interclub which I hope you will all support as often as possible.

Bailey

## Congratulations!

# The return of the Mulgowie Gift

Well done to **Scott Tuohy** for his efforts at the 120m Mulgowie Gift on Monday 1<sup>st</sup> October 2012.

**Scott** won in 12.12 seconds (hand timing) when off a handicap of 15.00m.

Laurie Upton of Toowoomba was 2nd when off a handicap of 12.00m.

Isaac Dunmall of East Brisbane was 3rd when off a handicap of 9.00m.

**Scott** was 5th in the 110m Lightning Gift in Ipswich in August 2012 when off 14.00m in a time of 11.21 (electric timing).



**Laurie Upton, winner Scott Toohey and Isaac Dunmall.**

*The three Mulgowie Gift placegetters for 2012 happily pose for the cameras with their cheques in their hands.*

**Scott** then went to Noosa on Sunday 14<sup>th</sup> October 2012 and ran 3<sup>rd</sup> in the Noosa Surf Club Gift 100m final in a time of 10.21 when off a handicap of 11.5m.

It has taken a couple of years to improve his technique to a point where it is now. **Scott** is beginning to hit pay dirt and can only improve more with the training sessions he puts in. He manages to fit this all in while going to University to complete an engineering degree.

At the **Queensland Primary School Championships** 10–12yrs, Barlow Park, Cairns, 19–20<sup>th</sup> October 2012, the club had some members do very well.



**Rochelle**



**Elizabeth**



**Annie**



**Grace**

|                        |       |           |        |                       |
|------------------------|-------|-----------|--------|-----------------------|
| <b>Rochelle Vidler</b> | 11yrs | Discus    | 33.53m | <b>1<sup>st</sup></b> |
| <b>Elizabeth Raeli</b> | 11yrs | Long Jump | 4.52m  | <b>1<sup>st</sup></b> |
| <b>Annie Mcguire</b>   | 11yrs | High Jump | 1.39m  | <b>2<sup>nd</sup></b> |
| <b>Grace Raeli</b>     | 10yrs | Discus    | 31.36m | <b>3<sup>rd</sup></b> |

At the **Secondary School State Championships** QE11 in Brisbane 25/10/12 - 28/10/12 saw a number of club athletes do extremely well.

There were some marvelous performances. Just to watch these amazing achievements was just magic as I believe this group of athletes has a great chance in representing Australia some day.

The list is as follows;



**Majella**



**Dayspring**



**Ashlee**

|                        |       |                   |                       |        |           |
|------------------------|-------|-------------------|-----------------------|--------|-----------|
| <b>Majella Cassidy</b> | 13yrs | 80m Hurdles Final | <b>1<sup>st</sup></b> | 13.51  | <b>PB</b> |
| <b>Dayspring Koop</b>  | 13yrs | Javelin           | <b>2<sup>nd</sup></b> | 35.51m |           |
| <b>Ashlee Stieler</b>  | 14yrs | 90m Hurdles Final | <b>3<sup>rd</sup></b> | 14.03  | <b>PB</b> |

**Elle Raeli** 13yrs Discus 4<sup>th</sup> 35.03m **Photo Required**

**Emily Beston** 14yrs 800m Heat 3<sup>rd</sup> 2.22.53 **PB**  
800m Final 7<sup>th</sup> 2.27.67

1500m Heat 3<sup>rd</sup> 5.01.85 **PB**  
1500m Final 10<sup>th</sup> 5.03.96  
13-15yrs 2000m 3<sup>rd</sup> 7.38.32  
Steeple Chase



**Emily**



**Madeline**



**Tanika**

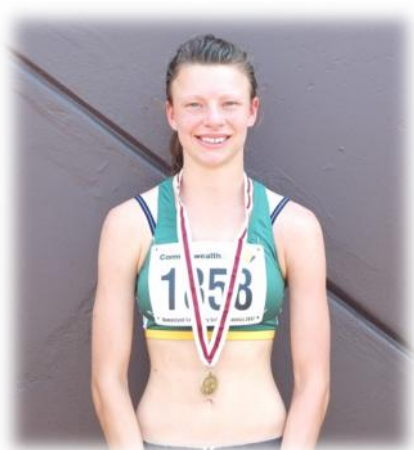
**Madeline McGuire** 15yrs 400m Final 2<sup>nd</sup> 58.21

800m Final 2<sup>nd</sup> 2.13.67 **PB**

**Tanika Marshall** 15yrs High Jump 2<sup>nd</sup> 1.61m



**Aaliyah**



**Cassie**



**Erika**

**Cassie Purdon** 16yrs High Jump 1<sup>st</sup> 1.70m

**Erika Berlin** 16yrs 400m Hurdles 4<sup>th</sup> 1.07.54

Team member of **METWEST** 4 x100m Relay 17-19yrs 3<sup>rd</sup> 50.26

**Aaliyah Chambers** 17yrs

Team member of **METWEST** 4 x100m Relay 17-19yrs 3<sup>rd</sup> 50.26



Joshua



Larissa

|  |       |              |                       |        |           |
|--|-------|--------------|-----------------------|--------|-----------|
| <b>Larissa Chambers</b>                              | 17yrs | 100m Final   | <b>1<sup>st</sup></b> | 12.03  |           |
|  |       | 200m Final   | <b>1<sup>st</sup></b> | 24.99  |           |
|  |       | 400m Final   | 4 <sup>th</sup>       | 58.26  | <b>PB</b> |
| Team member of <b>METWEST</b> 4 x100m Relay 17-19yrs |       |              | <b>3<sup>rd</sup></b> | 50.26  |           |
| <b>Joshua Stockill</b>                               | 17yrs | 400m Hurdles | 4 <sup>th</sup>       | 58.25  | <b>PB</b> |
| <b>Maranatha Aj Raeli</b>                            | 15yrs | Discus       | <b>3<sup>rd</sup></b> | 55.44m | <b>PB</b> |

**AJ** has improved 10.10m since last year, an excellent effort.



Maranatha

**Well done, keep up the good work.**

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## Committee Notes

Our next Monthly committee meeting is on **Tuesday 27<sup>th</sup> November 2012** at 7pm. All welcome.

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*Just a Thought'*

*I've learned that....  
... A pat on the back and a sincere  
"You're doing a great job" can make  
someone's day.*

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## **Track & Field InterClub Competition**

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

[www.qldathletics.org.au](http://www.qldathletics.org.au)

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## **Happy October Birthdays**

*Aeysha Granzien*

*Kelly McNamara*

*Cassie Purdon*

**Daniel Johnson**

**John Musters**

**Alex Grissell**

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## **CLUB REGISTRATION**

Members may now renew their registration for the **2012-2013**.

The season runs from 1<sup>st</sup> October 2012 to 30<sup>th</sup> September 2013.

To join/renew your registration, you will have to go online at the **Queensland Athletics website**.

[www.qldathletics.org.au](http://www.qldathletics.org.au)

**QAL now has several events scheduled on their website [www.qal.org.au](http://www.qal.org.au)**

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## **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.**

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## Answer to the Question

The winner of the **September** question was **Marie Musters**

The correct answer was: “7 ”

## A new question is as follows:

Lachlan, Scotty and Lindsay finished running a relay race in 8 minutes. Lachlan alone would've taken 22 minutes. If Scotty runs six times as fast as Lindsay, then how many seconds would it have taken Scotty to run the race alone?

**Think carefully!!!**

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

**Email:** - [vgpascoe1@bigpond.com.au](mailto:vgpascoe1@bigpond.com.au)

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## 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.

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## The Club *Christmas Party*



Wednesday, 19<sup>th</sup> December 2012 is the date to put a circle on your calendars if you want to have a great night out as this year the Club will be holding a barefoot bowls fun night at the Ipswich Bowls Club, Queens Park, Ipswich.

The cost will be \$5-00 per family and **RSVP** is required by Wednesday 12<sup>th</sup> December 2012.

The Club is providing a sausage sizzle and nibbles etc.

Costume dress theme is to be the first letter of your name e.g. **M**ary could dress as a monkey. A name tag will be required for all to know who/what you are. After judging prizes will be on offer for male and female entrants..

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