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**Newsletter**

**31<sup>st</sup> October 2013**

*"President's Message"*: Having just witnessed an outstanding All Schools State Carnival last week-end makes one realize the strength of athletics in Queensland and I was a proud Ipswich Club Member to see our athletes competing at this high standard. Congratulations to all who competed.

Finishing in the top eight against the whole of the State highlights your own talent. Have you paused to ponder your status in Track & Field?

The Coaching of our athletes is in good hands too with Coach Vic and Coach Mick attending the recent National Coaching Congress.

Please take note of the forthcoming **Athlete/Coach Development** late in November. The Club is hosting one of Australia's most credentialed and popular coaches, **Peter Lawler OAM**, to conduct Workshops for athletes and their parents. Please note the dates advertised in this N/Letter. **Peter's** session should be a priority for all.

It is most pleasing to see so many athletes registering with the Club for the first time for the coming season. Welcome to you all and your families. You are now members of Queensland Athletics and Athletics Australia which will make you eligible for weekly interclub competitions, State Championships and Australian Championships. The club and your Coaches will keep you informed of events.

Become familiar with the Queensland Athletics website which has the full calendar of events from now until April. Everybody please return your Medical History Forms.

Best wishes to all.

Bailey

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## **Coach/Athlete Development – with Peter Lawler OAM**

Saturday 30 <sup>th</sup> November 2013	9.30am – 11.00am	Javelin Practical session
	2.00pm – 3.30pm	What's New in Coaching
Sunday 1 <sup>st</sup> December 2013	9.30am - 11.00am	Development towards International Competition
		Afternoon to be decided
Monday 2 <sup>nd</sup> December 2013	7.00pm – 9.00pm	Peter will attend Club Training.

This is an excellent opportunity to improve one's skill and knowledge.

See you all there at Bill Paterson Oval.

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# Congratulations!

Well done to **Scott Tuohy** for winning the 400m at the **Mulgowie Gift Carnival** on Monday 7<sup>th</sup> October 2013.

**Scott** then went to Toowoomba and ran 4<sup>th</sup> in the 70m gift.

## Secondary School State Championships

At QE11 in Brisbane 24/10/13 - 27/10/13 saw a number of club athletes do extremely well.

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

Just getting to this level is a wonderful achievement.

The list is as follows for the top eight;

<b>Carley Stieler</b>	13yrs	High Jump	<b>2<sup>nd</sup></b>	1.65m	<b>PB</b>
<b>Majella Cassidy</b>	14yrs	90m Hurdles Final	<b>3<sup>rd</sup></b>	14.25	
			<b>PB</b> in the heats	14.18	



**Carley**



**Majella**

<b>Dayspring Koop</b>	14yrs	Javelin	<b>2<sup>nd</sup></b>	39.72m	<b>PB</b>
		Discus	<b>7<sup>th</sup></b>	33.44m	
<b>Majella Pearl</b>	14yrs	90m Hurdles	<b>6<sup>th</sup></b>	14.62	
			<b>PB</b> in the heats	14.29	
		High Jump	<b>6<sup>th</sup></b>	1.55m	<b>=PB</b>
<b>Elle Raeli</b>	14yrs	Discus	<b>5<sup>th</sup></b>	35.05m	
<b>Kelly McNamara</b>	14yrs	14–15yrs 3000m	<b>7<sup>th</sup></b>	10.43.41	
<b>Emily Beston</b>	15yrs	13-15yrs 2000m Steeple Chase	<b>2<sup>nd</sup></b>	7.30.13	
<b>Ashlee Stieler</b>	15yrs	90m Hurdles Final	<b>3<sup>rd</sup></b>	13.70	



**Dayspring**



**Madeline**



**Emily & Brad Robinson**



**Ashlee**

<b>Madeline McGuire</b>	16yrs	400m Hurdles	<b>2<sup>nd</sup></b>	65.71	
		800m Final	<b>3<sup>rd</sup></b>	2.14.14	
<b>Tanika Marshall</b>	16yrs	High Jump	<b>4<sup>th</sup></b>	1.64m	
		Triple Jump	<b>4<sup>th</sup></b>	11.05m	
		100m Hurdles	<b>6<sup>th</sup></b>	16.06	
<b>Natalie Davison</b>	17yrs	4 x 100m Relay 18-19yrs Met West	<b>1<sup>st</sup></b>	48.77	
<b>Cassie Purdon</b>	17yrs	High Jump	<b>1<sup>st</sup></b>	1.76m	<b>***</b>
		<b>(Queensland Secondary School Record)</b>			
		(Previous record was in 2005)			

**Filoi Aokuso** 18-19yrs Discus **1<sup>st</sup>** 51.40m **PB \*\*\***  
**(Queensland Secondary School Record)**  
 (Previous record was in 2001)

**Larissa Chambers** 18-19yrs 100m Final **1<sup>st</sup>** 12.17  
 200m Final **1<sup>st</sup>** 24.66  
 400m Final **1<sup>st</sup>** 57.34 **PB**  
 Met West 4 x 100m Relay 18-19yrs **1<sup>st</sup>** 48.77



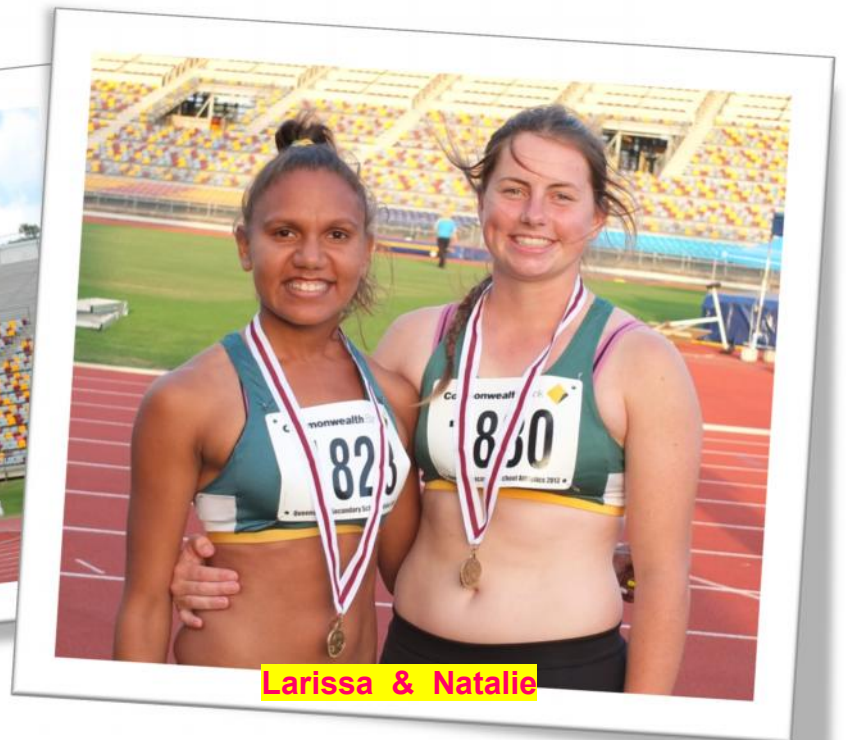
**Cassie**



**Filoi & Mick Moore**



**Larissa**



**Larissa & Natalie**

<b>Clinton Suthers</b>	14yrs	1500m final	<b>3<sup>rd</sup></b>	4.21.41	<b>PB</b>
		800m final	5 <sup>th</sup>	2.06.13	
		<b>PB</b> in the heats 2.04.44			
<b>Johnathon Taylor</b>	15yrs	200m final	<b>3<sup>rd</sup></b>	22.68	<b>PB</b>
		100m final	7 <sup>th</sup>	11.55	
		Met West 4 x 100m Relay 15-16yrs	<b>3<sup>rd</sup></b>	44.52	
<b>Joshua Stockill</b>	17yrs	400m Hurdles	<b>1<sup>st</sup></b>	55.84	



**Clinton**



**Johnathon**



**Joshua**

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

## Committee Notes

Our next Monthly committee meeting is on **Tuesday 26<sup>th</sup> November 2013** at 7pm. All welcome.

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*Just a Thought'*

*I've learned that....  
... Protect your enthusiasm from the  
negativity of others.*

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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 Raemiga Raeli Kelly McNamara Cassie Purdon*  
**Daniel Johnson Conor Diffey John Musters Alex Grissell**

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## CLUB REGISTRATION

Members may now renew their registration for the **2013-2014**.

The season runs from 1<sup>st</sup> October 2013 to 30<sup>th</sup> September 2014.

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

To renew your membership, follow these easy steps:

- Login to the online registration portal

<https://memberdesq.imgstg.com/index.cfm?fuseaction=login&OrgID=1139>

- Click on the "Registration Renewal"
- Choose a membership option, update your profile details and pay online

If you have forgotten/misplaced your QA login details you can do a password retrieval here:

<https://memberdesq.imgstg.com/index.cfm?fuseaction=password&OrgID=1139>

If you need any assistance with your membership renewal, please contact Queensland Athletics on 07 3343 5653 or email [info@qldathletics.org.au](mailto:info@qldathletics.org.au)

[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 new uniform is as follows:

Girls Crop Tops	\$50-00
Girls Singlet's	\$37-00
Girls Shorts	\$52-00
Boys Singlet's	\$37-00
Boys Shorts	\$57-00

Old Stock is on sale at \$10-00 apiece. These can be used for training etc.

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## Answer to the Question

The winner of the **September** question was **Olivia Harvey**

The correct answer was: **“9pm ”**

## A new question is as follows:

**If Wendy has six daughters and they each have a brother. How many children does Wendy have?**

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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## A Free Membership for Someone

A points system has been in place for many years and this determines who wins what at the club awards day. This is usually held in April/May of each year.

A free membership is offered for any athlete, who gains the highest points throughout the year and this is possible by competing in X-Country and or Track and Field events. It is calculated from the start of the X-Country season 2013 to Australian Open Track & Field Championships 2014.

In others words, the more you compete and do well, the better chance there is of winning the free membership for one year.

**Majella Pearl** won the free membership for 2013 / 2014 season.

Will you be next?

Just give it a go.

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## The Club *Christmas Party*



The Club is making arrangements for our Xmas breakup party, please watch this space!!!

Costume dress theme is to be the first letter of your name e.g. **A**eysha could dress as an angel. 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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## THE NOOSA GIFT CARNIVAL

**4th ANNUAL RACE DAY**

**SUNDAY 17th NOVEMBER 2013**

Entry forms can all be downloaded by clicking on the link below;

<http://littleathleticsnoosa.com.au/index.php/noosa-gift/>

The Noosa Gift Carnival will now be conducted on the grass track at the Girraween Sports Complex, Noosa Heads. This grass oval is located at the round-a-bout intersection of Eeenie Creek Rd and Langura St, Noosa Heads. It is just to the south of the Noosa Heads Fire and police station.

Heaps of prize money to be won, be a part of it and win.

**Entries Close 4<sup>th</sup> November 2013.**

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