



## "President's Message":

Performances by some of our junior athletes were excellent at the 10-12yrs School State Championships in Townsville. It is wonderful to see medals heading back to Ipswich. These youngsters are the foundation of the future.

I really enjoyed watching the Secondary Schools State Track & Field championships 22-25/10/2015. The performance of our athletes was outstanding and the support of the parents was exceptional. Congratulations to all who competed.

If you finished in the top eight, I do hope that you nominated for the Australian Secondary School Championships to be held in Melbourne during first week of December. You just never can tell, you may be asked to compete for Queensland.

Congratulations to our coaches, Mick, Brad, Ted, Theresa (Marty) and Andrew for preparing our athletes for this championship.

It is worth becoming familiar with the Queensland Athletics website which has the full calendar of events from now until April 2016.

Vic

## Congratulations!

### Secondary School State Championships

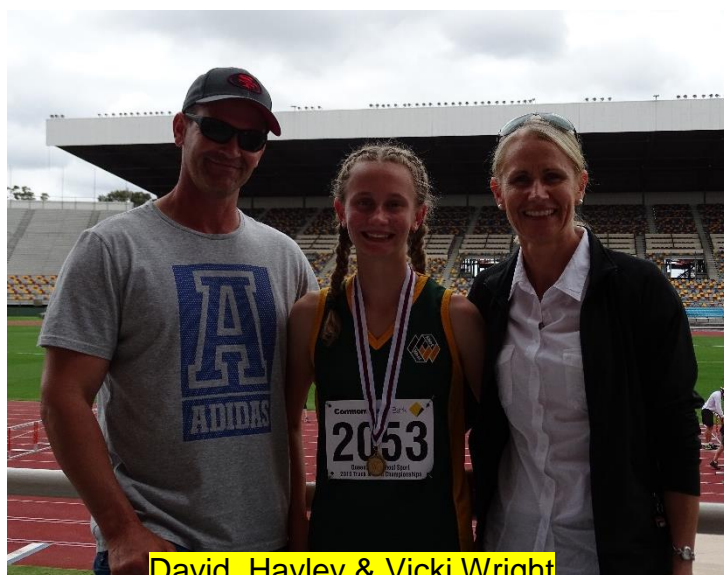
At QSAC in Brisbane 22/10/15 - 25/10/15 saw a number of club athletes do extremely well.

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 someday.

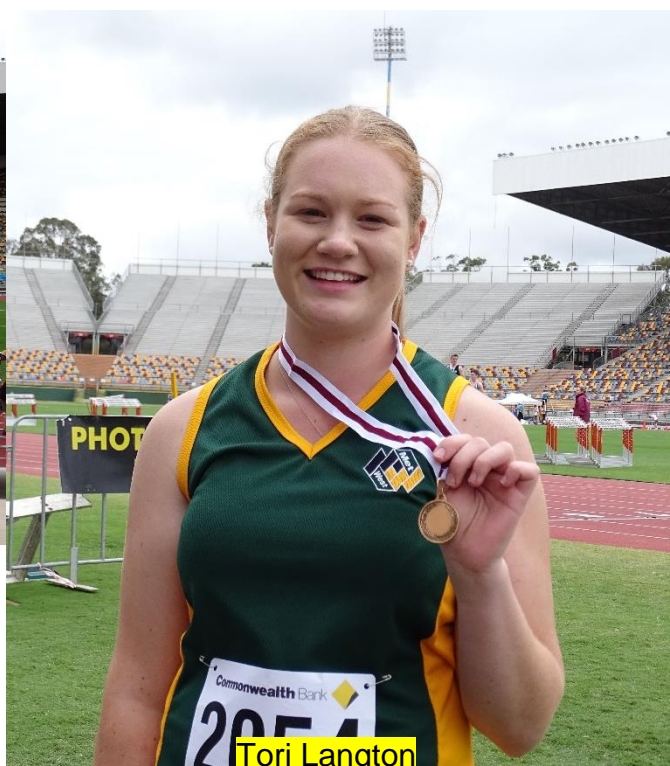
Just getting to this level is a wonderful achievement and I have added a few pictures and hopefully all the results including PB's.

<b>Alyssa Janke</b>	13yrs	Javelin	14 <sup>th</sup>	25.04m	
<b>Madison Wells</b>	13yrs	400m		1.04.21	
		Discus	7 <sup>th</sup>	29.21m	
<b>Emily Kitching</b>	13yrs	1500m Walk	7 <sup>th</sup>	9.00.47	<b>PB</b>
<b>Casey Bell</b>	13yrs	100m	7 <sup>th</sup>	13.43	heat 12.91 <b>PB</b>
		Triple jump	2 <sup>nd</sup>	10.92m	
		Long Jump	1 <sup>st</sup>	5.19m	
<b>Jordan Unwin</b>	13yrs	80m Hurdles	11 <sup>th</sup>	14.40	<b>PB</b>
		High Jump	5 <sup>th</sup>	1.50m	

<b>Grace Raeli</b>	13yrs	Discus Shot put	5 <sup>th</sup> 8 <sup>th</sup>	32.56m 10.14m	<b>PB</b>
<b>Jordn Office</b>	13yrs	200m 400m	16 <sup>th</sup> 12 <sup>th</sup>	28.18 1.04.76	
<b>Hayley Wright</b>	14yrs	90m Hurdles	1 <sup>st</sup>	13.51	<b>PB</b>
<b>Clare Sullivan</b>	14yrs	Discus	3 <sup>rd</sup>	37.51m	<b>PB</b>
<b>Rochelle Vidler</b>	14yrs 13-15yrs	Discus Hammer Pole vault Shot put	1 <sup>st</sup> 1 <sup>st</sup> 2 <sup>nd</sup> 5 <sup>th</sup>	41.90m 53.08m 2.00m 11.29m	<b>Record</b>
<b>Tara Chaplin</b>	14yrs	100m 200m	8 <sup>th</sup> 2 <sup>nd</sup>	12.94 heat 12.91 26.21	<b>PB</b>
<b>Candace Fraser</b>	14yrs	100m 200m	11 <sup>th</sup> 25 <sup>th</sup>	12.88 (Semi Final) 27.73	
<b>Indira Rakuita</b>	14yrs	400m	17 <sup>th</sup>	1.03.22	
<b>Kirra Csurhes</b>	15yrs	High Jump 90m Hurdles	15 <sup>th</sup> 10 <sup>th</sup>	1.45m (injured) 14.75	
<b>Miriam Peni</b>	15yrs	100m 200m Triple Jump	2 <sup>nd</sup> 4 <sup>th</sup> 9 <sup>th</sup>	12.30 25.21 10.39m	<b>PB</b> <b>PB</b>
<b>Ella Taylor</b>	15yrs	800m	17 <sup>th</sup>	2.27.57	<b>PB</b>



David, Hayley & Vicki Wright



Tori Langton

<b>Aeysha Gransien</b>	16yrs	800m 1500m	12 <sup>th</sup> 14 <sup>th</sup>	2.28.42 5.19.76	
<b>Tyla Stolberg</b>	15yrs	Javelin Shot Put	13 <sup>th</sup> 9 <sup>th</sup>	30.51m 10.79m	
<b>Elle Raeli</b>	16yrs	Discus Shot Put	13 <sup>th</sup> 12 <sup>th</sup>	37.01m 10.15m	<b>PB</b>
<b>Kelly McNamara</b>	16yrs	1500m 2000m Steeple Chase	12 <sup>th</sup> 4 <sup>th</sup>	5.10.97 7.37.20	
<b>Savinika Wijeyewickrema</b>	16yrs	Shot Put	6 <sup>th</sup>	11.81m	<b>PB</b>



**Miriam Peni**



**Stacey & Tara Chaplin**

<b>Alexis list</b>	17yrs	Javelin 100m 100m Hurdles	6 <sup>th</sup> 26 <sup>th</sup> 15 <sup>th</sup>	34.14m 13.85 18.42	
<b>Tori Langton</b>	17yrs	Discus	<b>1<sup>st</sup></b>	42.16m	
<b>Emily Beston</b>	17yrs	800m	14 <sup>th</sup>	2.40.22 (injured)	



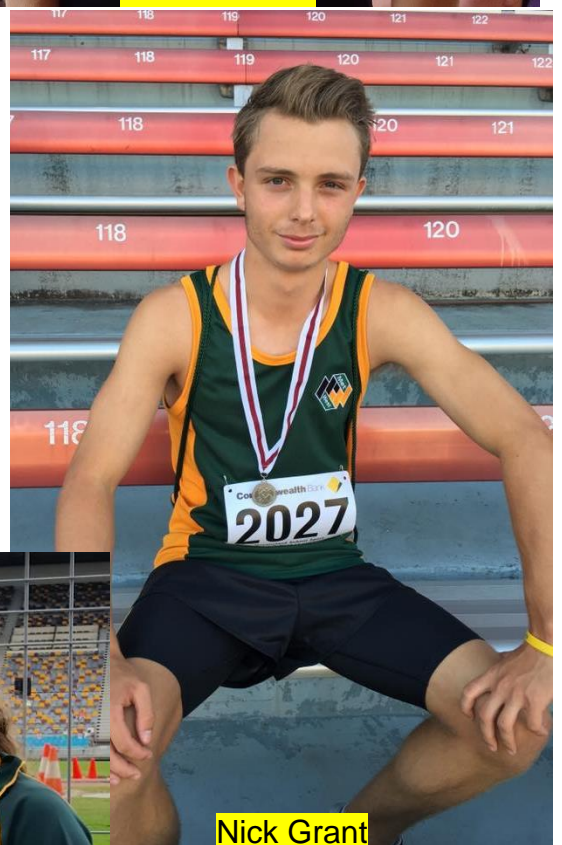
Gavin & Casey Bell



Kirra Csuresh



Tara Chaplin, Haley Webster, Casey Bell & Candace Fraser  
13-14yrs Metwest Relay Team



Nick Grant



Michael Moore with Rochelle Vidler & Clare Sullivan

Ryan Stewart

13yrs

Discus  
1500m Walk

12<sup>th</sup>  
3<sup>rd</sup>

30.83m  
8.13.82

PB

<b>Zac Catterson</b>	13yrs	Shot Put	<b>1<sup>st</sup></b>	16.08m	<b>PB</b>
		Discus	<b>2<sup>nd</sup></b>	49.70m	
<b>Sony Vukelic</b>	13yrs	400m	4 <sup>th</sup>	55.04	
<b>Rhys Carr</b>	13-15yrs	Hammer	<b>2<sup>nd</sup></b>	45.59m	
	14yrs	Discus	11 <sup>th</sup>	40.94m	
<b>Cameron Kelland</b>	14yrs	Triple Jump	<b>3<sup>rd</sup></b>	12.54m	<b>PB</b>
<b>Lorenz Ryan</b>	16yrs	Triple Jump	19 <sup>th</sup>	11.57m	
<b>Nick Grant</b>	16yrs	100m	22 <sup>nd</sup>	11.67	
		Member of 4 x 100m relay	<b>2<sup>nd</sup></b>	44.58	

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

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## **Committee Notes**

Our next Monthly committee meeting is on **Tuesday 24<sup>th</sup> November 2015** at 7pm. All welcome.

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### *Just a Thought'*

**I've learned that..... Always be loving and uplifting and you will live without regrets.**

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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*

*Elle Raeli*

*Kelly McNamara*

*Candace Fraser*

*Jack Warner*

*John Musters*

*Jai Baas Becking*

*Daniel Qualischefski*

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## CLUB REGISTRATION

Members may now renew their registration for the **2015-2016**.

The season runs from 1<sup>st</sup> October 2015 to 30<sup>th</sup> September 2016.

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

To renew your membership, follow these easy steps:

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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## 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 2015 to Australian Open Track & Field Championships 2016.

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

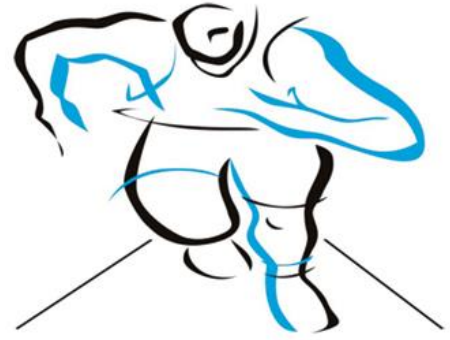
**Miriam Peni** won the free membership for 2015 / 2016 season.

Will you be next?

Just give it a go.

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**Hosted By: Noosa Little  
Athletics & The Queensland  
Athletic League**



**Join us for the 2015 Noosa Gift  
on Saturday 21st November!!**

***Over \$10 000 In Prize Money to be won!!***

***ENTRY FORMS NOW AVAILABLE!!***

[http://sunshinecoastdaily.com.au/news/gander-back-in-game-  
after-noosa-gift-win/2086940/](http://sunshinecoastdaily.com.au/news/gander-back-in-game-after-noosa-gift-win/2086940/)

[http://www.sunshinecoastdaily.com.au/news/stawell-the-  
target-after-noosa-gift-defence/2083793/](http://www.sunshinecoastdaily.com.au/news/stawell-the-target-after-noosa-gift-defence/2083793/)

**The Noosa Gift Event Aim:** The 6th Annual Noosa Gift Carnival incorporates both Professional Sprint Races for men and women athletes and Little A's children's events. With the generous main sponsors the Noosa Heads Surf Lifesaving Supporters Club, Murray Surveyors and Town Planners, Accommodation Noosa and Pacific Ford.

The aim is to establish a link between our younger local children and teenage athletes, who can aspire to athletic careers that utilize the Queensland Athletic League (QAL) as a catalyst for personal improvement. This type of sprinting exhibition event will instill a sense of education and excitement into a young athlete's mindset while watching the adult athletes compete in the Professional Gift events. Within the Club perspective the Athletics Carnival is consistent with the mission statement of the QLAA in that the program "aims to develop

children of all abilities by promoting positive attitudes and a healthy lifestyle through family and community involvement in Athletic activities”.

## **Date: 2015 November (Twilight)**

**(Next year’s date to be confirmed soon)**

**NEW VENUE: Noosa Little Athletics Track,  
Girraween Sports Complex, Noosa Heads**

**At the intersection of Eenie Creek Road and Langura St,  
Noosa Heads. (400m South of the Noosa Fire & Police  
Stations)**

**Feature Adult Mens and Womens Professional  
Races and Sponsorship Purses:**

**The Noosa Gift 110m (\$6000 Prize  
Purse)**

**Open 300m Murray Surveyors Gallop (\$2250 Prize  
Purse)**

**Open 70 m Pacific Ford Dash (\$750 Prize Purse)**

**Ladies Gift Consolation Final (\$1000 Prize Purse)**

**Little Athletics Feature Races**

U/12 Boys 110m Dash ( prize ) & U/12 Girls 110 Dash (prize )

U/16 Boys 70m Dash (prize ) & U/16 Girls 70m Dash (prize)

U/16 Girls/Boys 300m Race (prize)

Invitation 900m Walk Handicap Boys and Girls (Prize)

Invitation All Age Open Boys and Girls 900M Handicap(prize)

### **2014 EVENT For Primary Schools - Relay Challenge**

The Noosa Gift Carnival will now run the **Noosa Gift Primary School Relays- One Mile Challenge**. There will be two relay races, one for boys, then one for girls and the relays will be 4 x 400m events. This will be an opportunity for prestige for individual schools to have their athletes competing in an Olympic style distance relay event. Please contact the Event Organiser for your school to receive an official relay entry form.

The Athletic Carnival will be conducted alongside a Little Athletics event program so that all entered children will be involved in at least three events on the day. These events will involve sprints, jumps and throws. Young relay athletes are encouraged to also enter the morning events prior to the Relays and they will have to submit an individual entry form.

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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 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 **Patrick McCarthy**

The correct answer was: **“Carpet”**

## A new question is as follows:

The blanks in the following sentences will be filled in with three different words that are spelled differently but sound alike to make a valid sentence. The dashes indicate the number of letters in the words. Can you fill in the blanks?

1. The cut on his \_\_\_\_\_ won't \_\_\_\_\_ in time for the race, so \_\_\_'\_\_\_ have to drop out.
2. A bloodthirsty pirate will wander the \_\_\_\_\_ and essentially \_\_\_\_\_ everything he \_\_\_\_\_.

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*



The Club is making arrangements for our Xmas breakup party to be held at the club house on **Wednesday 16/12/2015**, please watch this space!!!

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## Better With Age

The Oceania Masters Athletics Championships was held at the Cook Islands and this did not stop **Darrin Norwood** (36yrs) getting five gold and one silver medal. He achieved this in the decathlon, shotput, discus, high jump, weight throw only to be beaten in the Javelin.

A new Oceania record of 14.33 in the shot put and a PB of 43.59m in the discus. Unfortunately Darrin injured himself during the pentathlon in the long jump and this brought an amazing weekend to a halt. A stint in hospital on arriving back in Ipswich diagnosed he had suffered a hematoma in his stomach. An amazing effort Darrin.



**The Queensland Relay Championships** will be held at the State Athletics Facility, Kessels Road, Nathan, on Sat 12 - Sun 13 December 2015.

Official team Entries close Thursday 10 December

**Ted Ruben** our Jumps Coach will be the manager of these teams.

Entry to these championships are free to the athlete, the Club pays these fees. So please put your name in on training nights so athletes can be allocated a team.

As some of our athletes have already indicated they will compete I encourage others to be part of the Ipswich team.

**All names have to be in by the training night Wednesday 25/11/2015 so teams can be notified and entered by the official closing date.**

## IPC Athletics World Championships in Doha (QAT).



Competing at the para-athletics world titles for the first time, **Claire Keefer** (Qld) hurled 22.86m to narrowly miss a medal in the F41 discus throw for athletes of short stature. Her series also included marks of 22.41m, 19.83m, 21.29m, 18.69m and a foul.

In the field, it was **Claire Keefer** that delivered a podium finish, with the 20-year-old throwing a national record 7.62m to claim **BRONZE** in the F41 shot put for athletes of short stature.

Debuting in the green and gold at these championships, Keefer's series also included throws two throws of 7.15m, marks of 7.42m and 7.23m and a foul. The performance sits alongside her fourth place in the discus on day two of competition. Congratulations **Claire**.



Friday 4th - 6th December 2015

Lakeside Stadium, Albert Park, Melbourne VIC

QLD team announced on Friday 30/10/2015.

# 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 **Ella Taylor** for receiving the Junior Sports Star Encouragement Award of the month for September 2015.



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## Queensland School Sport 10-12yrs Track and Field State Championships Date - 16 & 17 October 2015, Townsville

Our primary school athletes have done themselves proud with their performances at the recent championships.

**Erin Wright** 11yrs Multi event Tetrathlon **1<sup>st</sup>** 1009 points

This included events in;

Shot Put	9.17m
800m	2.42.40
Long jump	4.35m
100m	15.06

**Kyle Colburn** 11yrs 100m 14.61  
200m 29.17

**Rickson Alivia** 11yrs 100m 14.13  
Long jump 4.32m

**Calab Law** 12yrs 100m 13.10

**Joshua Carrick** 12yrs 100m 9<sup>th</sup> 12.94  
200m **2<sup>nd</sup>** 25.54 **PB**





Well done to the 12yrs boys' team winning the 4 x 100m relay.