



## PRESIDENT'S MESSAGE

Just a reminder for everyone it is time to register for the new Track & Field season so that athletes are eligible to compete when the new club season begins i.e. 1/10/2014.

If in doubt about registering especially for the first time, information is at the clubhouse on training nights – and also become familiar with the QA calendar of events for the 2014-15 season on the QLD Athletics website at [www.qldathletics.org.au](http://www.qldathletics.org.au)

It was wonderful to see **Jackie Byrnes** (OAM) National Junior Sprint Coach of Athletics Australia come to the club over the weekend and deliver an excellent presentation on running fast. I believe everyone who attended got something out of this clinic and this included our throwers and middle-distance athletes as well as sprinters, hurdlers and jumpers.

## Vic

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## LOOKING AHEAD!

I do know there are PB's being made at some of the track meets and I believe they will be in the firing line for State selection next month along with many others who are training hard from our Club.

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

**There are plenty of important events in the near future. The list is as follows;**

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| 14 <sup>th</sup> – 15 <sup>th</sup> October 2014  | Queensland Primary School Track & Field Championships, Brisbane.   |
| 23 <sup>rd</sup> – 26 <sup>th</sup> October 2014  | Queensland Secondary School Track & Field Championships, Brisbane. |
| 4 <sup>th</sup> – 7 <sup>th</sup> December 2014   | Australian All Schools Track & Field Championships, Adelaide.      |
| 8 <sup>th</sup> December 2014                     | Australian School Teams Knockout Finals, Adelaide.                 |
| 13 <sup>th</sup> 14 <sup>th</sup> December 2014   | Relay Track & Field Championships, Brisbane.                       |
| 19 <sup>th</sup> – 22 <sup>nd</sup> February 2015 | Queensland Junior Track & Field State Championships.               |
| 6 <sup>th</sup> – 8 <sup>th</sup> March 2015      | Queensland Open Track & Field State Championships.                 |
| 11 <sup>th</sup> – 15 <sup>th</sup> March 2015    | Australian Junior Track & Field Championships, Sydney.             |
| 26 <sup>th</sup> – 29 <sup>th</sup> March 2015    | Australian Open Track & Field Championships, Brisbane.             |
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## Committee Notes

Our next Monthly committee meeting is on **Tuesday 28th October 2014** at 7pm. All welcome.

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### *Just a Thought'*

*I've learned that....*

*If you put little effort in a task you can expect very little success.*

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## Happy September Birthdays

Dayspring Koop    Ashlee Stieler

Anthony Buhse    Jayden Schweitzer

Lindsay Maher    Jaxson Samuels    Irene Dobbie (Life Member)

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## Track & Field

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

**Registration for the new 2014-2015 season is OPEN** from the 1st October 2014. Members may now renew their registration for the 2014-2015 season.

The season runs from 1<sup>st</sup> October 2014 to 30<sup>th</sup> September 2015.

All current QA memberships will expire on Monday 30 September 2013, so renew now to ensure that your membership remains current.

<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.**

Points are allocated for each Club meet performance for all Club athletes. These points are then tallied for award presentations of the 2014/15 season.

### 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 **August** question was **No one.**

The correct answer was: **“Platelets help the blood clotting process (or coagulation)”**

## A new question is as follows:

*If you were to spell out each whole number from one to one hundred, how many numbers would contain the letter 'A'?*

**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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# Sprint Clinic

It was nice to see a good turnout for this seminar with **Jackie Byrnes** (OAM) The National Junior Sprint Coach of Athletics Australia.

Being held at the clubhouse a PowerPoint presentation along with some interactive breaks on Saturday afternoon and again on Sunday morning a review of what athletes had learnt and then into practical core strength and bigger bum = faster run drills along with running techniques.

A lot of laughs by all including the parents who were busy jotting down notes, lots of learning.



**Daniel Parnell & Jackie Byrnes (OAM)**  
Most outstanding athlete



**Well done athletes**

## Mulgowie Gift

On September 6<sup>th</sup> 2014 some of our club athletes ran exceptionally well at the Mulgowie Carnival of gifts.



400m Open Gift was won by **Scott Tuohy** with **Lindsay Maher** third.

U/18yrs 100m gift was won by **Johnanthon Taylor**.

**Johnanthon** ran 3<sup>rd</sup> in the Open 120m Mulgowie Gift.



**Miriam Peni** was 2<sup>nd</sup> in the Ladies 100m Gift.

No Photo available for **Patrick McCarthy**, but he won the 100m Masters Gift.  
Well done.