



## 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. 1/10/2016.

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 2016-17 season on the QLD Athletics website at [www.qldathletics.org.au](http://www.qldathletics.org.au)

## 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 have an excellent chance for State selection next month along with many others who are training hard from our Club.

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

- |  |  |
|--|--|
| 18 <sup>th</sup> - 23 <sup>rd</sup> October 2016   | Queensland All School Track & Field Championships, Brisbane.       |
| 19 <sup>th</sup> November 2016                     | Noosa Gift Twilight Carnival <b>Entries close 7/11/2016</b>        |
| 2 <sup>nd</sup> – 4 <sup>th</sup> December 2016    | Australian All Schools Track & Field Championships, Canberra.      |
| 5 <sup>th</sup> December 2016                      | Australian School Teams Knockout Finals, Canberra.                 |
| 10 <sup>th</sup> - 11 <sup>th</sup> December 2016  | Relay Track & Field Championships, QSAC, Brisbane.                 |
| 7 <sup>th</sup> -8 <sup>th</sup> January 2017      | Queensland Combined Events Championships, St Lucia                 |
| 23 <sup>rd</sup> – 26 <sup>th</sup> February 2016, | Queensland Athletics Track & Field State Championships U14 – Open. |

The **2017 Australian Athletics Championships**, will be at the Sydney Olympic Park Athletic Centre and is set to host the inaugural combined Junior and Open aged championships for able-bodied and para-athletes **from 26 March to 2 April 2017**.

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### Committee Notes

Our next Monthly committee meeting is on **Tuesday 25th October 2016** at 7pm. All welcome.

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*Just a Thought'*

**I've learned that....**

*Life is often hard. You can let it grind you down or polish you up.*

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## Happy September Birthdays

Joshua Crilly    Liam Stolberg    Samantha Bush  
Brayden Chambers    Taj Bennett    Anthony Buhse  
Peter Grant    Stewart Carrick    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 2016-2017 season is OPEN** from the 1st October 2016. Members may now renew their registration.

The season runs from 1<sup>st</sup> October 2016 to 30<sup>th</sup> September 2017.

All current QA memberships will expire on Friday 30<sup>th</sup> September 2016, so renew now to ensure that your membership remains current.

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 2016/17 season.

### 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 **August** question was **Kerryn Ryan.**

The correct answer was: **"A doughnut."**

### A new question is as follows:

Three brothers share a family sport:  
A non-stop marathon  
The oldest one is fat and short  
And trudges slowly on  
The middle brother's tall and slim  
And keeps a steady pace  
The youngest runs just like the wind,  
Speeding through the race  
"He's young in years, we let him run,"  
The other brothers say  
"Cause though he's surely number one,  
He's second, in a way."  
What am I?

**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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**Met West Track & Field Regional Trials** QSAC in Brisbane 6/9/16 - 8/9/16 saw a significant number of club athletes do extremely well. Well done to all those who have qualified for the **State Primary & Secondary School Championships i.e.** 10-12yrs on October 18-19/10/2016 and the 13-19yrs on October 20<sup>th</sup> – 23<sup>rd</sup> 2016 at QSAC.

The results are as follows:-

If you have a performance or **PB** I have missed, please advise me 0409 754 884.

Toby Stolberg	10yrs	Tetrathlon	5 <sup>th</sup>	677 Points	
		200m	19 <sup>th</sup>	32.62	
		High Jump	5 <sup>th</sup>	1.17m	
		Long Jump	2 <sup>nd</sup>	3.86m	<b>PB</b>
Erin Wright	12yrs	Tetrathlon	1 <sup>st</sup>	1065 Points	<b>PB</b>
Kiara Condon	12yrs	Long Jump	3 <sup>rd</sup>	4.26m	<b>PB</b>
		High Jump	3 <sup>rd</sup>	1.43m	
		Shot Put	8 <sup>th</sup>	7.98m	
		Tetrathlon	2 <sup>nd</sup>	953 Points	<b>PB</b>
Ryleigh Sherlock	12yrs	100m	18 <sup>th</sup>	14.98	<b>PB</b>
		Long Jump	18 <sup>th</sup>	3.59m	
Leah Clark	12yrs	100m	7 <sup>h</sup>	14.18	<b>PB</b>
		200m	4 <sup>th</sup>	28.65	<b>PB</b>
Laylani Va'ai	13yrs	100m	8 <sup>th</sup>	14.23	<b>PB</b>
		80m Hurdles	2 <sup>nd</sup>	14.24	<b>PB</b>
		Discus	1 <sup>st</sup>	28.99m	<b>PB</b>
Breeanna Betzold	14yrs	1500m	6 <sup>th</sup>	5.50.33	
		3000m Walk	1 <sup>st</sup>	16.18.27	
Grace Raeli	14yrs	Shot put	1 <sup>st</sup>	11.17m	<b>PB</b>
		Discus	2 <sup>nd</sup>	38.68m	<b>PB</b>
Emily Kitching	14yrs	3000m Walk	3 <sup>rd</sup>	19.38.09	
		90m Hurdles	8 <sup>th</sup>	17.96	
Jordan Unwin	14yrs	90m Hurdles	2 <sup>nd</sup>	14.94	<b>PB</b>
		High Jump	3 <sup>rd</sup>	1.50m	
		Long Jump	8 <sup>th</sup>	4.32m	
		Triple Jump	4 <sup>th</sup>	9.48m	<b>PB</b>
Tara Chaplin	15yrs	100m	3 <sup>rd</sup>	13.29	
		200m	1 <sup>st</sup>	26.15	<b>PB</b>
		Triple Jump	9 <sup>th</sup>	9.15m	

Candace Fraser	15yrs	100m	1 <sup>st</sup>	13.04	
		200m Hurdles	8 <sup>th</sup>	45.20	
		90m Hurdles	4 <sup>th</sup>	16.04	
Kacey Walker	14yrs	High Jump	6 <sup>th</sup>	1.47m	<b>PB</b>
Haley Wright	15yrs	100m	5 <sup>th</sup>	13.33	
		90m Hurdles	1 <sup>st</sup>	12.91	<b>PB</b>
		200m Hurdles	1 <sup>st</sup>	29.46	<b>PB</b>
Rochelle Vidler	15yrs	Shot Put	4 <sup>th</sup>	11.41m	
		Discus	1 <sup>st</sup>	41.12m	
Elizabeth Raeli	15yrs	Discus	5 <sup>th</sup>	29.11m	<b>PB</b>
		Long Jump	2 <sup>nd</sup>	4.93m	<b>PB</b>
		Triple Jump	2 <sup>nd</sup>	10.56m	<b>PB</b>
Clare Sullivan	15yrs	Discus	2 <sup>nd</sup>	38.80m	<b>PB</b>
Jade Hardy-Synott	15yrs	800m	7 <sup>th</sup>	2.40.51	<b>PB</b>
		1500m	8 <sup>th</sup>	5.52.48	<b>PB</b>
Tyla Stolberg	16yrs	Shot Put	4 <sup>th</sup>	10.78m	
		Javelin	3 <sup>rd</sup>	33.32m	<b>PB</b>
Ella Taylor	16yrs	800m	2 <sup>nd</sup>	2.31.41	
		1500m	3 <sup>rd</sup>	5.12.71	
		2000m Steeplechase	3 <sup>rd</sup>	8.06.43	
Montanna McAvoy	16yrs	1500m	1 <sup>st</sup>	4.44.25	
		3000m	1 <sup>st</sup>	9.54.46	
		2000m Steeplechase	1 <sup>st</sup>	7.02.96	<b>PB</b>
Kelly McNamara	17yrs 16-17yrs 16-17yrs	1500m	2 <sup>nd</sup>	5.06.08	
		2000m Steeple Chase	2 <sup>nd</sup>	7.33.68	
		3000m	3 <sup>rd</sup>	11.00.99	
Juanita Chambers	17yrs	100m	3 <sup>rd</sup>	14.01	
Ellenor Raeli	17yrs	Shot Put	1 <sup>st</sup>	11.55m	<b>PB</b>
		Discus	1 <sup>st</sup>	38.84m	<b>PB</b>
		Javelin	2 <sup>nd</sup>	31.64m	<b>PB</b>
Aeysha Grainzien	17yrs	800m	2 <sup>nd</sup>	2.33.15	
		1500m	5 <sup>th</sup>	5.24.09	
Miriam Peni	17yrs	100m	2 <sup>nd</sup>	12.86	
		200m	1 <sup>st</sup>	26.46	
James Beston	13yrs	100m	13 <sup>th</sup>	13.13	<b>PB</b>
		200m	8 <sup>th</sup>	25.44	<b>PB</b>
		1500m	7 <sup>th</sup>	5.03.23m	<b>PB</b>
		Discus	9 <sup>th</sup>	25.33m	

Joshua Carrick	13yrs	100m	5 <sup>th</sup>	12.32	<b>PB</b>
		200m	5 <sup>th</sup>	25.15	<b>PB</b>
Calab law	13yrs	100m	16 <sup>th</sup>	13.34	
		90m Hurdles	2 <sup>nd</sup>	14.32	<b>PB</b>
		200m	12 <sup>th</sup>	26.46	<b>PB</b>
		Long Jump	4 <sup>th</sup>	5.08m	<b>PB</b>
		High Jump	5 <sup>th</sup>	1.55m	<b>PB</b>
Kerryn Ryan	13yrs	100m	7 <sup>th</sup>	12.33	<b>PB</b>
		200m	13 <sup>th</sup>	26.50	<b>PB</b>
		90m Hurdles	6 <sup>th</sup>	15.45	<b>PB</b>
		Long Jump	3 <sup>rd</sup>	5.12m	<b>PB</b>
		High Jump	1 <sup>st</sup>	1.61m	<b>PB</b>
		Triple Jump	2 <sup>nd</sup>	11.33m	<b>PB</b>
Liam Stolberg	13yrs	Javelin	2 <sup>nd</sup>	30.37m	<b>PB</b>
Alex Davies	14yrs	1500m	4 <sup>th</sup>	4.33.50	<b>PB</b>
	14-15yrs	2000m Steeplechase	5 <sup>th</sup>	6.59.20	<b>PB</b>
Anthony Buhse	14yrs	100m Hurdles	4 <sup>th</sup>	17.18	
		Triple Jump	6 <sup>th</sup>	11.20m	<b>PB</b>
Ryan Stewart	14yrs	Discus	6 <sup>th</sup>	35.84m	<b>PB</b>
	14-15yrs	3000m Walk	1 <sup>st</sup>	18.02.94	
Sony Vukelic	14yrs	200m	3 <sup>rd</sup>	24.66	<b>PB</b>
		400m	5 <sup>th</sup>	56.33	
Charlie Graham	15yrs	200m	1 <sup>st</sup>	23.26	<b>PB</b>
		400m	1 <sup>st</sup>	52.14	<b>PB</b>
		Javelin	17 <sup>th</sup>	23.38m	
Jay Shipperley	16yrs	800m	13 <sup>th</sup>	2.26.98	
		1500m	9 <sup>th</sup>	5.13.68	
		3000m	9 <sup>th</sup>	11.47.71	
		16-17yrs	2000m Steeplechase	3 <sup>rd</sup>	8.10.97
Lorenz Ryan	17yrs	100m	6 <sup>th</sup>	12.05	
		Long Jump	13 <sup>th</sup>	5.38m	<b>PB</b>
		Triple jump	1 <sup>st</sup>	13.28m	<b>PB</b>
Nicholas Grant	17yrs	100m	3 <sup>rd</sup>	11.64	
		200m	2 <sup>nd</sup>	22.50	<b>PB</b>
		Long Jump	2 <sup>nd</sup>	6.22m	

### **Darling Downs Regional Track & Field Trials**, Toowoomba 1<sup>st</sup> & 2<sup>nd</sup> September 2016.

Zac Caterson	14yrs	Shot Put	2 <sup>nd</sup>	15.56m	<b>PB</b>
		Discus	2 <sup>nd</sup>	52.86m	
		Javelin	<b>1<sup>st</sup></b>	50.72m	<b>PB &amp; Record</b>



# Mulgowie Gift

On September 3<sup>rd</sup> 2016 some of our club athletes ran exceptionally well at the Mulgowie Carnival of gifts.





Ryleigh Sherlock

Lorenz Ryan

Kerryn Ryan

03 09 2016

120m Youth Gift Presentation



Scott Tuohy

Troy Sherlock

Patrick McCarthy

03 09 2016

100m Masters Gift Presentation



Jack Warner

03 09 2016

1600m Gift Presentation

## Athletics North Queensland Championships, Townsville from 24<sup>th</sup> – 26<sup>th</sup> September.

Club members Montanna McAvoy won three gold medals and Tara Chaplin winning 2 bronze medals.

Montanna received the Charlie Doyle Award for the Most Outstanding Middle Distance Athlete of the Championships.

<b>Montanna McAvoy</b>	16yrs	2000m Steeplechase	1 <sup>st</sup>	6.45.04	<b>PB</b>
		1600m	1 <sup>st</sup>	5.02.17	
		3000m	1 <sup>st</sup>	10.01.42	
<b>Tara Chaplin</b>	15yrs	100m	3 <sup>rd</sup>	13.08	
		200m	3 <sup>rd</sup>	26.56	



Montanna McAvoy



Tara Chaplin

# Rio Paralympics 2016

**Claire Keefer F41** has done a huge personal best of 8.16m in the Shot Put winning the bronze medal, it was half a metre better than anything she had done before. Claire then produced an excellent throw of 23.27m in the Discus to finish 7<sup>th</sup> in a top class field. Being on the world stage must have been an exhilarating feeling to say the least.

Congratulations Claire.

