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Newsletter

4<sup>th</sup> March 2015

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## President's Message:

Cyclone Marcia put a dampener on our junior athletes as they had to wait an extra week before competing at the Championships. It was a marvelous job by all and I am sure we will see many of these athletes at National Junior Championships in Sydney.

We now have 22 juniors going to the Nationals in Sydney on 11-15<sup>th</sup> March. It will be a real thrill to watch them compete. Congratulations to Coaches Brad, Mick, Ted, Marty & Andrew for dedication and commitment to get our athletes peaking at Championships.

Also planning is underway for the 34<sup>th</sup> Annual Winter Carnival to be held on Sunday 30<sup>th</sup> August 2015. We are looking for potential sponsors who may want to support this Carnival. Please advise me on **0409 754 884** as we can provide information as to what's in it for them.

Good Luck to our Open Championship competitors for this weekend.

Vic.

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## Committee Notes

Our next Monthly committee meeting is on **Tuesday 25<sup>th</sup> March 2014** at 7pm. All welcome.

Just a reminder, our **AGM is on 24<sup>th</sup> May 2015** and all positions are vacant. This is a great opportunity for you put your hand up and be part of the committee. Nomination forms are available on training nights. Please register your name.

The **Awards Presentation** will also be held on this day.

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## Happy February Birthdays

Glen Yarham    Madison Wells

Megan Anderson    Greg Parnell    Alyssa Janke

Kirra Csurhes    Tara Chaplin    Daniel Parnell

Kerryn Ryan    Ella Milford    Michael Moore

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# Congratulations!

## QLD Junior Championships 26 Feb-1 March 2015

There were 15 athletes in 28 events for 4 Gold, 6 Silver and 3 Bronze medals at the Queensland Junior state Championships which was held 26 Feb – 1<sup>st</sup> March 2015. A few withdrawals happened since last week's story due to injury or illness, which was unfortunate.

To gain a place into the final eight was a marvelous achievement for our athletes, but for everyone from the club to finish in the top 10 was outstanding. They are a wonderful group of youngsters. Coach Mick Moore athletes were fabulous.

**Rochelle Vidler** is now ranked 24<sup>th</sup> in the in Australia in the Open Hammer competition, 10<sup>th</sup> in Australia for U/20rs Hammer and 8<sup>th</sup> in Australia for U/18yrs. Rochelle is still 13yrs of age, turns 14 in March. A marvelous performance in all of her events.

**Rhys Carr** was quite dominate in the Hammer and excelled in the Discus.

**Daniel Parnell** ran really well to achieve PB's at each of his events. It was massive in the 800m.

**Ryan Stewart** has done well with PB's at his first State Junior Championships.

**Clare Sullivan** had a massive PB at her first Junior Championships.

Others to be at their first Junior Championships were, **Indira Rakuita**, **Kirra Csurhes**, **Jack Treschman** and **Franco Olak**.

Many of these athletes, plus a few others who had already qualified will be competing in Sydney from 11 – 15 March 2015 in the Australian Junior Track & Field Championships. A final team is announced, look at QA website. Good luck to all members.

### A superb effort by all, well done.

<b>Rochelle Vidler</b>	U/15yrs	Hammer U/20	<b>1<sup>st</sup></b>	41.36m	<b>PB</b>
		Discus U/17	<b>2<sup>nd</sup></b>	39.20m	
		Discus	<b>1<sup>st</sup></b>	40.65m	
		Hammer	<b>1<sup>st</sup></b>	50.62m	<b>PB</b>
<b>Clare Sullivan</b>	U/15yrs	Discus	<b>2<sup>nd</sup></b>	36.59m	<b>PB</b>
<b>Indura Rakuita</b>	U/16yrs	200m	10 <sup>th</sup>	27.42	
		400m	9 <sup>th</sup>	1.01.99	
<b>Kirra Csurhes</b>	U/16yrs	90m Hurdles	8 <sup>th</sup>	14.90	
		200m Hurdles	6 <sup>th</sup>	33.45	
<b>Juanita Chambers</b>	U/17yrs	100m	6 <sup>th</sup>	13.01	
<b>Miriam Peni</b>	U/17yrs	100m	4 <sup>th</sup>	12.54	
		200m	<b>2<sup>nd</sup></b>	25.80	
<b>Aeysha Granzien</b>	U/17yrs	800m	7 <sup>th</sup>	2.26.20	
		2000m Steeplechase	4 <sup>th</sup>	8.10.24	

<b>Emily Beston</b>	U/18yrs	800m	4th	2.23.52	
		2000m Steeplechase	<b>2<sup>nd</sup></b>	7.56.42	
<b>Tori Langton</b>	U/18yrs	Discus	<b>2<sup>nd</sup></b>	38.91m	
<b>Ryan Stewart</b>	U/14yrs	Shot Put	4th	10.12m	<b>PB</b>
		Discus	<b>3<sup>rd</sup></b>	32.02m	<b>PB</b>
		3000m Walk	5th	19.03.11	
<b>Rhys Carr</b>	U/15yrs	Hammer	<b>1<sup>st</sup></b>	40.17m	
		Discus	<b>2<sup>nd</sup></b>	40.64m	<b>PB</b>
<b>Jack Treschman</b>	U/16yrs	High Jump	<b>= 3<sup>rd</sup></b>	1.70m	
<b>Benjamin Peters</b>	U/16yrs	2000m Steeplechase	4th	7.21.11	
<b>Franco Olak</b>	U/18yrs	100m	7th	12.05	
		400m	10th	54.98	
<b>Daniel Parnell</b>	U/18yrs	400m	<b>3<sup>rd</sup></b>	50.64	<b>PB</b>
		800m	<b>3<sup>rd</sup></b>	1.56.92	<b>PB of 3.04 sec.</b>

Below is a few pictures that you may like, if you do, please email me and they can be forwarded.



Rochelle Vidler

Rhys & Melissa Carr



Clare Sullivan & Rochelle Vidler



Ryan Stewart



Jack Treschman



Tori Langton



Greg, Daniel & Brigid Parnell



Miriam Peni



Kirra Csurhes



Lizzy Melrose and Larissa Chambers doing cart wheels as part of their warm up for an Open 200m event at the Junior Championships. Patrick McCarthy looking on, nothing better to do but wait. Ha-ha.



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### *Just a Thought'*

I have learnt.....Confront your inner fears, you cannot grow until you do.

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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)

### QUEENSLAND OPEN & AWD CHAMPIONSHIPS

Entries close 12<sup>th</sup> March 2013.

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**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.**

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### Answer to the Question

The winner of the **January** question was ***Chevelle Kurth***

The correct answer was: **“She was walking.”**

**A new question is as follows:**

*If you are in a race, what place are you in if you take over the person who is in second place?*

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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## One Mile Gift

**When:** Saturday 2<sup>nd</sup> May 2015

**Where:** Bundamba Racecourse

Prizemoney of at least \$5,000.

Events: 300m Open  
1 mile Open  
1 mile Junior.



Be sure to enter when registrations become available.

**These races help raise money for the Ipswich Hospital Foundation.**

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**We are on Facebook, search for [Ipswich & District Athletic Club](#).**

Be sure to like our page.