P O Box 220, Booval Qld 4304 Ph: 0409 754 884 Website:

http://www.ipswichathletics.org.au

4^h March 2015

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 11-15th 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 34th Annual Winter Carnival to be held on Sunday 30th 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.



Committee Notes

Our next Monthly committee meeting is on Tuesday 25th March 2014 at 7pm. All welcome.

Just a reminder, our AGM is on 24th 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.

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

Congratulations!

QLD Junior Championships 26 Feb-1March 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 – 1st 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 24th in the in Australia in the Open Hammer competition, 10th in Australia for U/20rs Hammer and 8th 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.

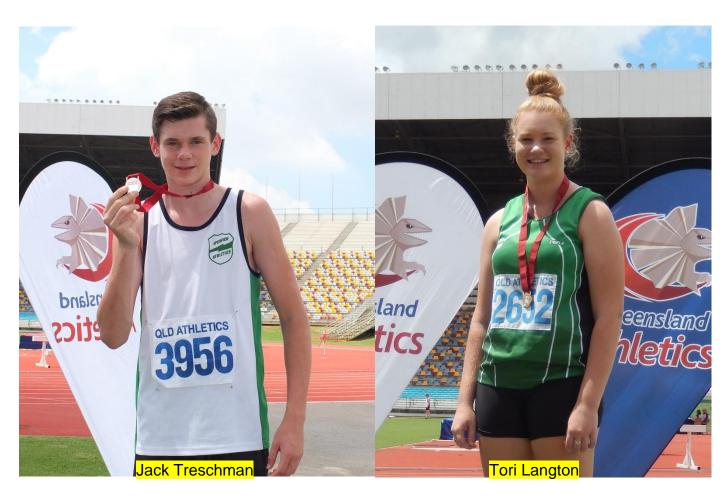
Rochelle Vidler	U/15yrs	15yrs		Hammer U/20 Discus U/17 Discus Hammer		41.36m 39.20m 40.65m 50.62m	PB PB
Clare Sullivan	U/15yrs		Discus		2 nd	36.59m	РВ
Indura Rakuita	U/16yrs		200m 400m		10 th 9 th	27.42 1.01.99	
Kirra Csurhes	U/16yrs		90m Hurdles 200m Hurdles		8 th 6 th	14.90 33.45	
Juanita Chambers	U	l/17y	rs	100m	6 th	13.01	
Miriam Peni	U	I/17y	rs	100m 200m	4 th 2 nd	12.54 25.80	
Aeysha Granzien		l/17yı 000n		800m olechase	7 th 4 th	2.26.20 8.10.24	

Emily Beston	U/18 2000	•	rs 800m m Steeplechas		4th 2 nd	2.23.5 7.56.4		
Tori Langton	U/18	yrs	Discu	IS	2 nd	38.91	m	
Ryan Stewart	U/14yrs	Discu	Shot Put Discus 3000m Walk		4 th 3 rd 5 th	10.12m 32.02m 19.03.11		PB PB
Rhys Carr	U/15yrs		Hammer Discus		1 st 2 nd	40.17m 40.64m		РВ
Jack Treschman	U/16yrs	High	High Jump			1.70m	า	
Benjamin Peters	U/16yrs	2000m Steeplechas			se	4 th	7.21.	11
Franco Olak	U/18yrs	100m 400m		7 th 10 th	12.05 54.98			
Daniel Parnell	U/18yrs	400m 800m		3 rd	50.64 1.56.9		PB PB of	3.04 sec.

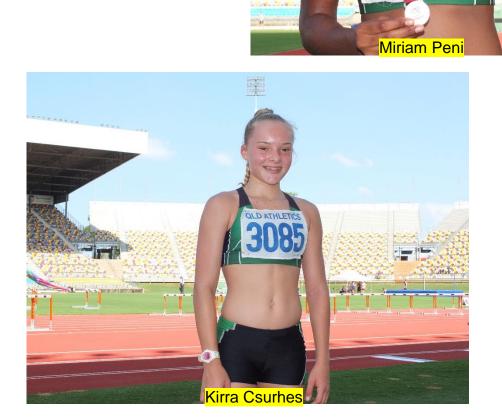
Below is a few pictures that you may like, if you do, please email me and they can be forwarded.











Queensland



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



Just a Thought'

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

Track & Field InterClub Competition

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

www.qldathletics.org.au

QUEENSLAND OPEN & AWD CHAMPIONSHIPS

Entries close 12th March 2013.

QAL now has several events scheduled on their website www.qal.org.au

Club Uniform

The Club uniform <u>must</u> 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 interclub meets.

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

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.

One Mile Gift

When: Saturday 2nd May 2015

Where: Bundamba Racecourse

Prizemoney of at least \$5,000.

Events: 300m Open

1 mile Open1 mile Junior.



Be sure to enter when registrations become available.

These races help raise money for the Ipswich Hospital Foundation.

We are on Facebook, search for Ipswich & District Athletic Club.

Be sure to like our page.