



*"President's Message"*: I really enjoyed watching the Secondary Schools State Track & Field championships 23-26/10/2014. 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 Adelaide 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 2015.

On a more somber note I am advising that Bailey Pashley a former President, committee member and coach has decided to move on to another Club. He will be sadly missed and we wish him all the best in his future endeavours.



Vic

## Congratulations!

### Secondary School State Championships

At QE11 in Brisbane 23/10/14 - 26/10/14 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 some day.

Just getting to this level is a wonderful achievement and I have added a few pictures.

<b>Clare Sullivan</b>	13yrs	Discus	4 <sup>th</sup>	33.91m	<b>PB</b>
<b>Ella Milford</b>	13yrs	High Jump	7 <sup>th</sup>	1.50m	
<b>Elizabeth Raeli</b>	13yrs	Triple Jump	8 <sup>th</sup>	9.90m	
<b>Hayley Wright</b>	13yrs	80m Hurdles	<b>2<sup>nd</sup></b>	12.95	<b>PB</b>
<b>Rochelle Vidler</b>	13yrs	Discus	<b>1<sup>st</sup></b>	39.15m	
	13-15yrs	Hammer	4 <sup>th</sup>	42.25m	
		Javelin	11 <sup>th</sup>	31.34m	(injured)
<b>Tara Chaplin</b>	13yrs	100m	7 <sup>th</sup>	13.18	<b>PB</b>
		200m	7 <sup>th</sup>	27.01	<b>PB</b>
		400m	10 <sup>th</sup>	1.02.68	<b>PB</b>

<b>Zoe Greinke</b>	13yrs	100m	32 <sup>nd</sup>	13.88	(injured)
<b>Indira Rakuita</b>	14yrs	400m	17 <sup>th</sup>	1.03.22	
<b>Kirra Csurhes</b>	14yrs	High Jump 90m Hurdles	11 <sup>th</sup> 16 <sup>th</sup>	1.52m 14.83	<b>PB</b>
<b>Miriam Peni</b>	15yrs	100m 200m Triple Jump	<b>1<sup>st</sup></b> 4 <sup>th</sup> 9 <sup>th</sup>	12.30 25.21 10.39m	<b>PB</b> <b>PB</b>



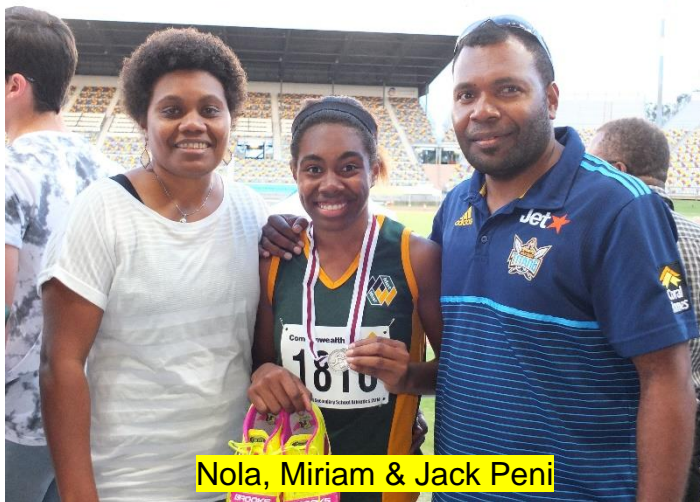
**Rochelle Vidler**



**Hayley Wright**

<b>Aeysha Gransien</b>	15yrs	800m 1500m 2000m Steeple Chase	16 <sup>th</sup> 9 <sup>th</sup> 7 <sup>th</sup>	2.30.42 5.05.11 7.49.42	
<b>Tyla Stolberg</b>	14yrs	Javelin	17 <sup>th</sup>	29.02m	
<b>Elle Raeli</b>	15yrs	Discus	6 <sup>th</sup>	35.94m	
<b>Kelly McNamara</b>	15yrs	1500m 2000m Steeple Chase	24 <sup>th</sup> 5 <sup>th</sup>	5.16.15 7.40.68	

**Savinika Wijeyewickrema** 15yrs Javelin 18<sup>th</sup> 27.67m



**Nola, Miriam & Jack Peni**



**Paul, Tori & Sheryl Langton**



Shandelle, Joel & Paul Walk

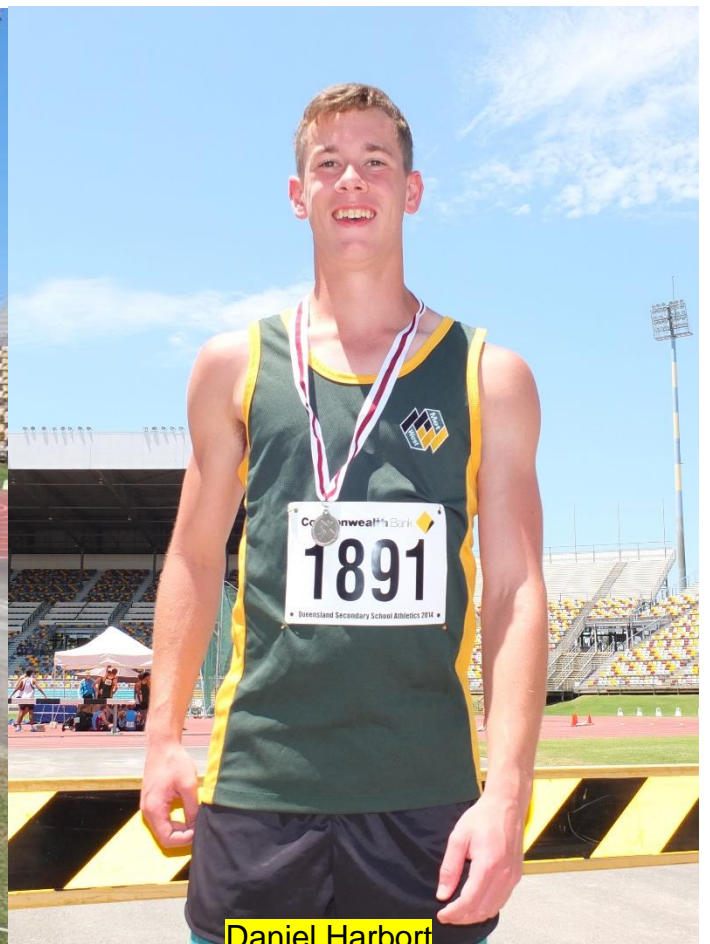


Andrew & Odin Stanley-Hall

<b>Alexis list</b>	16yrs	Javelin	8 <sup>th</sup>	34.75m	
		Shot Put	12 <sup>th</sup>	10.70m	
		100m Hurdles	15 <sup>th</sup>	16.80	<b>PB</b>
<b>Tori Langton</b>	16yrs	Discus	<b>1<sup>st</sup></b>	40.91m	
		Shot Put	4 <sup>th</sup>	12.05m	<b>PB</b>
<b>Emily Beston</b>	17yrs	2000m Steeple Chase	6 <sup>th</sup>	7.36.42	
<b>Megan Anderson</b>	17yrs	100m Hurdles	7 <sup>th</sup>	15.97	
		Triple Jump	8 <sup>th</sup>	10.33m	
<b>Olivia Harvey</b>	17yrs	100m Hurdles	11 <sup>th</sup>	16.43	<b>PB</b>



Jack Treschman



Daniel Harbort

<b>Joel Walk</b>	13yrs	High Jump Triple Jump	<b>2<sup>nd</sup></b> 13 <sup>th</sup>	1.69m 10.89m	
<b>Benjamin Peters</b>	13-15yrs	2000m Steeple Chase	11 <sup>th</sup>	7.17.65	<b>PB</b>
<b>Rhys Carr</b>	13-15yrs	Hammer	12 <sup>th</sup>	30.31m	
<b>Jack Treschman</b>	14yrs	High Jump	<b>3<sup>rd</sup></b>	1.79m	
<b>Jacob Wells</b>	15yrs	800m			
<b>Daniel Parnell</b>	16yrs	400m 800m	6 <sup>th</sup> 6 <sup>th</sup>	50.68 2.00.59	<b>PB</b>
<b>Daniel Harbort</b>	18-19yrs	200m Long Jump Triple Jump	6 <sup>th</sup> <b>2<sup>nd</sup></b> <b>2<sup>nd</sup></b>	22.98 6.22m 12.66m	
<b>Jack Warner</b>	19yrs	2000m Steeple Chase	<b>2<sup>nd</sup></b>	6.56.11	
<b>Odin Stanley-Hall</b>	18-19yrs	400m	7 <sup>th</sup>	55.51	<b>PB</b>

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

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## **Committee Notes**

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

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### *Just a Thought'*

*I've learned that..... Nurture your goals and be open to all opportunities.*

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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 Raemiga Raeli Kelly McNamara*

*Jack Warner John Musters Jai Baas Becking*

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## CLUB REGISTRATION

Members may now renew their registration for the **2014-2015**.

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

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

To renew your membership, follow these easy steps:

- Login to the online registration portal
- Click on the "Registration Renewal"
- Choose a membership option, update your profile details and pay online

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 2014 to Australian Open Track & Field Championships 2015.

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

**Larissa Chambers** won the free membership for 2014 / 2015 season.

Will you be next?

Just give it a go.

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## **\$10,000 in Prize Purses for 2014 Noosa Gift Carnival**

### **& Saturday Night Finals Under Lights**

The Noosa Heads Surf Club 2014 Noosa Gift race has a prize purse of \$6000 to be run over 110m.

The 2014 Noosa Gift Athletics Carnival will be on Saturday the 15th November 2014 at the Girraween Sports Complex, Noosa Heads.

**BIGGER AND BETTER:** This year the heats will be run on Saturday afternoon with the final conducted under lights in the evening.

### **THE LATEST NEWS: 2014 NOOSA GIFT FINALS TO BE RUN UNDER LIGHTS and SPONSORS INCREASE PRIZE PURSES**

<http://sunshinecoastdaily.com.au/news/gander-back-in-game-after-noosa-gift-win/2086940/>

2086221<http://sunshinecoastdaily.com.au/news/Coach-says-weve-not-yet-seen-best-of-Jordan-Csabi/>

<http://www.sunshinecoastdaily.com.au/news/stawell-the-target-after-noosa-gift-defence/2083793/>

**The Noosa Gift Event Aim:** The 5th 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, Accom 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: Saturday 15th November 2014 (Twilight)**

**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 Organizer 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.



## 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 **Daniel Sims**

The correct answer was: **“None”**

### A new question is as follows:

I am trapped in a room. The room has only two possible exits: two doors. Through the first door there is a room constructed from magnifying glass. The blazing hot sun instantly fries anything or anyone that enters. Through the second door there is a fire-breathing dragon. How do I escape???

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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## Better With Age

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SOUTH AUSTRALIAN SPORTS COMMISSION

**CAS**  
Confederation of Australian Sport

**fusesport**

**ADCELL GROUP**  
HEALTH, TRAINING, NUTRITION AND FITNESS GROUP

With more than 55 sports this is your chance to be a participant where 10,000 or more athletes will converge in Adelaide in October 2015. Go for it and register.

**The Queensland Relay Championships** will be held at the State Athletics Facility, Kessels Road, Nathan, on Sat 13 - Sun 14 December 2014.

The Saturday program for selected Open and U18 events will be held in conjunction with the LA's State Relays.

**DATES:** Sat 13 - Sun 14 December 2014

**TIME:** Sat 10.00am - 6.30pm | Sun 9.00am - 6.45pm

**AGE GROUPS**

Age groups for the Queensland Relay Championships are: U14 / U16 / U18 / U20 / Open / Masters

The minimum age for track and field competition is 12 years (born 2002).

Age is taken as at 31 December in the year the competition is conducted.

**ENTRY FEES**

EVENT	FEE/TEAM	EVENT	FEE/TEAM
4 x100m		3xLong Jump	
4x200m		3xHigh Jump	
4x400m	<b>\$28</b>	3xShot Put	<b>\$21</b>
4x800m		3xDiscus	
Distance Medley			

**MASTERS EVENTS ONLY**

4x1500m	<b>\$28</b>
4x800m Walk	<b>\$28</b>
3xJavelin	<b>\$21</b>

**AMBULANT EVENTS**

2x100m	
2x400m	
2xLong Jump	<b>\$14</b>
2xShot Put	

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

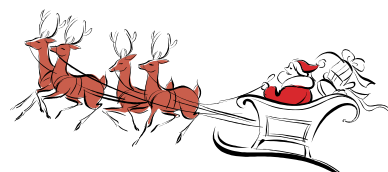
Entry to these championships are free to the athlete, the Club pays these fees. So please put your name in on training nights so athletes can be allocated a team.

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 26/11/2014 so teams can be notified and entered by the official closing date of 4/12/2014.**

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**The Club** *Christmas Party*



The Club is making arrangements for our Xmas breakup party, please watch this space!!!

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