



NEWSLETTER

Friday 12 August 2011

www.cairnsathletics.org.au

PRIMARY SCHOOL STATE CHAMPIONSHIPS

Congratulations to all our athletes who represented Peninsula in the Primary School State Championships in Brisbane this week. It is a great achievement to represent your region and we will try and provide an update on the results of Cairns Athletics athletes in the upcoming weeks.

2012 CAIRNS ATHLETICS COMMITTEE

This is part 3 of the series, and will cover the best starting point for people to become involved in the committee.

If you feel you may not be ready to take on a designated position, one of the best places to start is as a general committee member. These roles assist in the decision making within the club, along with taking on various tasks as they come up during the year. They are also a great stepping stone for seeing how the different roles work within the club before deciding to on whether you want to take the next step.

NEXT CLUB COMMITTEE MEETING

As per the previous news letter we encourage all parents and friends of Cairns Athletics to attend our club meetings to provide input and learn more about how the club functions. The next committee meeting is **Tuesday 16 August 2011 at 7:00pm**. We look forward to welcoming some new faces at the meeting.

UPCOMING EVENTS

Tablelands Pentathlon Day

Held at Tolga on **Sunday 21 August 2011**, this carnival offers a different format to our normal carnivals with points being earned over 5 set events. The carnival is hosted in a relaxed family atmosphere on the Tablelands with picnic baskets and deck chairs on the grass, not to mention fantastic food being served from the canteen. Do not miss this one.

Nomination forms available from the registration desk and nominations close this FRIDAY so lodge your form at club night this week.

Road Runner Team Challenge

Cairns Roadrunners are hosting the Team Challenge, which is a four person team event, where you can nominate which distance your team wishes to compete, ranging for 3klm to 8klm. The challenge is being held on **Sunday 4 September** along the Esplanade, and it would be great if a few of our senior athletes (**you need to be 16 years or older to**

compete in this event) and any supporters who like a bit of distance running could make up a couple of Cairns Athletics teams. To help get the teams together we will start a list up at the registration desk for people to put their name down. More information is at the nomination desk.

ANQ Track and Field Championships

Still a while off, and nomination forms aren't out yet, but worth putting in the diaries. This is the premier athletics carnival for North Queensland, with many of our athletes hitting their peak at the end of the season. Held at the Townsville Sporting Reserve over **23 – 25 September 2011**, start thinking about accommodation now.

NOMINATION FORMS FOR OFFICIALS AND HELPERS ARE NOW AVAILABLE AND ARE AT THE REGISTRATION DESK.

QLAA Regional Championships

This is our final carnival of the year, occurring the weekend after our last club day. Cairns Athletics is hosting the carnival over the **8 and 9 October 2011**. The carnival is for QLAA registered athletes throughout the region, and whilst fun for all athletes it is also the only opportunity to qualify for the QLAA State Titles which is held in March 2012. Registrations will come out towards the end of this month, so circle this date in your diary. As host club we want as many of our athletes finishing off the athletics season with a bang at the carnival. Keep an eye out for plans for the big march past, as it has been many years since Cairns Athletics held the trophy and our club captains are in the planning phase for something big.

NEXT THREE CLUB EVENTS

Friday 12 August – Barlow Park – 5:45pm warm-up for a 6:00pm start
Friday 19 August – Barlow Park – 5:45pm warm-up for a 6:00pm start
Friday 9 September – Barlow Park – 5:45pm warm-up for a 6:00pm start

President Shane Watson 0487 164 960

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Personal Bests

The following athletes achieved Personal Bests at Barlow Park on **Sunday, 7 August 2011**

Under 5 girls: Alexandra Tyrie discus

Under 5 boys: Ray Haddock shotput

Under 6 girls: Megan Rohrsheim shotput, longjump

Under 6 boys: Jordan Bruggemann 100m, shotput; Harry Ward longjump

Under 7 girls: Kelsey Orchard 70m, discus

Under 7 boys: Joshua Porter 70m, 100m, shotput, discus

Under 8 girls: Mia Borzi 60 hurdles, highjump; Queen Byishimo discus, highjump; Jessica Frape highjump; Taylah Graham 70m; Imogen Jackson 70m; Courtney Lush highjump; Monique Marino 70m, discus; Rebecca McAulay 60 hurdles, discus; Hannah-Joy Nui 70m, 60 hurdles, highjump

Under 8 boys: Emerson Della Ricca 60 hurdles, highjump; Dominic Leota 100m, 60 hurdles, highjump; Beau Stroud 100m, 60 hurdles, highjump; Llewellyn Vaughan 60 hurdles, discus

Under 9 girls: Ruby Borzi shotput, longjump; Gabrielle Briscoe 60 hurdles, shotput, longjump; Brianna Collins 60 hurdles, longjump; Zoe Loudon 70m; Caitlin Porter 70m, longjump, highjump

Under 9 boys: James Ball 60 hurdles, shotput; Jaymes Murchie 60 hurdles, shotput, highjump; Edward Orchard 60 hurdles, shotput, longjump

Under 10 girls: Lacey Marino 60 hurdles; Ceiridwen Vaughan 200m, discus

Under 10 boys: Kyron Barr 200m, discus; Cameron Graham highjump; Haney Martens 200m; Boston Oches discus; Ashton Phipps 200m

Under 11 girls: Jasmin Adams javelin; Kitara Farrar 60 hurdles, discus, javelin, longjump; Lavenia Seru 200m, 60 hurdles, discus; Jamie Sorensen 200m, 60 hurdles, longjump

Under 11 boys: Keegan Antl javelin, longjump; Kayden Anu 200m, discus, javelin, longjump; Tasman Moore 200m, javelin, longjump

Under 12 girls: Brooke Carter discus, longjump; Emma Fisher longjump; Grace George 200m, shotput, longjump; Laura George 60 hurdles, shotput, discus; Alexandria Mullens 200m, shotput, longjump; Georgia Ruane longjump; Adeline Uwingabhire 200m, 60 hurdles, shotput, longjump; Adeline Wilder 200m, shotput, longjump

Under 12 boys: Fraser Barr 200m, shotput, discus; Jay Collins 200m, shotput; Harrison McGown 200m, shotput, discus; Gwilym Vaughan discus, longjump

Under 13 girls: Meghan Coffey discus

Under 13 boys: Sam Baker discus, longjump; Alistair Taylor discus, longjump, highjump

Under 14 girls: Erin Ramsay 200m, discus

Under 14 boys: Jesse McCormack highjump; Theo Watson highjump

Under 15 girls: Kate Gould 800m, discus, longjump; Alice Johnstone 100m, 200m

Under 15 boys: Noa Martens long jump

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