



ANQ TIMES

August 2012

ATHLETICS NORTH QUEENSLAND OFFICIAL NEWSLETTER IN THIS ISSUE

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Introduction

by Yvonne Mullins

Dear Friends,

Welcome to the second edition of the ANQ Times. The 2012 year has been full-on with not a spare weekend on the calendar. Clubs from all over the ANQ Region have been involved in Championships and Carnivals and there have been some terrific results that have seen our athletes competing at the highest level of the sport in 2012.

Through this issue of the ANQ Times you will see that the events that ANQ conducts as well-respected throughout the State and further abroad and it was with immense pleasure that we welcomed the 2012 Oceania Championships to Cairns. Oceania Athletics Association has made North Queensland its 'other' home since 1996 with the number of events held here in our Region outnumbering those held anywhere else in Oceania. We should be proud of the fact that the Oceania Council sees North Queensland as the preferred venue for their events. And none of this could be done if it were not for the dedicated officials and sports administrators that we have in Athletics North Queensland.

As you go around the Carnivals and Championships in 2012 take note of the number of officials and sports administrators in our region who have no other reason to be at the event than their pure love and passion for the sport of Athletics. Many of our long-standing, experienced officials no longer have children involved in the sport and neither are they competing themselves! But, these people will

not be with us forever, they will wake up one day and realise that there is more to life than an athletics' track and where will we be then? One of the major challenges that Sporting Organisations face is that we do not have another generation coming through and Athletics is no exception. As I travel around to various Clubs in ANQ I see my 'old' friends still officiating and administering our sport, but I see fewer and fewer 'new' faces.

Everyone is busy and most families have Mum and Dad working in full-time employment, but we are not a baby-sitting service and we need to make our sport one that people want to volunteer in. My hope is that over the next 12 months we can encourage more and more people to come back to volunteering and that the heavy load is not left to the very few.

As I close I say congratulations to Jarrod Bannister for his performances at the London Olympics, I'm sure not what Jarrod had hoped for but certainly any Olympic representation should be applauded. And in the coming days we will see our Paralympic Athletes take to the track and field and we give them our sincerest best wishes as they ready for the greatest stage that they will ever experience in their lives.

Yvonne Mullins
President
Athletics North Queensland



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Coral Coast

by Shane Watson

In what was one of the largest Coral Coast Carnivals held in the history of Cairns Athletics, over 290 athletes enjoyed blue skies over Barlow Park as they competed over 2 and a half days on the track and field.

The first night finished in spectacular fashion with the crowd witnessing Rita Fontaine from Townsville taking out the Big Splash Enterprises Women's 300m Dash for Cash in a time of 42.40, and Alec Arnold making it a Townsville double taking out the Men's in a time of 36.92

After being absent for many years the reintroduction of club relays proved a huge success with over forty teams from twelve North Queensland athletics clubs competing over the Junior, Open and Master's divisions. Cairns Athletics teams were the inaugural winners of the Junior and Open Relays, with the team from Tablelands Athletics winning the Masters division.

Mulgrave Athletics Club took the honours in winning the Coral Coast Track and Field Carnival Nordic Sport Australia Champion Club, closely followed by Northstar Athletics Club from Townsville.

The Carnival saw a diverse mix of athletes, from Australian representatives and National Champions on the track and field alongside five year olds enjoying their first athletics carnival, and masters athletes doing what they have done for countless years.

2012 has certainly been a large year for the track at Barlow Park, with the Coral Coast Carnival being the second significant athletics meet this year, following on from the Oceania Athletics Track and Field Championships, which saw over 300 athletes from 23 nations compete on the IAAF certified facility in June this year. And with the Peninsula Track and Field Regional Championships in August, followed by the Queensland Primary Schools Track and Field Championships being hosted in Cairns in October, over 5000 athletes will enjoy this first class facility in 2012, making it one of the highest used regional track and field facilities within Australia.

Shane Watson
Cairns Athletics President
ANQ Development Commission Member



Throws Coaching Course

by Jos Grech

On Friday 6th July, Mackay Athletics Club was lucky to have Brett Green (Level 5 Throws Coach) conduct a throws clinic for athletes aged 10 – 16 years. 15 athletes from Slade Point and Mackay participated to learn Shot Put, Discus and Javelin over six hours.

All the athletes thoroughly enjoyed the day, with Brett giving some wonderful advice and instruction to all. Some parents and coaches even braved the cold chilly conditions and ended up staying for the whole day to broaden their knowledge in throws.

All athletes left the day having gained from the experience of participating in a clinic that was extremely well delivered.

On Saturday 7th July Brett Green also conducted a Level 2 Throws course. This course was funded by a grant received from the Queensland Governments Active Inclusion Grant and organised through Sports

Credentials and Mackay Athletics Club.

With Brett's vast knowledge, all participants enjoyed the course and certainly went away with a lot more knowledge than when they arrived. Congratulations to James Grech (Mackay), Jos Grech (Mackay), Don Hamilton (Mackay), Wayne Gakowski (Emerald), John Chapman (Emerald), Rachel Marks (Clermont), Peita Pearce (Moranbah) and Ruth Cliffe (Sarina) who all passed the course with flying colours.

The next coaching course in the Mackay region will be a Level 2 Club Coach course held on the 22-23 September. If you want more information about this course please email president@mackayathletics.com.au

Jos Grech
Club Secretary
Mackay Athletics Club



Would you like to become a qualified coach?

If so please contact the ANQ office or send an email to development@athleticsnorthqld.org.au

Cape Hillsborough Club Championship

by Janelle Tilse



The Mackay Road Runners' 4.5k & 9k Cape Hillsborough Club Championship race was held in extremely cool, but sunny conditions from the resort precincts last Sunday morning. Approximately fifty runners enjoyed the beautiful unique surroundings of the National Park and the challenge of the Hidden Valley trail run. The course led runners through varying terrains of testing bush trails which included views of the ocean and lapping waves in close proximity. Several runners originally registered for the one loop 4.5km course enjoyed the challenge so much, that they returned for a second outing, well pleased with their efforts.

The junior 4.5km female race winner, Nixon Rodden blitzed her rivals over the testing course. Non club member, Lou Quidu was the



first male to cross the line, with Cooper Rodden claiming second place with maximum junior club championship points. In the male open 9k event, Liam Mumford and Shawn Claydon fought a tight battle the entire race, with Mumford the eventual victor by only seconds, with fast finishing Andy List overtaking Graeme Railton for third. In the female 9k race, finishing positions were reversed from the recent Eungella King of the Mountain race, with Judy Zahn taking gold ahead of rising talent, Lisa Burns, whilst Janelle Tilse claimed third and the remaining open club championship point. Great racing by several runners, including Tim Caddy, Mariah McGivering, Sharon Doyle, Greg Coulson, Arthur Dick, Cooper Rath, Glenn Baker and Ulrika Widdowson.

A huge thank you to all volunteers, including masterchef Linda McFadzen - an awesome job on the BBQ, David Bellamy (photographer for the day), Leanne Tickle (finishing tickets), Tim Magoffin (course marker/announcer), Stacey Eggleston (registrar), Andy List and Martin Lamperd (trailer) and to all the runners, new and existing for making it a sensational day.

The Club welcomed and appreciated visiting Athletics North Queensland Development Officer, Dayne O'Hara's attendance at the Cape Hillsborough event. Dayne's knowledge in road, cross country and track running is vital to the development and promotion of running in the local region and beyond.

Members of the Club's committee will be attending a ANQ workshop in November to better enhance the profile of running to new and existing members.

The Club was also fortunate to have talented ultra-marathon runner Richard Bowles attend the event in the midst of him conquering a personal goal, as well as raising funds and awareness of the Mental Health Support Group (SANE). Rich is 1,000km away from completing the total 5,330km run which takes him from Melbourne to Cooktown along the Bicentennial National Trail. The trail is made up of old stock routes, and for the most part, is very rugged and remote. Richard will be the first person to have ever run the entire trail, and will achieve this by running 30 - 80km daily for 5.5 months, a personal challenge, both physically and mentally. Rich and his support team, are very focused on completing the run, whilst endeavoring to improve the vital needs of his cause, mental health through SANE Australia. Rich's partner, Vickie Saunders and photographer, Jess Parker challenged themselves to run the 9km Cape Hillsborough course, while Rich had a 'day off'. Those who missed listening to the informal, but very interesting and informative chat by Richard and Vicki can check out:- www.runbnt.com

Janelle Tilse
Mackay Road Runners



everything in our power

Ergon Energy ANQ Track and Field Championships

There is just over three weeks to go to the biggest regional athletics carnival in Australia. Held on the 28/29/30 September, these championships are expecting big attendance from all around Australia. Athletes, officials and volunteers need to start handing in their nomination forms before the 21 September. More information at www.athleticsnorthqld.org.au

A reminder that athletes can only compete in these championships if they are wearing their correct club uniform.

Nutrition

by Kimberley Hinschen

During ages 5-18years we see the greatest changes in development, and therefore the utmost importance should be placed on the nutritional requirements of these children. Growth spurts are often seen in girls aged 10-11years, and boys 12-13years. However, this can vary from child to child.

For athletes in particular, nutrition plays a crucial role in development and growth. As the child becomes more active within sport their energy requirements increases dramatically.

To the right is an example of a delicious, healthy snack for the kids (and Adults!)



Brownie Fruit Pizza

Ingredients

- Non-stick cooking spray
- 1/2 cup sugar
- 3 tablespoons butter or margarine, softened
- 1/4 cup refrigerated or frozen egg product, thawed
- 3/4 cup chocolate-flavoured syrup
- 2/3 cup all-purpose flour
- 3 cups assorted fruit such as sliced, peeled kiwifruit; mandarin orange sections; sliced bananas; sliced, peeled peaches; sliced nectarines; strawberries; raspberries; and/or blueberries
- 1/2 cup chocolate-flavoured syrup

Directions

1. Lightly coat a 12-inch pizza pan with cooking spray. Set aside.
2. For crust, in a medium mixing bowl combine sugar and butter. Beat with an electric mixer on medium speed until creamy. Add the egg product; beat well. Alternately add the 3/4 cup chocolate-flavoured syrup and the flour, beating after each addition on low speed until combined. Spread into the prepared pizza pan.
3. Bake in a 350 degree F oven about 20 minutes or until top springs back when lightly touched. Cool on a wire rack.

4. To serve, cut the brownie into 12 wedges. Top each wedge with fruit; drizzle with the 1/2 cup chocolate-flavoured syrup.

5. Makes 12 servings.

Nutrition information

Per serving: Calories 187, Total Fat 3 g, Saturated Fat 2 g, Cholesterol 8 mg, Sodium 61 mg, Carbohydrate 39 g, Fibre 2 g, Protein 2 g. Daily Values: Vitamin A 0%, Vitamin C 37%, Calcium 1%, Iron 5%. Exchanges: Fruit .5, Other Carbohydrate 2, Fat .5. Percent Daily Values are based on a 2,000 calorie diet

Kimberley Hinschen
Sport and Recreation Officer
Athletics North Queensland

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Upcoming Events



DATE	EVENT	LOCATION
7 September	NQ Secondary Schools	Townsville
11 September	NQ Primary Schools	Townsville
16 September	Australian Half Marathon Championships	Sydney
23 September	Run the Whitsunday Great Walk	Airlie Beach
28-30 September	Ergon Energy ANQ Track and Field Championships	Townsville
7 October	Queensland Junior AWD Championships	Brisbane
13-20 October	Alice Springs Masters Games	Alice Springs
14 October	Australian Marathon Championships	Melbourne
19-20 October	Queensland Primary Schools	Cairns
25-28 October	Queensland Secondary Schools	Brisbane

Team NAUS - Oceania Championships

by Maria Dahl

An interesting opportunity presented itself to me recently, when I was offered the position of Team Manager of the newly established North Australian Team, to be competing at the Oceania Championships in Cairns last month.

Although having been involved in athletics for the past eight years or so; first as a parent cheering at the finish line at umpteen competitions all over Queensland and also at National meets, then as Secretary of Townsville North Star for the past five years (whilst still continuing to be an excited parent at the finish line, of course!!), Team Management was uncharted waters for me. But, being assured of full support from the hard working team at ANQ HQ, I threw myself into the task at hand full of enthusiasm!!

The brainchild of Yvonne Mullins, the North Australian Team was added to the list of 22 or so member federations of the Oceania Athletics Association, participating at the 2012 Oceania Championships held at Barlow Park in late June. Made up of local North Queensland and Northern Territory talent, the team comprised 43 athletes, mainly in the U20 age group.

The selection of the team was made mainly based on performances made at the ANQ Student Games in May and the team was announced shortly afterwards. As opposed to the remainder of the participating teams at Oceania, whose main competition on the calendar this is, the NAUS athletes had a somewhat limited timeframe to produce peak performances. In addition to this, many of them were, at the time, on a break from training, having recently competed at Junior Nationals in March.

Whilst this fact could have been seen as a clear disadvantage for the NAUS team, it did not – on the day – stop this wonderful group of talented young athletes to join forces and end up with a total of 47 medals between them!! 21 gold, 17 silver and 9 bronze put the NAUS Team in third place overall, only surpassed by New Zealand and the other Australian team.

Whilst credit for this fantastic result goes wholly to the outstanding athletes competing, I would like to think that the smooth running of the team in *some* way contributed to the positive result! I'm sure that any one of you who have ever

undertaken the ominous task of team management will agree that it is a 24/7 job for the duration of the competition in question! I was lucky to have not only the support of ANQ, but also to be sharing the workload with three very dedicated fellow team managers and coaches. Jodine Bennett, Drew Potts and Alex van der Meer (Development Officer Athletics NT) all joined forces with me to form the North Australian Team Management.

Team *work* is certainly the key word to successful Team Management! Personally, I don't think I could have picked a better competition at which to try this out for the first time. The friendly nature of the Pacific Islanders coupled with the excellent organisation of the OAA and the LOC Cairns Athletics, made this a truly enjoyable – albeit exhausting!! – experience.

Team Managers were provided with the opportunity to further themselves within the field through a series of comprehensive workshops, run alongside the Championships. These workshops covered all aspects of TM and were presented in a very interesting and professional manner by Bill Bailey, Life Member of OAA, IAAF and Athletics Australia. Me and my fellow team managers – some of whom had also taken on this task for the first time – were provided with invaluable information pertaining to all aspect of TM. The fact that the workshops were scheduled at the end of the program each day, made for a very loooooong working day but it was well worth it. As well as providing a wealth of information, they also gave us team managers the opportunity to get to know each other and exchange experiences and ideas.

Staying at the Athlete's Village during the competition also made for excellent opportunities to make new acquaintances, compare notes with other team managers and liaise with athletes. The only disadvantage I can see with managing a team made up of local athletes would have been the fact that they, being locals or travelling with their parents, opted *not* to stay at the village. This made the logistics of managing the team a lot more difficult, as we all never seemed to be in the one place at the same time! Many of the NAUS team



members only travelled to Cairns on the day of their event so the handing out of uniforms, numbers and other housekeeping matters had to be done at the track. Whilst the other teams had regular team meetings at the Village in the evenings, we were reduced to communicating with our athletes via phone or email outside of the track. But on a positive note; we did get to know the handful of NAUS athletes who did indeed stay at the Village rather well!!

One of the many highlights of the Championships were the Closing Ceremony celebrations. An evening full of fun and entertainment held at the Village, this was an event not to be missed! All participating teams were to perform a short "number", and as we had heard the nightly rehearsals from the other federations throughout the week, we knew we were in for a special treat!

The Pacific Island teams were well prepared and most had brought their props, instruments and traditional costumes with them. Being new to the competition, I have to say we were totally unprepared for this tradition!! But thanks to a small dedicated group of NAUS athletes who joined forces to perform a fabulous but hastily rehearsed dance number, the evening was saved!! Throughout the night we were treated to some wonderful performances, ranging from the Haka from both the NZ and Samoan team and Arnold Sorina and the rest of the Vanuatu team performing a very elaborate stick dance! Certainly a very befitting finish to a wonderful week.

Would I do Team Management again? Without a doubt! Especially since the Oceania Championships 2013 is being held in Tahiti – a place I've always wanted to visit!

Maria Dahl – Team Manager
Townsville North Star Secretary
ANQ Board Member

The Official Line

by Catherine Welsh



Queensland
COUNTRY
HEALTH FUND

We are probably all tired from late Olympic nights and early mornings!! Despite the Aussies putting themselves down for not winning more Gold, we all know what an amazing feat it is just to make the qualifying standards! We are a small population by world standards, the rest of the world has learnt to swim and I think we do pretty well on the limited government funding available to sport!!

ANQ Championships

28/29/30 September is rapidly approaching, we are expecting a large number of athletes and we need you!! Please could you send in your nomination to officiate as soon as possible? The more officials we have, the lighter the load for everyone. Even if you are only available for part of the weekend, we can roster to suit you. If you do not wish to be out in the sun, put your name forward to assist at medal presentation, administration, merchandise sales, canteen or Call Room – an opportunity to suit everyone!! We hope to have some ASQ (Athletics South



Queensland) officials traveling north for the event and look forward to welcoming them to our friendly competition.

Signing Off Experience

If any of you have practical experience cards for B level qualifications, from any previous competitions to be signed off, make sure you document what you did and bring the card to ANQ Championships. One of our qualified officials will be happy to sign it for you

Update Your Details

Update your details. Please complete and return the form Robyn has sent to you all to update your details on the ANQ data base. This will ensure that you receive all important information, and your details will be forwarded to Athletics Australia which will inform you of National officiating opportunities. Many of you could be eligible to officiate at the Commonwealth Games in 2018 so you need to officiate at a National level regularly to be eligible for selection. Even if your details have not changed, please return the completed form to Robyn in the office.

New Official's Education Scheme

Athletics Australia is committing significant funding to developing a new education program. I understand that there will be the option to do Level 1 introductory courses on line then Level 2 (replacing the current Level C & B) will be part on line and part with an instructor. This is all supposed to be in place by the end of the year.

QA Board Meeting

The next QA board meeting will be held in Townsville on Monday 1st October (after ANQ Championships). This means that the Board members will be with us for the weekend, and have all been offered jobs officiating! You will have a great opportunity to meet CEO: David Gynther, President: Des Johnston, ASQ Members: Trish Kinnane, Leanne Hines-Smith and Gary Brown.

Club Championships

ANQ officials and staff have been traveling around the recently to assist at Club Championships in Whitsunday, Cairns, Tolga, Longreach, and Emerald. Many of our officials will again be assisting at schools competitions and selection trials

I look forward to hearing you are all coming to ANQ Championships, and the position for which you would like to nominate

Catherine Welsh
Director of Officials
ANQ Board Member

If athletes, parents or officials wish to officiate at future competitions please send an email to admin@athleticsnorthqld.org.au

If anyone wishes to do an officials course to be a qualified official, please send your interest to development@athleticsnorthqld.org.au



2012 Pan Pacific Games

The Pan Pacs, as the Games are affectionately known, are a celebration of master's sport with both fierce and friendly competition on the sporting field and a fun-filled entertainment program at the Games Village each night. The sport is conducted in age groups with no qualifying standards to enter. The only criteria for entry is that participants must meet the minimum age for their sport, and for most sports that is 30 years of age.

For more information visit www.mastersgames.com.au

The Master Class

by Ken Dickson

There are not many sports around where an entire family can turn up and compete at the same place and the same time. Athletics is one of those sports that really can be called "family orientated".

As parents we usually encourage our children to try the sports we enjoyed most when we were younger. I, myself, was unknowingly guilty of this when I encouraged my then five year old daughter to have a go at athletics and to my delight she loved it. Then gradually you find yourself having a sneaky throw when no-one was looking just to see if "you've still got it". You then take your kids to a carnival and find out that virtually every track and field competition in North Queensland caters for everybody including parents or as we call them "Masters".

For me this was way back in the early 00's, when the carnivals there were reasonable numbers of Masters competing but at Club level none at all. First Lesson – don't worry about it, if you enjoy it, do it. Then low and behold other parents see you having a go and start telling you what they used to do back at school. Second Lesson – give them a go. Some parents are interested but have never done athletics before so give them a crash course the same as you would any other athlete that turned up to the Club. The others are usually the age champions of the past keen to see "if they still have it".

From this point you will notice others taking an interest because now they can be part of a group. As long as there are one or two people in a Club who are constantly encouraging others to participate the Masters segment of a Club will flourish. The camaraderie and fun factor of the Masters then overflows to Carnivals. Ten years ago all the Masters, male and female, would compete in an event at the same time to keep group numbers up. While we are there having a laugh and an



encouraging cheer, other parents are watching and thinking "that looks like fun, I might give it a go". The next year you rock up at the Carnival and the group has doubled. The year after they have to separate the men and women because the groups have grown and now some Carnivals are at a point where they need to separate the age groups. Recently a group of us have broken away to challenge ourselves at the Multi-events, excellent fun I must add. As we look back towards the remainder of the Masters group we notice that it is still packed out and many new faces have joined the group.

Make sure at Club level that Masters are treated just like any other age group as far as end of season awards are concerned. Most will say "pfft... don't worry about it" but remember we are all still athletes and secretly don't mind a bit of recognition. PB and attendance based points systems are best as it puts all competitors no matter their ability on an even playing field.

Make sure any media releases your Club may get include all aspects of the sport, kids, masters, achievers, record breakers and PB'ers. This way all the locals start to realise that athletics isn't just for kids and then you will

start to see the enquiries from people considering returning to the sport. When they hit you with the line "I might get fit and then come back" the reply should be do it to get fit don't wait to get fit to do it.

Keep in mind that Master athletes can be a Clubs best asset. They are usually parents so they increase membership with their family, they learn the rules so they are potential coaches and officials and if nothing else they will be part of the Clubs workforce and so will want to keep "their" Club running smoothly.

Be patient, at first numbers will grow slowly and then take off like a pyramid scheme. Lead by example – don't expect others to do what you won't, this way we can all enjoy "ATHLETICS FOR LIFE".

Ken Dickson
Master Athlete and Coach
Mt Isa Athletics Club
ANQ Development Commission Member

**YOUR
THOUGHTS
AND IDEAS**

Do you have an article, photos or an even an event that you want to place in Issue 3 of the ANQ Times? Or would you like to suggest information that you think should go into future newsletter?

If so please send an email to development@athleticsnorthqld.org.au

ANQ TIMES
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