

Record of Athletics (Cross-Country, Track & Field)

2008 year

FutureSportZ Academy® - Director, Tony C. Baker

General (Tony):

Note that due to family circumstances I am restricting my coaching to distance track, cross country, road racing & triathlon (run leg) in 2009.

Tony

*At the Metro West & Metro South East QLA Championships our athletes had outstanding success! They won a total of 55 medals; 19 GOLD, 24 SILVER, & 12 BRONZE, plus 13 additional State qualifiers on placings. 20 athletes qualified to compete at the QLA State Championships. In addition to medals won, our athletes set many PBs! **Lucy Y** set new Regional Records in the 800m & 1500m.*

*At the QLA State Championships we had great success with some of the highlights including **Lucy Y's** 2 Gold Medals, **Sam U's** 800m Gold medal, **Jordan C's** 200m hurdles Silver medal, **Jordan A's** 18 second 1500m PB, **Michael W's** 2 Silver Medals, **Torrey P's** 1 Silver & 1 Bronze Medal with an injured knee, **Trenton G's** 4 PBs in six sprints, & **Lachlan W's** 2 800m PBs in the one day. 22 athletes, 10 medals, 22 PBs, 28 finals, 30 top ten finishes, and 32% of finalists won medals; All 5 of our high jumpers were in top ten places with 3 in top 5.*

*REGIONAL XC SUMMARY - 23 Eagles athletes contested Regional XC Championships in 4 regions (Met East, Met North, South Coast & Met West); **Lucy Y – Gold, Sam U – Gold, Josh B – Gold, Max C – Gold, Cassie D – Silver, James S – Silver, Fergus H – Bronze, Jordan A – Bronze**, 3 athletes qualified for State Championships by running 4th or 5th. 3 more athletes in top ten (1 more 11th)*

*QLD ALL SCHOOLS XC CHAMPIONSHIPS – 23 athletes contested these championships: **Lucy Y** Individual GOLD & Team SILVER (with a cast on her arm!), **Lachlan W** (Individual GOLD), **Kensa H** (Individual BRONZE), **Josh B** (Team BRONZE), **Fergus H** (Team BRONZE), **Sam U** (5th), **Tom WB** (5th), **Shinita R** (8th), **Jordan A** (9th), **Bailey P** (9th), **Jimmy M** (10th), **Alexa D** (10th)*

*At the Qld State Primary Schools XC Championships – 4 athletes competed; **Jordan A – 6th** (1st Reserve for Nationals), **Max C – Gold** (relay medal), **Bailey P – 4th** (relay), **Sam U – 13th**.*

*At the Qld State Secondary Schools XC Championships – 5 athletes competed; **Lucy Y – GOLD, Cassie D** (8th), **Fergus H** (15th), **Josh Bri** (17th). In relays – Lucy (Gold medal) Cassie (Bronze medal) Lucy, Fergus & Josh 4th.*

At Regional Primary Track & Field Championships (Met West, Met East, Met North, South Coast); 25 athletes competed, 27 medals – 10 GOLD, 9 SILVER, 8 BRONZE! 16 athletes qualified to State Championships in 24 events!

*At State Primary Schools Track & Field Championships - **Bailey P** BRONZE medal 800m, SILVER medal 4 x 100 relay; **Katya M** GOLD medal Multi-event, BRONZE medal Discus The following athletes achieved a State Final making them among the top athletes in that event in the State; **Bailey P** (100m, 200m, 800m, 4 x 100m), **Jarrold V** (100m, long jump, 4 x 100m), **Riley K** (800m), **Michael W** (high jump), **Torrey P** (long jump), **Katya M** (multi-event, Discus); altogether 12 State Finals! PBs were achieved in the pressure of States by; **Bailey P** (100m, 800m), **Jarrold V** (100m), **Riley K**(800m). **Bailey** was selected in the QUEENSLAND team for the Pacific School Games.*

*At State Secondary Schools Track & Field Championships – **Lucy Y** Gold Medal 1500m (State Champion); **Cassie D** Bronze Medal 2000m steeplechase; **Callum G** Bronze Medal 100m hurdles. The following athletes achieved PBs – Callum Triple Jump, 100m hurdles, 200m hurdles; Lucy 1500m; Cassie 3000m, 2000m steeplechase; Eve 1500m. The following athletes achieved State Finals – Callum (3), Luke (1), Cassie (2), Lucy (1), and Eve (2). 3 athletes selected in the QUEENSLAND team in 5 events; Lucy 800m & 1500m; Cassie 2000m steeplechase; Callum 100m hurdles & 200m hurdles.*

Tyson R

Ipswich Australia Day Carnival – 800m Gold medal
South East LA Regional Championships: Javelin – Bronze medal; 800m – 4th (Qual for States)
Greenbank District XC Championships – 1st
Qld Athletics Fox-Fogarty Memorial XC – Bronze medal
District Champion – 800m
Met West Regional T&F Champs – Q for 800m final

Lachlan W

Ipswich Australia Day Carnival – 800m Gold medal
South East LA Regional Championships: 60m hurdles – Gold Medals; High Jump, Shot Put, 800m – Silver Medals; Discus – Bronze medal
Qld Athletics XC Meet – 1st
Qld Athletics Fox-Fogarty Memorial XC – 1st
Sunshine Coast XC Series race – 1st (new course record)
Qld Athletics XC State Championships – Gold Medal
Qld All Schools XC Championships – Gold Medal
Gold Coast Marathon Junior Dash (2.25k) – 5th (over 500 competitors, some 2yrs older)
Qld Running Winter XC Championships – Gold medal
Sunshine Coast Winter Athletics Carnival – Gold medals; 800m, long jump, shot put; Bronze medal Discus
Qld Athletics Brown-Bonwick Memorial XC – 1st
Jetty to Jetty road race – 2nd
Eagleby carnival XC – 1st

Michael W

Ipswich Australia Day Carnival – High Jump, Shot Put – Silver medals
South East LA Regional Championships: Triple Jump – Gold Medals; 60m hurdles – Silver Medal;
400m – Bronze medal; Shot Put, High Jump – 4th (Qual for States)
QLA State Championships – Silver medals – Triple Jump, 60m hurdles
Regional SLSA Beach Sprint – Bronze medal
Mackay Pentathlon – Gold medal
State SLSA Beach Sprint – 6th
Sunshine Coast Winter Athletics Carnival – Gold medals; triple jump; Silver medals high jump;
Bronze medal Javelin
South Coast Regional T & F Championships – Gold medal: High Jump
State PS T & F Championships – High jump 5th

Jessica B

Ipswich Australia Day Carnival – 800m Gold medal
Metro West LA Regional Championships: 800m – Bronze medal; 400m – Gold medal

Holly B

Ipswich Australia Day Carnival – 800m Gold medal
Metro West LA Regional Championships: 200m – 4th (Qual for States)

Jessie- Claire S

Metro West LA Regional Championships: 800m, Long Jump – Gold Medals; 70m, 60m hurdles –
Silver Medals
District XC Championships – 2nd
School Age Champion – Athletics
Metropolitan West Regional T & F Championships – Bronze medal: 800m

Kristina S

Metro West LA Regional Championships: 100m – Silver Medal; 200m – Bronze Medal
Metropolitan West Regional hockey team – 1st State Championships

Lucy Y

Metro West LA Regional Championships: 800m, 1500m – Gold Medals (Both in new regional
record time); 60m hurdles – Silver Medal; 200m – 4th (Qual for States)

International Women's Day 5k Run – 6th overall
QLA State Championships – Gold medals – 800m, 1500m; 4th 60m hurdles
Composite District XC Championships – 1st
Metropolitan East Regional XC Championships – Gold medal
QGSSSA XC Championships – Gold medal
Brisbane 1 representative hockey team
Qld All Schools XC Championships – Gold medal (& Team Silver medal)
State XC Championships – Gold medal (Q for Nationals)
State Secondary Schools Track & Field Championships – Gold medal 1500m (Q for Pacific School Games/Nationals 800m/1500m)
QGSSSA Track & Field Championships – Silver medals 800m, 1500m

Lauren M-Y

Metro West LA Regional Championships: High Jump – Gold medal; 800m – Silver Medal; 400m – Bronze medal
QLA State Championships – Bronze medal: 800m
Metropolitan East Regional XC Championships – Bronze medal

Trenton G

Metro West LA Regional Championships: 70m, 100m - - Gold Medals; 200m – Silver medal; Shot Put – Bronze medal
QLA State Championships – 4th 200m
District XC Championships – 2nd

Jack W

Metro West LA Regional Championships: High Jump – Gold medal; Long Jump, Discus – Silver medals
QLA State Championships – 5th High Jump
District Champion – High jump

Fergus H

Metro West LA Regional Championships: 400m, 800m – Silver Medals; 200m, High Jump – 4th
Mother's Day Classic 4.5k Run – 3rd U14 boys
GPS XC relays – Silver medal
Metropolitan West Regional XC Championships – Bronze medal
Brisbane Boys' College XC Championships – 1st
Queensland All Schools XC Championships – Team Bronze medal
GPS XC Championships – 12th (Gold medal in teams' event)

Jack M

Metro West LA Regional Championships: 80m hurdles, 200m hurdles - Silver Medals; 800m – Bronze medal

Jordan A

Metro West LA Regional Championships: 1500m – Silver Medal; 800m, High Jump – Bronze medals; Shot Put – 4th (Qual for States)
QLA State Championships – 4th 1500m
Brisbane Marathon Festival 10k – 1st U15 boy
Weetbix Tryathlon – 2nd
District XC Championships – 1st
Mother's Day Classic 8k race – 3rd U14 boys
JTAS XC Championships – Silver medal
Queensland All Schools XC Championships – 9th
Doomben 5k Classic – 1st U13 age group
Metropolitan West Regional XC Championships – bronze medal
Queensland Primary Schools XC Championships – 6th (1st reserve for Nationals)
Qld Running Winter XC Championships – Silver Medal
Jetty to Jetty Race – 2nd
Park to Park Race – 2nd
Rail & Trail 3k Run – 1st
Metropolitan West Regional T & F Championships – Q for 800m final (won his heat)

Nick W

Metro West LA Regional Championships: 60m hurdles – Gold Medal; High Jump, Long Jump – Bronze medals; Triple Jump – 4th (Qual for States)
QLA State Championships – 4th 60m hurdles
Runner-up School athletics age champion

Torrey P

Metro West LA Regional Championships: High Jump, Triple Jump, Shot Put – Gold Medals; Long Jump, 60m hurdles – Silver Medals
QLA State Championships – Silver medal – Long Jump, Bronze medal – High Jump
Metropolitan North Regional soccer team to State Championships
Metropolitan North Regional T & F Championships – Gold medal: Long jump; Bronze medal: high jump, shot put.

Jesse H

South East LA Regional Championships: 1500m – Gold Medal; 200m hurdles – Bronze;; 800m,
200m – 4th (Qual for States)
QLA State Championships – 4th 1500m
Qld Athletics Mansfield schools XC – 1st
District XC Championships – 2nd

Jake C

South East LA Regional Championships: High Jump – Gold Medal
QLA State Championships – 5th High Jump
Metropolitan West Regional Aquathlon Team
District XC Championships – 3rd
Greenbank SS Athletics Sports – New High Jump record
Metropolitan West Regional T & F Championships – Silver medal: high jump

Jordan C

QLA State Championships – Silver medal – 200m hurdles; 4th 400m

John A

Brisbane Marathon Festival 10k – 3rd overall, 1st U18 male
Qld Athletics U20 (8k) XC State Championships – Gold medal (Gold teams medal)
Qld Athletics XC Relays – Silver medal
Qld Athletics Fox-Fogarty Memorial XC – 3rd
Queensland U20 5000m State Champion
Qld Athletics 8k XC Meet – 3rd
Queensland 8k XC championships – Gold medal
Selected for Athletics Australia XC High Performance Camp (Geelong & Ballarat VIC)
Queensland Short Course XC Championships – 4th, & team Gold medal
Selected in Queensland U20 men's team for National XC Championships

Conor Mac

Metropolitan West Regional Aquathlon Team
District XC Championships – 4th

Sam U

Qld Running All Schools XC Championships – Silver medal
Metropolitan East Regional XC Championships – Gold medal
Qld Athletics XC Championships – Bronze medal
Qld Athletics Nicky Carroll Shield XC Meet – 1st

Queensland All Schools XC Championships – 5th
Queensland Primary Schools XC State Championships – 13th
Set new club athletics records in 400m & 800m
Metropolitan East Regional T & F Championships – Gold medal: 800m

Josh Bra

Qld Running All Schools XC Championships – Gold medal
Metropolitan North Regional XC Championships – Gold medal
Qld Running Winter XC Championships – Gold Medal
AIC Xc Championships – Bronze medal
Metropolitan North Regional XC Championships – Gold medal
Metropolitan North Regional T & F Championships – Gold medals 1500m, 3000m
AIC Athletics Championships – Silver medal 1500m

Alice E

BGGGS Invitational XC Meet – Bronze medal
Distinct XC Championships – 3rd
Qld Athletics Fox-Fogarty Memorial XC – Silver medal
TAS XC Championships – Bronze medal

Luke M

District XC Championships – 1st
District 800m Championships – 1st

Jimmy M

Qld Athletics Fox-Fogarty Memorial XC – Gold medal
District XC Championships – 1st

Max C

District XC Championships – 2nd
Jnr GPS XC Championships – 4th
CIC XC Championships – 7th
Queensland Primary Schools XC Championships – Gold medal (relay), Met West Region Team Captain
Metropolitan West Regional XC Championships – Gold medal
Metropolitan West Regional T & F Championships – Bronze medal: 800m

Sophie MacF

Qld Athletics XC Relays – Gold medal

Josh Bri

GPS XC relays – Silver medal

Brisbane Boys' College XC Championships – 2nd

Metropolitan West Regional XC Championships – 5th

Queensland All Schools XC Championships – Bronze medal (teams)

GPS XC Championships – 13th (Gold medal in teams' event)

GPS Track & Field Championships – 5th 1500m

Shaun P

GPS XC relays – Silver medal

Brisbane Boys' College XC Championships – 3rd

Metropolitan West Regional XC Championships – 4th

GPS XC Championships – Gold medal in teams' event

Eve P

QGSSSA XC Championships – Gold medal

Metropolitan West T & Championships – Gold medals 800m, 1500m

QGSSSA Track & Field Championships – Gold medals 800m, 1500m

Zac W-B

Caloundra Foreshore 3k Run – 4th

JTAS XC Championships – Bronze medal

Qld Running Winter XC Championships – Silver Medal

Qld running Chermside XC – 3rd

Metropolitan East Regional T & F Championships – 800m final 6th

JTAS T & F Championships – 800m Bronze medal

Cassie D

Metropolitan West Regional XC Championships – Silver medal

Cartwright Series 10k Race 2 – 2nd in age group

Cartwright Series 10k Race 3 – 2nd in age group

Cartwright Series 10k Race 4 – 2nd in age group

State secondary schools XC championships – 8th (Reserve for Nationals)

State Secondary Schools Track & Field Championships – Bronze medal 200m steeplechase (Q for Pacific School Games/Nationals)

Bailey P

Metropolitan West Regional XC Championships – 4th

Queensland All Schools XC Championships – 9th

Brisbane 1 representative hockey team

Queensland Primary Schools XC Championships – 4th (relay)

West Taylor Bridge District Track & Field Overall District Age Champion

Met West Regional T & F Championships – Gold medal 800m; Silver medals Multi event, 200m;

Bronze medals 100m, long jump

State PS T & F Championships – Bronze medal 800m, Silver medal 4 x 100 relay (selection in Qld team to Pacific School Games), competed Pacific Schools Games – ranked 9th in 800m nationally.

Meryn H

Metropolitan West Regional XC Championships – 8th

Alexa D

JTAS XC Championships – Bronze medal

Metropolitan East Regional T & F Championships – 800m final 5th

JTAS T & F Championships – 800m Bronze medal

Tom WB

JTAS XC Championships – 6th (running up an age group)

Qld Running Winter XC Championships – Gold Medal

Kensa H

Queensland All Schools XC Championships – Bronze medal

Reece A

Qld Running Winter XC Championships – Silver Medal

Shaun E-C

South Coast Regional T & F Championships – Silver medal: High Jump

Callum S

Metropolitan West Regional T & F Championships – Gold medal: High Jump

Katya M

South Coast Regional T & F Championships – Gold medal: High Jump, Shot Put, Multi-event;
Silver medal: Discus

State PS T & F Championships – Gold medal Multi-event, Bronze medal Discus

Jacob S

Metropolitan West Regional T & F Championships – Bronze medal: High Jump

Joseph E

Metropolitan West Regional T & F Championships – Gold medal: High Jump

Dan F

Metropolitan West Regional T & F Championships – Silver medal: 800m

Catherine E

Metropolitan North Regional T & F Championships – Gold medal: High Jump, Silver medal Long jump

Jarrold V

Metropolitan East Regional T & F Championships – Silver medal: 100m; Bronze medal: long jump

Callum G

State Secondary Schools Track & Field Championships – Bronze medal 100m hurdles (Q for Pacific School Games/Nationals 100m hurdles/200m hurdles)

GPS Track & Field Championships – Gold medal 4 x 100 relay, Silver medal 100m hurdles, Bronze medal Long Jump

Jake I

GPS Track & Field Championships – Bronze medals 800m, 1500m