



Flying Eagles Training / Management

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'The Eagle'

PUBLICATION DATE:



Thank you to everyone's good wishes when I was recovering from my recent surgery. Your warmth & concern was very much appreciated!

A **BIG** welcome to **Logan** - who has joined our athlete roster.

Athletes/Parents! PLEASE PHONE, TEXT OR EMAIL THROUGH ALL RESULTS FROM ALL EVENTS YOU COMPETE IN, TO TONY - ASAP AFTER YOUR EVENTS! If you have any photos of you competing/training, send them to Tony please.

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Training dates in June

Wednesday 4.45pm 10th, 17th & 24th Invitation sprint sqd recommences - UQ track

Thursday 4.45pm Distance sqd – 4th, 11th, 18th, 25th - UQ Track

Sunday 3.30pm Distance sqd – 7th, 14th - UQ track

Sunday 3.30pm: 21st & 28th - Oxley Common

Our website now accepts payments by PayPal for families who have organized a


login.



Cassie competes for the National Championship winning Old Schools Triathlon Team!

Athlete's News !!!

Congratulations ... to Lauren on a great run at District XC qualifying for Regionals, ... to **Lachlan** on winning District XC qualifying for South Coast Regionals, ... to **Michael** on 4th at District XC qualifying for South Coast Regionals, ... to **Emma** on winning her school xc champs, ... to **Bailey** on recovering well after a fall to get 2nd at his school xc champs, ... to **Tom** on 6th at

his school xc, ... to **Max** 2nd at his school xc, ... to **Rhoda** on winning District XC qualifying for Met West Regionals, ... to **Conor** on 2nd in his school Xc champs, ... to **Riley** on winning his school xc champs, ... to **Cassie, John & Jeremy** who combined to win the UQ strategy relay event recently, ... to **Cassie** who won the first Cartwright Series 5k race in a PB time recently, ... to **John** on his recent 3000m PB, ... to **Bailey** 3rd at District XC trials, qualifying for Regionals, ... to **Emma** 2nd at District XC trials, qualifying for Regionals, ... to **Lucy** 2nd at District XC trials (while recovering from injury) qualifying for Regionals, ... to **Cassie** on winning District secondary trials qualifying for Regionals, ... to the following boys on excellent results at their highly competitive BBC XC Championships; **Fergus** 1st, **Max** 2nd, **Josh** 2nd, **Jimmy** 4th, **Alex** 6th, (qualifying them for Regionals), ...



Lachlan wins District XC!

At the recent Queensland Running All Schools XC Championships the Flying Eagles had some great results & PBs – **Lachlan** 1st, **Tom** 1st, **Alexa** 2nd, **Zac** 4th, **Rhoda** 4th.

... to **Pru** 2nd at District XC trials qualifying for Regionals, ... to **Fergus & Josh** on winning the GPS Terrace XC relays, ... to **Max** 2nd in the Terrace GPS XC relays, ... to **Conor** 2nd in the Terrace GPS XC relays, & a great run in the 8k Mother's Day Classic, ... to **Riley** 1st & **Sam** 2nd

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in a recent CIC XC meet, ... to **Eve** 2nd at the QGSSSA (Girls GPS) XC Championships, ... to **Logan** 1st at the Hot Springs (Arkansas) Duathlon, ... to **Zac** 5th (12 & 13 yr olds), **Alexa** 4th (12 & 13 yr olds), **Tom** 1st at the TAS XC Championships recently.



Logan comes off the bike leg 1st in the Hot Springs Duathlon

Due to Met West Regional XC following 2 days later (poor scheduling by QA etc) we had only 6 athletes able to compete at QA All Schools X-C Championships this year. ALL athletes improved their placing on last year! Zac & Cassie improved a lot! **Lachlan** 1st was the day's highlight. Well done also to **Tom** 4th, **Even** 7th, **Cassie** 8th, **Alexa** 9th, **Zac** 11th, **Fergus** 5th, ...



Tom 4th @ QA All Schools!



Zac – All Schools



Lachlan wins QA All Schools XC Championships!



Eve – All Schools

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Cassie – All Schools

... at MET WEST Regional XC Championships – we had a great day as a squad; **Bailey 2nd** (Silver medal), **Rhoda 3rd** (Bronze medal), ... **Max 1st** (Gold medal), **Jimmy 6th**, **Lucy 5th**, **Alex 10th**, **Emma 7th**, **Fergus 5th**, **Cassie 2nd** (Silver medal), **Eve 1st** (Gold medal), **Pru 8th**.



Bailey - Silver Medal @ Met West XC!

11 athletes who train regularly with us competed at Met West Regional XC Championships, all were in the top ten in their age group, 8 of them qualified for State Championships & the Met West Team; 5 of them won medals! Special congratulations to Eve & Max who are Regional Champions!

Our State Qualifiers from Met West are:

*Bailey
Rhoda
Fergus
Eve
Jimmy
Lucy
Cassie
Max*



Max - Gold medal @ Met West XC!



Conor – a great run in the Mother's Day 8k Classic!

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Lachlan wins Raby Bay triathlon



9-13 Sept World ITU Triathlon Championships - Gold Coast (Tony to be a Technical Official)

20-21 Oct State PS Athletics

22-25 Oct State SS Athletics

4-7 Dec All Schools SS Athletics Champs - Hobart

DATES 2009 (further dates will be added as they become available)

Please also refer to Qld Athletics, Qld Running & Triathlon Qld schedules (previously circulated). Regional, State & National school sport schedules are available on their websites.

NOTE: PS = primary schools, SS = secondary schools.

2.6.09. Met Nth PS & SS XC

4.6.09. Met East, South Coast PS & SS XC

16-17 July State SS XC Toowoomba

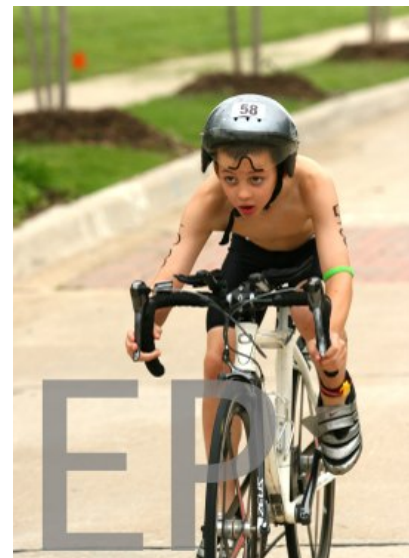
19-20 July State PS XC Runaway bay

26-27 August Met Nth PS & SS Athletics

1-2 Sept Met West PS Athletics

3-4 Sept Met East PS & SS Athletics

8 & 10 Sept Met West SS Athletics



Logan on his Orbea bike (1st in the McKinney Texas triathlon recently) – Logan is a young triathlete from Arkansas USA that Tony assists via the internet.



Working with Logan (above) has taken our coaching advice & guidance across international borders.

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From Triathlon Qld

		14-Mar-10	2XU Bribie Island Series 09-10 Race #4	Penny Croft Triathlon
29-Aug-09	11th Annual Airlie Beach Triathlon & Festival of Sport			
		17-Apr-10	Dirt n Dust Festival 2010	
09-13 Sep-09	2009 BG (Gold Coast) ITU Triathlon World Championships & Sprint Distance Triathlon World Championships			
		18-Apr-10	QLD Gatorade Series 6.	
20-Sep-09	XC Duathlon & Trail Run	24-Apr-10	NISSAN / BRW Corporate Triathlon National Series - Gold Coast	
20-Sep-09	Townsville Triathlon Festival			
20-Sep-09	Triathlon Pink - Sunshine Coast			
04-Oct-09	Gold Coast Half Ironman			
11-Oct-09	The Straddie Salute- Off Road Triathlon/ Team Challenge			
16-Oct-09	T3 Schools Challenge			
17-Oct-09	Triathlon Pink Gold Coast			
18-Oct-09	QLD Gatorade Series 1			
18-Oct-09	Bowen Triathlon 2009			
18-Oct-09	2XU Bribie Island Series 09 - 10 Race #1			
24-Oct-09	2009 ITU Long Distance Triathlon World Championships - October			
25-Oct-09	2009 2010 Tre-X Off Road Series #1			
28-Oct-09	Noosa Triathlon Festival			
15-Nov-09	QLD Gatorade Series 2			
29-Nov-09	2009 - 2010 Tre-X Off Road Series #2			
06-Dec-09	2XU Bribie Island Series 09-10 Race #2			
13-Dec-09	QLD Gatorade Series 3			
17-Jan-10	QLD Gatorade Series 4			
31-Jan-10	Goondiwindi's 'Hell of the West'			
31-Jan-10	2009 - 2010 Tre-X Off Road Series #3			
07-Feb-10	QLD Gatorade Series 5			
14-Feb-10	2XU Bribie Island Series 09-10 Race #3			
28-Feb-10	Gold Coast Triathlon- Luke Harrop Memorial			
14-Mar-10	TQ Tre-X Off Road Championships Race #4			

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