



# Mackay Athletics Club Inc

**NEWSLETTER – APRIL 2009**

## CLUB COMPETITIONS

*Finally the rain has kept away enough for us to begin our Club Competitions Days. We even got a chance to line mark our track. We hope our athletes and their parents / carers are having an enjoyable time.*

*Thanks to the many parents and carers who have assisted in various duties on the day. Without your ongoing assistance, the day's events would not go so smoothly.*

*To make things a lot easier for our Age Marshalls and those who record event results, we have changed our procedure for signing in athletes who attend Club Competitions. Athletes must now on arrival at the grounds go to the desk at the club shed and advise the registrar of your presence. This will make for a smooth start to the scheduled events.*

*The 4th April Club Competition Day will be the last until 2nd May. This is because the following Saturdays fall on school holidays and Anzac Day. Please have a pleasant and safe Easter.*

**Run, jump, throw  
yourself into Athletics**

## CLUB COMPETITION RESULTS

*Individual Club Competition meet results can now be downloaded from the Records and Rankings page of our website. You will be able to view the event results of each athlete for each Club Competition meet. A negative amount in the Improv column indicates an improvement in time or distance in that event on any previous personal best for the season.*

## CLUB UNIFORM SHIRTS

*A new delivery of Mackay Athletics Club uniform shirts has arrived and all sizes are now available. These can be purchased from the club house on Club Competition days.*

**REMEMBER: [www.mackayathletics.com.au](http://www.mackayathletics.com.au) for the latest club news**

### CLUB VENUE

Mackay State High School Oval  
via English Street  
Mackay, Qld

### CORRESPONDENCE

Mackay Athletics Club Inc  
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## **ANQ CROSS COUNTRY CHAMPIONSHIPS – Central Division**

### **Sunday 26 April**

*Mackay Road Runners Club Inc. together with Athletics North Queensland, will host the Cross Country Championships in Mackay on Sunday, 26 April, 2009 with events commencing at 4.00pm at New Mulherin Park, Mackay Marina. Age groups from 9yrs to Masters. Nomination form now available for download from our Forms and Downloads page of our website.*

## **SARINA ATHLETICS CLUB – INTERCLUB MEET**

### **Sunday 17 May**

*Sarina Athletics Club will hold its annual interclub meet on Sunday 17<sup>th</sup> May at the Wally O'Grady Oval, Johnston Street, Sarina. Mackay Athletics Club and Slade Point Athletics Club are invited to compete in events. Participation points are earned at this event. More details will be available soon*

## **BOWEN TRACK AND FIELD CARNIVAL**

### **Saturday 23 – Sunday 24 May**

*Many members from our club attend this carnival each year. It is the first major ANQ meet for the year. More details of events, age groups and nomination form will be available soon. Keep an eye out for this on our website. If you are thinking of attending, consider your accommodation options now. Many visitors chose to stay at the camping grounds located very close to the track. Participation points are earned at this event.*

## **2009 WESTERN GAMES**

*The inaugural Western Games will be staged in the Mount Isa region on 4 and 5 July during the Mid Year Qld School Holidays. To be coordinated by the North Queensland Sports Foundation, the event will include sporting events being held in Mount Isa as well as the North West "corridor" of Cloncurry, Julia Creek, Richmond, Hughenden and Charters Towers. Additionally, there will also be an event in Normanton. Each of the member Councils of the aforementioned towns have thrown their support behind the event. The Western Games will be truly unique as a whole host of sports will be staged as part of one overall event, over a distance of approximately one thousand kilometres.*

*To complement the largest regional games in Australia, the Suncorp North Queensland Games, which is also coordinated by the North Queensland Sports Foundation, the "Western Games" has been created. The Western Games will be staged in the alternate years to the Suncorp North Queensland Games, and also on a biennial basis, commencing in 2009, and then 2011, 2013, 2015 and so on.*

*The sports that will be included in the Western Games are Athletics, Tennis, Judo, Golf, Cycling and Lawn Bowls in Mount Isa, Taekwondo and Rugby League (under 17's) in Cloncurry, Cutting in Julia Creek, Foot races in Hughenden, Enduro and Horse Sports in Richmond, Netball in Charters Towers and Clay target shooting in Normanton.*

*Athletics North Queensland support this event and are looking at providing a bus to go to Mt Isa, the bus will leave late Thursday night from Townsville giving travellers a chance to revive on Friday and competition will be Saturday and Sunday, the bus will leave at the close of competition on Sunday.*

*We are calling for an expression of interest from anyone athletes/officials/parents who may wish to travel out to Mt Isa on this bus to support this event. At present, costs are not available until we can have an idea on numbers. Contact James Grech, our club Registrar if you are interested so James can forward your details to the office of ANQ.*