



Learn all you need to know to blow whistle

SOCCER >> Pine Rivers United Soccer Club is hosting courses for junior and youth coaching licenses.

The junior sessions start on Monday, September 28, from 6pm, at the club's Wendy Allison Park fields.

The youth licensing begins Saturday, October 31, from 9am. Courses are open to coaches from all clubs.

Contact Football Queensland for more information at www.footballqueensland.com.au.

Narrow loss a Payne-ful finish

GOLF >> Caboolture golfer Fay Payne narrowly missed winning last week's Queensland Senior Women's Amateur Championship title. She lost 6 and 4 to number one qualifier Josie Ryan (Headland Golf Club) at the Bargara Golf Club on Friday.

Payne played well throughout the week, knocking out number two qualifier Wendy O'Connell in the semi finals.

The Championship also combined a B Grade division, as well as 55-64 Years and 65 Years and over divisions.

Emma claims first after a big Burst

TRIATHLON >> The Burst Triathlon Club girls had a great start to the season at Quad Park, Kawana, last Sunday.

After not competing last season due to a spinal injury, Virginia Colbran joined Jenny Grehan and Naomi Thompson for their first triathlon in the the Pink Triathlon long distance (300m swim, 9km bike, 3km run) event.

Sisters Jessica and Emma Grehan also raced their first triathlon in the 50m, 1.5km, 500m children's event, with Emma taking out first place.

All Burst members are now preparing for the Bribie Triathlon Series starting October 17. For more information visit www.bursttc.com.au.

Footy field sprint a race for all ages

FUNDRAISER >> The Pine Central Sports Club and Pine Central Holy Spirit are hosting a unique fundraiser for the Royal Children's Hospital.

Dubbed the Hornets Hot 100 handicap, it is a footrace down the length of a footy field.

Nominations are \$100 and organisers are seeking sponsorship for the event.

The handicap system will see 18-25-year-olds starting at the try line, 26-30 years at 95m, 31-35 years at 90m, 36-40 at 85m, 41-45 at 80m, 46-50 at 75m, 51-55 at 70m and 56-60 at 65m. Females receive an extra five-metre advantage.

Phone Vince Donovan on 0419 650 699.

Sweetlip the silver lining for BCF boss

FISHING >> Talk about knowing your product. Boating, Camping and Fishing CEO and Bribie Island local Steve Doyle has proven that he really does know his fish, after reeling in a winning Sweetlip at a recent competition held at Moreton Bay.

Making the switch from the boardroom to the boat, Steve and his team attended the 2009 Moreton Bay Classic where he managed to reel in a massive 7.1kg Sweetlip to win the species category for the day.

Derby has Pine Hills swinging into action

BASEBALL >> A big night awaits the Pine Hills baseball team as it prepares to play its first senior match under new floodlights at the club's Bunya field.

Fittingly, tonight's match is against local rival Redcliffe. Both teams have made impressive starts to the 15-round preliminary competition, with the top eight teams qualifying for this season's Major League.

Another local derby, between Pine Rivers and Narangba at Bray Park tonight, should feature plenty of big hits.

Both games start at 7.30pm.



Rapids return to fold

BASEBALL >> Pine Rivers will be boosted for tonight's match against Narangba by the return of several representative players. Rapids young guns Jason Kilby, Jake Pannunzio, Guy Price, Jake Price and Mitchell Tilling helped steer Brisbane Metro North to the state under-18 championship title on Monday.

Metro North defeated Brisbane West 5-0 in the final, with

another Rapids star, Samantha Kilby, also in the team.

With those players away, Rapids masters pitcher Geoff Wade (pictured) filled in against Pine Hills on Sunday and did a respectable job having not playing for almost a decade.

Haseloff medal haul follows world record

SWIMMING >> There is simply no stopping Burpengary swimming sensation Hellen Haseloff.

The 18-year-old competed for Queensland in the National Secondary Schools Swimming Championships in Perth last week, winning a gold and silver in her relay events and three individual bronze medals for the 100m freestyle, 100m backstroke and 200m individual medley.

A member of the Redcliffe Leagues Swim Club, she has been in scintillating form.

She helped Australia set relay world records in the women's 4x100m freestyle and 4x200m freestyle at the Global Games – a world-class event for disabled athletes – in the Czech Republic in July.

Relay gold for Burpengary captain

SWIMMING >> Burpengary Swim Club star Nicholas Gray also shone at last week's National Secondary Schools Swimming Championships.

The 16-year-old swim club captain was a member of the 4x50m relay team – which also included dynamite Petrie swimmer Brenden Hall, Daniel Fox and Chris Lyons – that won gold and set a new 16-19 Year multi-disability record.

The same quartet claimed silver in the 4x50m medley.

Nicholas also won bronze with a personal best in the individual 50m breaststroke.

Make a splash for free as season starts

SWIMMING >> Burpengary Swim Club's summer season commences on Friday, October 9, with the first two nights of training free for new members.

The club has divisions for swimmers aged 4 to open and its smallest race distance is 12.5m. It is based at Burpengary Aquatics, Fountain Rd.

Miano retains role as president

SOCCER >> Frank Miano retained his role as president of Caboolture

Sports Soccer Club following the club's annual general meeting last Saturday night.

After an eventful year on and off the pitch at Grant Rd, Caboolture, like other clubs in the Moreton Bay region, will prepare for another major influx of players after next year's FIFA World Cup in South Africa.

A new coaching development committee is being formed to take Caboolture forward, with positions being advertised on the Sunshine Coast Football, Football Brisbane and Football Queensland websites.

Youngsters get first taste of racing

SWIMMING >> Albany Creek Swim Club gained more valuable racing for some of their youngest swimmers at last week's Brisbane Spring Sprint Meet at Chandler.

For many of the eight-year-olds, it was the first taste of racing against swimmers from throughout Queensland and NSW.

Albany Creek performed very well with a number of personal bests and stand-out performances from Summer Short, Camille Collins, Aisling Scott, Teagan McConchie, Elliott Grace and Ben Freeman.

McClelland crowned BHL Best and Fairest

HOCKEY >> Brendale's Adam McClelland capped a sensational Brisbane Hockey League season, winning the major award at United's presentation evening last weekend.

The silky striker, who topped the league's goalscoring list, won United's Best and Fairest trophy.

Savills to strengthen junior competition

RUGBY UNION >> Off the back of another successful season, Brisbane Junior Rugby Union has announced a new sponsor for next season – real estate group Savills Qld.

The BJRU competition has more than 8000 players aged from six to 17 from 28 clubs.

President Lawrence McGregor-Lowndes – who has ties to the Pine Rivers Pumas – said having a naming rights sponsor would strengthen junior rugby “and provide greater opportunity for kids to enjoy a healthy lifestyle through sport”.

Clinics to improve fitness and skills

RUGBY LEAGUE >> The Redcliffe Dolphins are running a series of junior strength and conditioning clinics over the coming months for all those league players aged 13-17 who want to improve their fitness and skills.

The clinics, run by new Dolphins strength and conditioning head coach Aaron Wheeler, are in six-week blocks. They consist of two, 75-minute sessions each week. The cost is \$15 per session. For more information, phone Aaron on 0410 317 709.

ANATOMY OF A CHAMPION

Name: Jake Masters
Sport: Motocross
Position: B Grade - 65cc. C Grade - 85cc.
Club: Kilcoy and Reedy Creek Motocross Clubs
Suburb: Rocksberg

What is your race day routine?
Getting up nice and early, ready for scrutineering both bikes. Then a three-lap practice ride on the bikes, and head to the course. I do three races on each bike, and each race is five laps.

When you arrive at the sporting venue, how do you prepare?

I grab a banana and a bottle of water and get dressed in my gear and boots. I walk the track to check its condition and to find the good lines to follow in the race. I always drink plenty of water, eat energy food and try to stay cool.

What is your favourite part of the race?

Winning and having fun.

Who is your sporting idol, and why?

Bubba Stewart, because he is an

awesome rider. And Harley Quinlan, because he always takes time to have a ride with me.

What is the best sporting advice you have been given?

Ride smooth, have a good technique.

What are your sporting goals?

To become a pro rider and turning into the next Bubba Stewart.

What is your first memory from racing?

Forty bikes lined up at the start gate all going for the first corner, with butterflies in my stomach – that's adrenaline.

When did you start racing and why?

When I was eight years old, but I have been riding since I was two. I wanted to race because my Dad used to race.

Do you have any superstitions?

Yes. I have to wear my lucky Crusty Demons pants under my race gear.

What has been the biggest highlight of your career so far?

Winning club days and winning the southeast Queensland titles by 45 points so far.

