



MARIST COLLEGE ASHGROVE

"THE MAGNIFICENT SEVEN"



Marist College Ashgrove
OLD BOYS' ASSOCIATION

The Marist College Ashgrove Old Boys' Association is proud to present this book to all athletes who were part of the final AIC squad competing in the 2021 AIC Track and Field Championships.

The win was a historic 7th Secondary Track & Field title in a row for Marist College Ashgrove which is a first since the college's inception in the TAS/AIC competition. It was also a historic breakthrough victory for our Primary team, the first aggregate win in the recently formed Junior AIC competition.

Well done to all on your achievement,

Marist College Ashgrove Old Boys

Marist College Ashgrove Track and Field – “The Magnificent 7”

Robin Martin - Head Coach (Introduction)

Put simply this season is one for history. Since the inception of the TAS and AIC competition, 3 times have schools won 6 consecutive championships – St Laurences College (1950's), Marist College Ashgrove in the 1980's, Iona College (2000's). But with wins from 2015-2021, Marist is the first college to win 7 in a row. But this team alone cannot take all the credit and we must acknowledge all the many athletes who have trained and competed with incredible determination and courage back to 2015. We must also acknowledge key contributors during that time leading through to 2021 including former Head Coach Mr Miles who introduced many of the coaching structures and processes plus long term coaches such as High Jump coach Paul Kearney, Javelin coach Andrew Fogarty and Sprints coach Mr Leavy who also deserve praise for their long commitment during this 7-year period. Additionally, external coaches Eric Brown & Des Davis. For Des it is his 10th AIC title in a row starting 3 years also with Eddies. We are fortunate to have these Olympic level coaches preparing our athletes to perform at their best.



Mr Jon Fitzgerald will thank the many contributors to this win below. However, a special note about Mr Jon Fitzgerald who picked up the Track and Field Coordinator role in Term 2 and ran with it. The many intricacies of training, corralling the team, preparing and arranging meets, communicating with the massive group, running the camp and bringing the team together was an undertaking that required time, effort and dedication and Jon took it on with good humour that was appreciated by the boys. Jon's approach was well received by the coaching team and a key ingredient in making this 7th title possible.

Jon Fitzgerald - Track and Field Coordinator

Well done to all members of the 2021 Track and Field team on winning both the Primary and Secondary overall aggregate trophies at the 2021 AIC Track and Field Championships. For the Primary team this is the first time that Marist College Ashgrove has ever won the aggregate trophy at an AIC Track and Field Championship which is simply outstanding. In addition to this, the Primary team also won the North Western Division Athletics Championships trophy during Term 3. All athletes led by Primary Sports coordinator Mr John Lambourne, and coaches in the Primary team are to be congratulated on these

wonderful achievements.

For the Secondary team, winning the aggregate trophy for the 7th consecutive occasion was simply amazing. Never in the history of AIC or TAS sport has any participating College ever won seven Secondary Track and Field Championships in a row. The ground work had been laid in the previous 6 victories led by athletes from 2015-2020 and former head of Athletics Mr David Miles, for the 2021 team to make history. All members of the 2021 Secondary Track and Field team are to be congratulated on setting a record in this sport that will be extremely hard to beat in the coming years.



Despite these outstanding results, the 2021 track and field season was not without its challenges. Just like the 2020 track and field season, in 2021 COVID -19 severely hampered both our pre-season training program in the early part of Term 3 and forced the cancellation of the Metropolitan North Track and Field Titles. Added to this was the reality that a number of our athletes were also committed to other sports during Term 3 which made managing their workloads a delicate balancing act. Despite these challenges however coaches and athletes worked as hard as they could to provide a quality track and field program during Term 3 and the September holidays. The September holiday training period included training at the College and two Mini-Meets at the University of Queensland Athletic Centre against other AIC Colleges.



Prior to the Term 3 holidays was a Track and Field Camp on the last Thursday, Friday and Saturday of Week 10 at the Gold Coast Performance Centre. The camp provided an opportunity for the squad to build on their Term 3 training and bond as a group. Can I please thank the following staff who did an outstanding job coaching the athletes during the Camp; Mr Rob Martin (Head Coach), Mr Brett Leavy (Head Sprints Coach), Mr Josh Mulligan, Mr Luke Caplick (Head of Sport), Mr Paul Kearney, Mr Laurie Boustead, Ms Maddie Spann, Ms Ellie Kenny, Mr Andrew Fogarty, Carl Martin, Mr Des Davis, Mr Eric Brown, Mr Macgregor Leavy and Mr Harry Hunter. A very special mention must also

go to Mr Rob Martin, Mr Luke Caplick, Mr Mitch Reid and Mr Corey Lucas who were outstanding in organising the Camp. Without their support the Camp would not have eventuated!

Throughout the season I would like to commend both the athletes and coaches for the way they committed themselves to achieving the goal of winning both the Primary and Secondary aggregate trophies at the 2021 AIC Track and Field Championships. After the first day of competition at the AIC Track and Field Championships on the Friday and going into the major competition on Saturday the aggregate scores in both Primary and Secondary were very close. After the first day the Primary team held a slender lead 194 to a strong Iona on 174 in second place. The Secondary team finished on 263.75 points ahead of a very strong St Peter's Lutheran College in 2nd place on 234.75. After competition was completed on the Saturday the overall aggregates were extremely close with the Primary team finishing 1st on 557 points and held off a very strong Iona College who finished 2nd on 552 points. The Secondary team finished in first place on 716.25 points and held off the formidable St Peter's Lutheran College who finished in 2nd. on 686.75 points.

To win the AIC Championships this season was quite remarkable given that a number of our athletes were unavailable due to injury. This is testament to both the depth of our Track and Field team and the quality of our coaching staff. The College is very grateful for the valuable contribution of our dedicated coaching staff during the 2021 season. Their commitment to before and after school training sessions during Term 3, AIC Pre-Carnival Meets, UQ Mini-Meets and the AIC Championships was enormous. At this point I would like to thank the following coaching staff for their contribution this season; Mr Rob Martin (Head Coach), Mr Brett Leavy (Head Sprints Coach), Mr David Meehan, Mr Paul Kearney, Ms Ellie Kenny, Ms Maddie Spann, Mr Laurie Boustead, Mr Macgregor Leavy, Mr Shane Ward, Mr Des Davis, Mr Eric Brown, Mr Josh Mulligan, Mr Harry Hunter, Mr Calum Mackay, Mr Andrew Fogarty, Mr Simon Price, Carl Martin, Mr Mitch Reid, Mr Corey Lucas and Mr Luke Caplick (Head of Sport).



A very special mention must go to our Head Coach - Mr Rob Martin - who did an outstanding job organising training, assisting with Mini-Meets at the College and at the University of Queensland, the Camp and for all the tireless work behind the scenes to ensure that the program ran smoothly. It is an enormous undertaking and one that the College is eternally indebted. His work ethic is phenomenal! Can I also make a special mention of the hard work undertaken by our Head Sprints Coach Mr Brett Leavy who challenged the boys to achieve their best on the track at all times and also Mr John Lambourne (Assistant Track and Field Coordinator - Primary). Mr Lambourne provided outstanding leadership in the Primary Track and Field program this season. It was his dedication at training, always challenging athletes and attention to detail that was the difference I believe in the Primary team winning the AIC aggregate trophy for the first time.

I would also like to thank Head of Sport Luke Caplick, Mitch Reid and Corey Lucas in the Sports Department who were amazing in supporting the entire Track and Field team/coaching staff throughout the entire season. Without these three individuals there is no way that the season would have functioned as smoothly as it did!

I would also like to thank the leadership of our 2021 captains. Our team captains Carl Martin and Daniel Drew were outstanding in developing a positive team culture and being great role models for all the athletes. It was unfortunate that Carl could not compete this season due to injury. Despite this, Carl demonstrated outstanding leadership on and off the track. He took on the responsibility of helping coach the throwers and assisted Mr Josh Mulligan and Mr Des Davies brilliantly. Daniel Drew was excellent in leading by example in training on the track and always encouraging our athletes to perform at their best.

Dan Meggitt and Tom Prole were also outstanding as vice-captains of the squad. Both Dan and Tom provided terrific support to Carl and Daniel and also to me. I would like to thank them for their valued contribution this season.

It is also important to acknowledge and congratulate the boys on some significant achievements from the 2021 AIC Track and Field Championships.



Year 5 / 6 Primary Place School Points	Secondary 12yrs - Open Place School Points
1 ASH 557	1 ASH 716.25
2 IONA 552	2 SPLC 686.75
3 PADUA 493	3 SEC 568.75
4 VILL 481	4 IONA 526
5 SLC 417	5 PADUA 499.50
6 SPC 389	6 VILL 455.50
7 SPLC 317	7 SPC 422.25
	8 SLC 402

Despite many highlights on a day where there were at least 96 top 3 placings out of the 146 events, some memorable moments included:

1. **Dan Drew** winning the Open 110m hurdles remaining undefeated in AIC hurdles since the 13 years age group
2. **Harry, James and Tom Prole** winning the 800m/1500m middle distance double for their age groups. The middle-distance team had a great day out with many in the squad taking out top 2 places.
3. **Our reserves** – No greater example than after 2 injuries in the 13 years 100m, Tadhg Ryan/Isaac Farrelly our 5th/6th fastest runners stepping into the 13 years relay working with Isaac Ting and Giacomo Calabrese for an unlikely but well timed victory as scores got close.

Note: To all the reserves that worked hard and did not get a final event I would like to thank you for turning up to support your team-mates when it mattered across the 2 days preparing as if you had to compete. Several times it turned into an event at the last minute. I am hopeful that with some extra training and that commitment shown you will push for places in 2022 as there will be many opportunities to compete for positions in 2022.

1. **Field Events** – Seeing 1st place in all Javelin throws on Day 2 – 6 valuable 1st places in the field amongst a series of good throws results (Jonah Miles, Bailey Scarce, Lee Martin, Sam Brassington, Reggie McMillan, Lachlan O’Neill. Giacomo Calabrese joined the javelin winners earlier on Day 1)
2. **Jumps** – Dan Meggitt leading the jumping crew with a final AIC victory in Open Triple Jump.
3. **Sprints** – Seeing another Leavy (Orlando) lead the Open 4x100m relay home across the finish line to close out Marist’s victory (joining Mac from 2020)

In the Primary we had many good performers also in a well-rounded win led by Mr John Lambourne. The first since the AIC competition was formed after many years in the CIC (Combined Independent Colleges) competition:

1. **Captain** - Connor Campbell the Primary team captain led the way magnificently with a blazing 200m win in near record time to go along with a win in the Long jump plus Top 3 placings in 100m, High jump, Shot put and hurdles.
2. **Long Jumpers** – 3 wins in the long jump and a 3rd place in year 5 and 6 to consolidate early points and winning momentum on Day 1. Well done to Aidan Marshall, Tex Higginbotham, Connor Campbell and Phelix Meehan who gave us early points.
3. **Consistent effort** – Aidan Mansul set himself a goal to make the team in the hurdles, trained weekly with the senior squad from Term 1 and recorded the 2nd fastest Marist time in Year 6 at AIC with a strong 3rd placing in his final.

Track and Field Age Champions	
Age Group	Athlete
12 Years	Jack De Maria
13 Years	Ben Hawley
14 Years	Austin Beaman
15 Years	Isaac Roach
16 Years	George Daly
Open	Dylan Turner



College Record Beakers		
Harry Prole New Record 1500m	12 Years 4:51.69	Old Record - James Prole 2018 - 4:57.38
Fraser Pye New Record Triple Jump	16 Years 13.66m	Old Record - Nathan Fingleton 1988 - 13.55m
Tom Prole New Record 3000m	Open 8:51.11	Old Record - M Neumann 2012 - 8:55.03

Best AIC Performances Awards		
Age Group	AIC Consistent Performance Award	Best AIC Performance
12 Years	Jimmy Garden	Harry Prole
13 Years	Oliver Peregrina	Giacomo Calabrese
14 Years	Asher Parkin	Elliot Aldridge
15 Years	Isaac Roach	James Prole

16 Years	Lachlan O'Neill	Reggie McMillan
Open	Dan Meggitt	Tom Prole / Dan Drew

Additional Awards

Marist Best Athlete Awards:

Year 5-6 - Connor Campbell (best performances across NW Districts and AIC)

Year 7-9 - Joel Drew (National Medallist, 200m Hurdles 2021)

Year 10-11 - Fraser Pye (National Medallist, Triple Jump 2021)

OPEN AWARDS (Presented at Awards night):

Spirit of MCA Track and Field – Dylan Turner

Major Award Opens Overall Contribution to Marist Track and Field – Carl Martin

MCA Track and Field Captains – Carl Martin / Dan Drew Season Summary

Coming off the back of six wins in a row, the Marist track team had a massive target on our back. Marist knew our competition would be strong, but the team were ready to dig their heels in and prove that money alone can't always buy the passion or determination to win Athletics championships.

The team commenced training in Week 1 Term 3, but some athletes were already well into their training as they had worked through the QLD Athletics season from 2020.

Our athletes had excellent results at both QLD Champs where Carl Martin, Joel Drew, Dan Drew, Lee Martin, Fraser Pye, Zach Newsham and the Prole brothers (Harry, James and Tom) returned a range of excellent performances including Carl Martin and Tom Prole recording school records with an abundance of QLD State medals amongst this dedicated group. Similarly, in Sydney, Fraser Pye and Joel Drew managed national medals in the hurdles and triple jump while Carl Martin and brother Lee Martin made several national finals in javelin and shot put. These were promising signs for the team early in the season.

The house athletics carnival in Term 3 was a great opportunity to identify several new athletes but the COVID scare provided an uppercut as the boarders went into isolation after the first rotation due to an airport COVID case after school holiday return. The carnival continued where our Open division Age Champ for 2021 was Dylan Turner.

The Olympics and Paralympic games made it challenging with our external coaches travelling with their professional athletes meaning we were without our specialist coaches Eric Brown and Des Davis for half the season.

Two AIC meets held prior to the Term 3 holidays were key selection trials but another COVID-cancelled meet left us with a series of team gaps to fill. From scouring the boarding school for hidden talent such as Jimi Prinz through to bringing in Ethan "Chappy" Chapman our team talisman to bring home some discus success, the coaching team left no stone unturned in our attempts to bring home the title one more time. The Runaway Bay camp held at the end of Term 3 was also key. Time spent training together and building morale became a cornerstone of victory – working; eating; training in units created a band of brothers while the fast track and competition amongst the squad showed we had serious potential. 2 more holiday meets with AIC rivals at UQ gave us the taper and knowledge to select the 2021 team.

The AIC championships was a blur from the moment we walked out into the guard of honour and headed to the Bus on Day 1 until the announcement of the final results on the Saturday. The small 29-point Day 1 lead ignited the team for a Day 2 assault. As the Opens team fired the team up following the warmup, Marist was ready to contend with the strongest St Peters team seen in recent years, however despite strong showings from St Peters, St Edmunds and Iona, all other AIC competitors failed to contend with our efforts going down to Marist Ashgrove by a margin of 29.5 points. Our Primary team matching the senior effort and taking the primary trophy also for the first time in the AIC competition. Mr John Lambourne had the junior team ticking along from Term 2 when they competed and won North West Districts.



Some excellent performances included:

1. Charlie Weaver taking up hurdles only 6 weeks prior and gaining a strong second placing against the State Champion in the event.
2. Tom Prole and his brothers James and Harry winning all Division 1 800m and 1500m in their prospective age groups
3. The Javelin squad on Day 2 going undefeated in 6 events adding to the win from Giacomo Calabrese our other javelin winner from Day 1. Lee/Sam/Reggie/Lachlan/Jonah and Bailey did us proud.
4. Joel Drew limping across the line in 8th place still giving us a point despite being in agony with a hip injury. Courage plus.

5. The 13 years relay as mentioned by Mr Fitzgerald exemplified the depth and spirit of this team created from a group of athletes that simply loved sport and running for Marist.
6. Dan Drew won the Open Hurdles remaining undefeated at AIC in the event since he started as a 13-year-old. A stellar performance.

Many thanks to all the coaches this year who worked tirelessly with the boys to compete at an elite level, to Mitch, Corey and Mr Caplick who worked tirelessly behind the scenes in preparation for the big day.

A massive thank you needs to go to Jon Fitzgerald (Fitzy) our Track and Field Coordinator who moved into unfamiliar territory with Track and Field this year but has taken on the role with great pride and provided a burst of energy along with his accounting knowledge saving many unnecessary costs.

And of course, Head Coach "Rocket Rob Martin" without you this season taking on the role of Head Coach, we could be looking at a very different ending to the season and I know it brought both of us great joy to see Marist College Ashgrove retain our position as the premier AIC school for Track and Field.

Thanks to all Marist Track and Field Athletes, coaches & supporters in 2021. We have created history and incredible memories that we will all have for life.

First Place Recipients 2021

12 Years	
Jimmy Garden	Long Jump - Div. 1
Aiden Lau	Discus - Div. 2
Harry Prole	1500m - Div. 1 800m - Div. 1
13 Years	
Giacomo Calabrese	Javelin - Div. 1 100m - Div. 3
Matthew Pegg	Shot Put - Div. 2
Giacomo Calabrese Isaac Farrelly Isaac Ting Tadhg Ryan	4 x 100m Relay

14 Years	
Elliot Aldridge	Discus - Div. 1 400m - Div. 1
Ollie Betts	Triple Jump - Div. 2
Cian Cournane	1500m - Div. 2 800m - Div. 2
Joshua Dempsey	Discus - Div. 2
Jai Jarro	Shot Put - Div. 2
Ryan Johnson	Shot Put - Div. 1
Jonah Miles	Javelin - Div. 1
Asher Parkin	1500m - Div. 1
Bailey Scarce	Javelin - Div. 2
15 Years	
Jasper Barry	Discus - Div. 2
Liam Bourke	100m - Div. 3
Sam Brassington	Javelin - Div. 2
Lee Martin	Javelin - Div. 1
James Prole	1500m - Div. 1 800m - Div. 1
Cody Radman	Shot Put - Div. 2
Isaac Roach	800m - Div. 2 Long Jump - Div. 2
16 Years	
George Daly	800m - Div. 2
Reggie McMillan	Javelin - Div. 1
Lachlan O'Neill	Discus - Div. 2 Javelin - Div. 2
Matthew Pimm	1500m - Div. 2
Opens	
Daniel Drew	Hurdles - Div. 1 100m - Div. 2
Daniel Meggitt	Triple Jump - Div. 1
Jackson Munn	100m - Div. 4
Thomas Prole	1500m - Div. 1 800m - Div. 1

Jake Sturmer	100m - Div. 3
Jake Caughley Daniel Drew Orlando Leavy Jackson Munn	4 x 100m Relay

Late Addition:

Marist at QLD All Schools Track and Field Championships 15Yrs - Open

Following on from the success of the AIC Track and Field season the team were offered the opportunity to nominate for the QLD All Schools State Titles. After 2 days of high quality track and field at the QLD State Athletics Facility the Marist squad had some excellent results from the 15 Years-Open squads over the weekend. Despite a slightly smaller team due to several injuries from AIC there were great performances and a number of National qualifiers.

Medalists and Finalists who were in Top 8 included:

1. Lee Martin - Won Gold Medal 15 Year Shot Put (15.95m), Bronze in 15 Years Javelin (52.16m-national qualifier)
2. James Prole - 15 Years 800m Silver Medal 2.02.95, 12th in 15 Years 1500m 4.36.83
3. Isaac Roach - 15 Years 800m Bronze Medal 2.03.15, 4th in 15 Years 400m (53.55s)
4. Tom Prole - 17 Years 800m Bronze Medal 1.58.95, 5th in 17 Years 400m (51.45s)
5. Daniel Drew - 17 Years 110m Hurdles Bronze Medal (15.2s)

Note: all medallists receive automatic qualification in their event for the Australian Athletics Championships in April 2022. Well done to the boys listed above.

The middle-distance team continued their good form competing with the best while our throwers also showed they are amongst the elite in the state.

Finalists:

1. Cody Radman - 5th 15 Years Shot Put 14.26m
2. Sam Brassington - 7th 15 Years Javelin 42.88m

Recent Old Boys (Under 20):

1. Macgregor Leavy - 3rd under 20 100m (10.93)
2. Hamiltyn Burns - 5th under 20 100m (11.16)

Additional Marist competitors at QLD Championships (Timed Finals)

1. Sasha Sofronoff 13th - 800m 16 Years - 2.24.89 and 15th - 200m 16 Years - 25.1
2. Jack Lafferty 26th - 100m 15 Years - 12.7

This is a great result with many of the team having been to previous State All Schools Championships while others were experiencing the event for the first time. Regardless of individual results the experience will hold them all in good stead for season 2022.

Marist at QLD All Schools Track and Field Championships 15Yrs - Open

A solid band of junior athletes from 10 years through to 14 years braved the harsh conditions at QSAC stadium 30-31 October. There were some excellent placings across the junior squad with 2 additional medals going with the 6 won in our 15 Years to Opens squad taking the tally to 8 medals which was an excellent return at State level. Further there were many making Top 8 finals positions and the experience gained across the team was invaluable. Well done to all athletes for your efforts.

Medal Winners

- Jonah Miles – Silver Medal 14 years Javelin (45.93m)
- Elliott Aldridge – Bronze Medal 14 Years Discus (45.91m), 5th 400m

Note: these medal winners will join their 15 Years-Open peers who have also won medals to automatically qualify for the Australian National Junior Athletics Championships in March 2022.

10 Years	
Shea Caminiti	5th Shot Put, 15th Long Jump, 28th 100m
Hugo Burg	8th Shot Put, 13th Long Jump, 13th High Jump
Zander Bird	13th 200m, 15th 100m
11 Years	
Aidan Marshall	6th Long Jump, 19th 200m
12 Years	
Harry Prole	10th 1500m, 14th 800m
Jimmy Garden	12th Long Jump
13 Years	
Zac Milligan	9th 800m
Isaac Ting	14th 200m, 15th 100m
14 Years	
Jai Jarro	5th Shot Put
Asher Parkin	6th 3000m
Ben Player	7th Triple Jump, 9th Long Jump

PHOTO COLLAGE - MCA TRACK & FIELD "HISTORY"



PHOTO COLLAGE - MCA TRACK & FIELD "HISTORY"



APPENDIX – 2020 Season Summary

MCA Track and field 2020 (6 in a Row)

Mr. David Miles - Track and Field Coordinator

Congratulations to the 2020 track and field squad on yet another exceptional performance in winning the AIC championships for the sixth time in a row. We are constantly the hunted at Marist College Ashgrove and in track and field this year our rivals particularly stepped up their efforts to dethrone our team as AIC champions.

This season had more challenges than ever before with COVID-19 causing a very busy third term where six different sports were vying for attention. The clash of the six different sports was something we have not experienced before during a track and field season. With the big participant sports of rugby and football on at the same time it was a challenge managing the health of our students and it certainly made life more difficult. Despite these challenges we all worked as hard as we could to provide a quality programme across the term and throughout the September holidays that resulted in our victory.

I commend all students and staff on the impressive way in which they have continued their commitment to achieving this level of success and the ultimate goal of winning the AIC championships. The final margin of 95.5 points between 1st and 2nd was a testament to the hardworking students and coaches. Even with this impressive performance, there were still some quality athletes unavailable through injury, so it was fantastic to see some new blood contribute to an outstanding team performance. After the first day of competition on Friday and going into the major competition on Saturday, we held a 52 point lead over St. Peter's college. This margin was continually extended throughout the day as each score update was read out and our students continued to produce strong performances.

On days such as these, not everything goes to plan and not everyone can produce personal records but the overall performance of the team was impeccable. The frightening thing for other colleges will be that we had several things go wrong on the day and with many athletes unavailable we looked to be stronger than ever in 2021.

Thanks must go to the contribution of our staff over the course of the season. Before and after school, there is an enormous amount of time and effort devoted to the preparation of our athletes.

Each coach was significant in achieving the final result and we thank the following staff for playing a role: Mr. John Lambourne, Mr Rob Martin, Mr Brett Leavy, Mr Simon Price, Mr Paul Kearney, Mr Laurie Boustead, Ms Ellie Kenny, Mr Shane ward, Mr Calum Mackay, Mr Josh Mulligan, Mr Andrew Fogarty, Mr Des Davis, Mr Eric brown, Mr Dan Golubovic and Mr Chris Wilson.

I would also like to acknowledge the leadership of our 2021 captains. Our team captain Tyler Galligan was unavailable due to injury but was inspiring in his leadership of the team throughout the season and at AIC with his motivating words and support of the team. Tyler's speech in accepting the AIC championship trophy was reflective of the type of character he possesses.

Harry Lyons and Carl Martin were fantastic in their support roles as team vice captains and it was fitting that:

- Harry could finish year 12 anchoring the dominant 6 x 400 metre all age relay to victory and recording his sixth championship in a row.
- Carl competed in six events with four wins in the 110m hurdles, Shot Put, Discus and 4x100m relay. We are very fortunate to have Carl back again in the 2021 open team where we know he will be even better and keen to continue the streak of the track and field team.

While we certainly congratulate event winners we would like to emphasise the importance of our full team approach to MCA track and field and recognise that we placed in the top three for 103 of 146 events. A big part of MCA track and field culture is our team depth and this is evident in these results.

We congratulate our years 5 and 6 teams who were in a close competition all day and finished up fourth in the aggregate just a mere eight points off second place. We always keep the emphasis in participation in our primary school and we look forward to welcoming the year six boys into the senior programme in 2021.

We also congratulate all of our secondary age groups on their success, particularly our 14, 15, 16 years and open teams who won their age groups. Our 12 years placed fourth and will be looking for a much stronger performance in 2021 with our 13 years placing second by just two points. The strength of all of our age groups is a big key to the success of our programme where we always place equal value on the performance of each age group and each athlete in the team. This year we awarded trophies to students

to recognise their commitment and dedication to training throughout the season as well as recognising students who performed well in the AIC competition.

AIC Performance	
Year 5	Phelix Meehan
Year 6	Jack De Maria
12 Years	Zac Milligan
13 Years	Jonah Miles
14 Years	Lee Martin
15 Years	Fraser Pye
16 Years	Dan Meggitt
Opens	Carl Martin

Commitment and Dedication	
12 Years	Owen Hair & Tadhg Ryan
13 Years	Elliot Aldridge & Callan Jensen
14 Years	James Prole & Isaac Roach
15 Years	Ollie Barry & Parker Lovering
16 Years	Daniel Drew & Jake Sturmer
Open	Harry Lyons & Mac Leavy

A lot of work behind the scenes during training, at lunch and through holidays goes into the preparation of the team so we congratulate not only the entire 2020 track and field Team but the dedicated coaching staff on their outstanding performance in preparing the team. A very sincere thank you to all staff members Andrew Fogarty, Ellie Kenny, Laurie Boustead, Josh Mulligan, Simon Price, and external coaches, Robin Martin, Brett Leavy, Des Davis, Eric Brown, Dan Golubovic, Paul Kearney, and Calum Mackay.

Track and Field Age Champions

We congratulate the following boys selected as age champions from our college carnival:

Track and Field Age Champions	
Age Group	Athlete
12 Years	Ryan O'Toole
13 Years	Callan Jensen
14 Years	Isaac Roach
15 Years	Fraser Pye

16 Years	Eli Nichols
Open	Carl Martin

Representative Honours

The Met North titles were one of the events cancelled due to COVID-19 and therefore the qualification for the QLD All Schools Titles was different in 2020. Despite this we had a small group of boys compete at the state championships with great success. Congratulations to the following students who won medals:

- Carl Martin – Under 18 – 1st 110m hurdles, 3rd shot put, 3rd discus
- Fraser Pye – Under 16 – 1st Triple Jump
- Joel Drew – Under 15 – 2nd 100m Hurdles and 2nd 200m hurdles
- Lee Martin - 2nd Shot Put, 3rd Javelin
- Callan Jensen – Under 14 – 2nd 90m hurdles
- Daniel Drew – Under 17 - 3rd 110m Hurdles

2020 College Record Beakers		
Tom Prole New Record 1500m	16 Years 4:14.01	Old Record - L Woollett 2011 - 4:15.49
Dan Meggitt Equal Record High Jump	16 Years 1.97m	Equal Record - P Jennings 1986 - 1.97m
Carl Martin New Record Discus	Open 48.47m	Old Record - B Bennett 2018 - 47.98m





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