**Sports extra**

**with Kirsty Cranitch**

**In Saif hands**

**SOCCER:** With only one point between them and the premiership last weekend, Brisbane Wolves should by now be holding the trophy after last night’s match against Pine Hills.

Coach Sam Saif said his team was tired, especially after their Friday night 3-2 defeat of Redlands United which came on the heels of four competitive games in 12 days.

But we pulled our socks up and showed tremendous character to dominate in the last 20 minutes of the game,” Saif said.

**Relay run continues**

**ATHLETICS:** Wynnum’s Caitlin Pincock will compete in the 4x400m relay at the World Athletics Championships from August 27 to September 4 in South Korea.

She previously represented Australia in the 2000 World Junior Team and at the 2006 Commonwealth Games in Melbourne where she won gold in the 4x400m relay.

**Vikings sail through**

**AUSIE RULES:** WYNNUM Vikings U16 and U12 passed crucial tests on the weekend when they won their games to qualify for the next fortnight. In a close game, the U16 side scored 9.6 (60) to defeat Caboolture 8.7 (55), gaining a spot in the elimination final against Aspley at Zillmere at 3.45pm on Saturday. If they win this match, they’ll be through to the semi-final. Meanwhile, an 8.5 (53) to 6.6 (42) win saw Calamvale hand Wynnum’s U12 the match. The boys now face Mt Gravatt at Springwood next weekend with a win sending them to the grand final.

**Ahead of the pack**

**SCHOOLS:** Brisbane Bayside State College’s senior girls did well in the Greater Brisbane Schools sports day at Pine Hills.

They placed first in the competition which pits BBSC against students from Macgregor, Albany Creek, Ferny Grove and Kenmore state high schools.

The students played a range of sport on the day including basketball, soccer, volleyball and touch football.

**Whacking good fun**

**MALLET:** For those confused about what constitutes mallet sports, David Jones of Wynnum/Redland Croquet Club said it was the evolution of traditional association croquet into various sports using mallets, balls and hoops or gates.

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**ANATOMY OF A CHAMPION**

**NAME:** Alex Wilson

**SPORT:** Equestrian AGE: 12

EQUESTRIAN athlete Alex Wilson has been riding since he was three and recently began competing in interschool and Equestrian Australia events. He represented his school, Moreton Bay Boys’ College, at the state championships in June where he placed second overall for showjumping. Alex is a member of Redlands Pony Club.

Has anyone in your family done equestrian sports?

“My sister Jessie also rides. She competed at state level and is going to the nationals with me in October. My mother rode when she was younger.”

What do you enjoy about it?

“I enjoy showjumping because it requires a mixture of talent and speed - you have to ride the course accurately and not pull rails and in the jump off, you travel at speed and make tight turns to get the quickest time. Eventing is a lot of fun because you get to ride a cross-country course which is generally 2.5km through a field or bushland and you jump about 20 natural jumps.”

Tell us about your horse.

“My horse is a palomino. He is 16 years old, a quarter horse and he is a gelding. We call him Shiloh but his show name is Aloha Sunshine. We have won many ribbons, trophies and rugs together. He is a very good horse and loves to compete. We always get a lot of compliments at competitions because he stands out from the crowd.”

Where and how often do you train?

“I generally have lessons a couple of days a week. I also ride at home and we have jumps set up that I can practise with. I am coached by Becky Allen.”

How did you go at last year’s nationals and what are your goals for this year’s nationals?

“I placed fourth in the competition for jumping. I placed sixth overall in the competition, which I was very happy with. I hope to improve on last year’s results.”

What are your medium-term and long-term equestrian goals?

“I am always interested in improving and I like to be competitive. I have a lot of fun competing and want to move on to higher levels as I grow older. I would really like to compete for the state at the secondary level. My goal is to eventually compete at World Cup level.”

**Get your eye in**

**CRICKET:** Wynnum Manly Districts won the recent junior sign-on day from 10am to 2pm today, August 27, August 28 and September 4 when training sessions for each age group will be held. Visit qldcricket.com.au for more information.

**Showdown with Bears**

**RUGBY LEAGUE:** Wynnum Manly Seagulls face Burleigh Bears in this weekend’s away match. Wynnum’s home game for the season on Sunday, August 28. Gates open at 10.30am, with kicks kicking off at 11.30am following A Grade at 1.35pm and the main game at 3pm.

**Skills kick in**

**SOCCER:** Bayside United FC is running several skills camps over the September school holidays, including girls and juniors’ clinics, goalkeeping for all ages and one-on-one coaching by request. Caged: Ball - the Battle of the Bay will run from Monday September 26 to Tuesday September 27. Visit baysideunited.com.au to find out more.

**Future athletes’ sign-on**

**ATHLETICS:** Sign-on for Wynnum Manly Little Athletics is this and next Saturday from 2-4pm in the shed at the Moreton Bay College oval on Wondall Rd, Manly West. The season starts on Saturday, September 3, with competition from 2pm every Saturday. New athletes should bring their birth certificates. Visit wmlac.org.au

**Calling old salts**

**SAILING:** Get involved in local, national and international sailing regattas held in our own aquatic backyard. Royal Queensland Yacht Squadron has many roles available for volunteers. Email volunteers@rqys.com.au

**Enter for long ride**

**CYCLING:** Entries are open for Queensland’s biggest bike ride on October 9. To enter the Brisbane to the Gold Coast Cycle Challenge visit b2gc.bq.org.au

**Closing on semi spot**

**RUGBY UNION:** Easts have taken a major step towards securing a spot in the semi-finals of the Queensland Premier Rugby competition after overcoming a defiant GPS 28-23 in a dramatic game at Bottomley Park that saw the lead change five times. “I thought we showed great composure today. We had a poor first half but managed to pull it together in the last 15 minutes,” Easts coach Pat Richards said.

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