

Noosa News

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Good Shepherd 100m bolter has the aim to be the fastest in the land after nationals

YEAR 7 Good Shepherd Lutheran College flyer Joe Wikaira, is a young man going places fast.

You could say he's bolting along in his racing career, having qualified as the fastest 12-year-old boy in the state over 100m at the recent Queensland Schools Sport State Athletics competition.

Joe will now travel with the rest of his Queensland team-mates to Adelaide for the National Pan Pac School Games competition on December the 1-5.

Joe was also chosen as

captain for the Sunshine Coast team for the state competition this year, which is a fantastic honour having been chosen from more than 200 other competitors.

Joe is particularly determined to win the 100m for Queensland this year.

Last year he qualified for the national competition for 100m and 200m but was unable to compete due to a serious hip flexor injury.

This year, Joe qualified for nationals with a time of 12.38 seconds over 100m but

hopes to beat his personal best of 12.03 seconds. Joe had to pull out of the 200m race at states due to niggling pain from his previous injury.

When asked how he felt going into a big race Joe said he suffered nerves but had strategies for settling the butterflies.

"I listen to music on my headphones to help me get mentally prepared," he said.

"After a race I feel happy and have a sense of achievement."

"I hope to win nationals.

"I would also like to be the fastest in the country for the 100m and get back to running the 200m and become the fastest in that as well."

Good Shepherd Lutheran College principal Anthony Dyer, said that the college community was very proud of Joe's achievement and wished him all the best with his preparation and for the competition on the day.

"Good luck Joe, we know you can do it and we all look forward to your very promising future in athletics," Mr Dyer said.



OFF TO NATIONALS: A real flyer Joe Wikaira.

PHOTO: CONTRIBUTED



Fastest 12-year-old in Queensland Joe Wikaira.

JOE DASHES TO GLORY

Joe Wikaira is a young man going places fast, literally having qualified as the fastest 12-year-old boy in the State over 100m at the recent Queensland Schools Sport State Athletics competition.

Joe, a Year 7 student at Good Shepherd Lutheran College, will now travel with the rest of his Queensland teammates to Adelaide for the National Pan Pac School Games competition from 1-5 December.

Joe was also chosen from more than 200 athletes to be captain for the Sunshine Coast team.

Joe is particularly determined to win the 100m for Queensland this year, as last year he also qualified for the National competition for 100m and 200m, but was unable to compete due to a serious hip flexor injury.

Joe hopes to win Nationals and one day be the fastest in the country over 100m. ●

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