



President's Message:

This is the last message for the season. How fast the months passed.

I trust it has been a rewarding year of athletics for all in the club irrespective of your role.

Thank you all for your hard work and support during the year.

We can now all look forward to Trophy Presentation as the big finale for the year.

On that day too will be the Annual General Meeting and committee positions are open for nominations.

Maybe we can encourage new families to seek nomination and bring new and innovative ideas to the club administration.

Best wishes to all.

Bailey

Congratulations!

Connor McNamara competed in the Open Australian Track and Field Championships held in Sydney at Olympic Park on 12th – 14th April 2013.

All though **Conner** did not do a PB this time he did remarkably well to finish tenth in Australia with a time of 10.18.58 for the 3000m Steeplechase for Open competitors.

This was his first attempt at this level and it was a marvelous achievement. Well done.



Brad Robinson and Connor McNamara
Club Presentation for attending National Titles



It was also wonderful to see **Daniel Parnell** competing in Sydney over the school holidays at an **"All Comers Meet"**.

Daniel competed in the 400m (54.79) and 800m (2.09.29) and is making sure his fitness level does not diminish so he can strive to be ready for the upcoming season.



Daniel in action

Australian Masters Athletics Championships 2013

Canberra
Easter Weekend

Darrin Norwood results:

Friday-

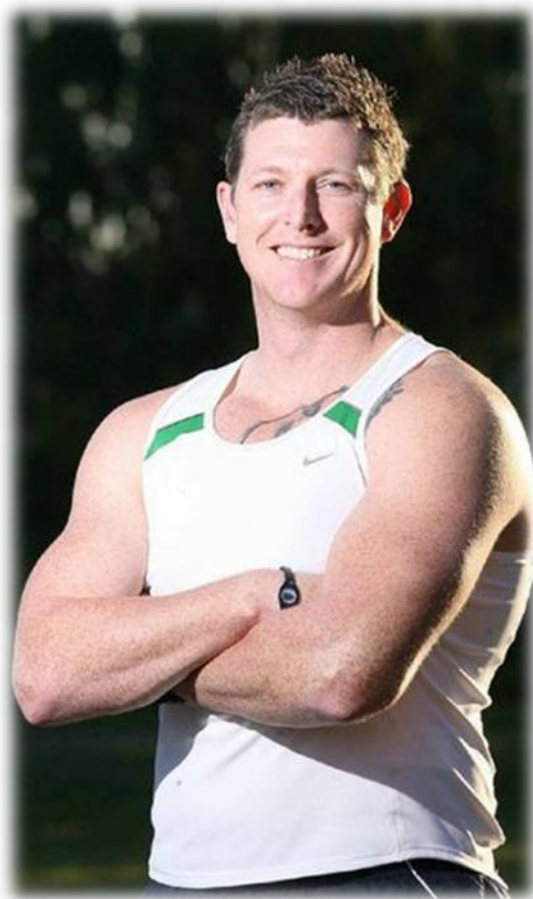
60 metres	8.35	5 th
Long Jump	5.35cm	2 nd
Javelin	42.97cm	1 st
Discus	DQ	

Saturday-

High Jump	1.60cm	1 st
Shot Put	11.88cm	2 nd
110m Hurdles	DQ	
Hammer Throw	29.65m	4 th

Sunday-

Triple Jump	11.31m	1 st
Pole Vault	3.10m	1 st



Weight Pentathlon-

Hammer Throw	29.36m	4 th	
Shot Put	12.11m	2 nd	SB
Discus	37.83m	1 st	
Javelin	48.77m	1 st	SB
Weight Throw	10.48m	2 nd	
Total points	2623	2 nd	PB

Monday-

Weight Throw	10.57m	4 th	PB
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Outdoor Pentathlon

Long Jump	5.39m	=1 st	
Javelin Throw	46.03m	1 st	
200m	25.44	2 nd	
Discus	38.92m	1 st	SB
1500m	5.18.87	1 st	
Total points	2657	1 st	SB
Men 4x400m Relay	4.02.68	3 rd	

Due to the amount of events Darrin competed in, he only got one throw or jump in before he had to leave to go to the next event.

That's why he was disqualified in 2 events. **Darrin** did put in a protest to but it was ignored and they were 2 events he would have performed really well in.

Darrin competed in the 30 -34yrs age group.

After 4 days of competition Darrin finished up with 5 Gold, 3 Silver and 1 Bronze. Well done.

Committee Notes

Our next Monthly committee meeting is on **Tuesday 22nd May 2012** at 7pm. All welcome.

Just a Thought'

I've learned that... Make a list of all your strengths. Check it in a week or two and see if you can add any more.

Track & Field InterClub Competition

All Track and Field events are now scheduled on the **Queensland Athletics website**

www.qldathletics.org.au

Happy April Birthdays

Elizabeth Raeli

Alexis Berlin

Dina Formanez

Jordyn Sullivan

Clinton Suthers

Ethan Mooney

QAL now has several events scheduled on their website www.qal.org.au

Club Uniform

The Club uniform ***must*** be worn at all interclub meets, e.g. All comers at St. Lucia and Gold Coast etc. **If the uniform is not worn, no points or performances will be recorded at inter club meets.**

As you may already know a new uniform is being organized. If you have not already given your sizes for shorts, tops and singlets please do so ASAP to Marie on a training night or email Musters Building Design musters_ds@iprimus.com.au

Answer to the Question

The winner of the **March** question was **Daniel Parnell**

The correct answer was: **“12.44.”**

A new question is as follows: On a dark night Harry and Patricia were sitting together. Harry was watching a movie while his wife Patricia was reading a mystery book. Suddenly the power went out and Harry decided to go to bed, but strangely Patricia kept on reading. There was no artificial light around,
How come? *Think outside the square!*

The **first** person to reply by email with the correct answer wins a prize.

Email: - vgpascoe1@bigpond.com.au

Club Training Nights

Monday nights and Wednesday nights 7pm to 9pm.

Any other extra training sessions can be arranged with your Coach.

A water bottle, towel and **appropriate warm clothing** are required for all sessions.

CLUB BREAKUP

Please note that the Club will hold its annual **Trophy Breakup** at **10.15am for a 10.30am start on Sunday 19th May 2013**. Many trophies are given out on this day, so please support all our members by attending.

The venue will be the Ipswich Bowls Club House, Merle Finimore Avenue, in the Queens Park.

BBQ lunch will be provided by the Club. **RSVP** by Monday 13th May 2013 for catering purposes.

A mystery guest speaker will be at the breakup.

Our Club's Annual General Meeting will be held and **all positions** are declared vacant and this is your opportunity to become part of the Committee.

John and Marie Musters are resigning from their positions of Secretary and Treasurer/Registrar and **will not** be nominating for any position.

Nomination forms for positions are available with the Secretary John Musters. **Ph. 3282 7004**

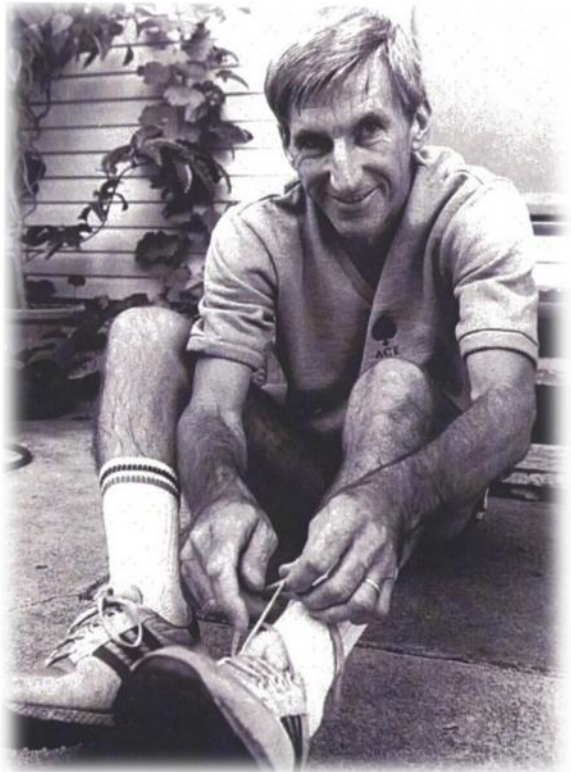
Farewell to a great Coach

Our first club Life member **Geoff Jones** lost his battle with cancer on the 30th March 2013 and with his passing, athletics here in Ipswich has lost a major contributor to coaching, mentoring, developing and volunteering.

Geoff will always be in our hearts for the way he taught his athletes to not only train hard but also to love life, never lose faith in yourself and strive to be at your best at all times.

Geoff Jones will be sadly missed by all who knew him.

You can see a tribute in the QT newspaper, on line.
6th April 2013



Megan, Samantha, Fiona, Andrew, Theresa, Helen, Deanne, Carrie & Nicole
Former athletes celebrating the life of Geoff Jones.

Thanks "Mr. Jones".

GPS CROSS COUNTRY

Date: Wednesday 5th June 2013.

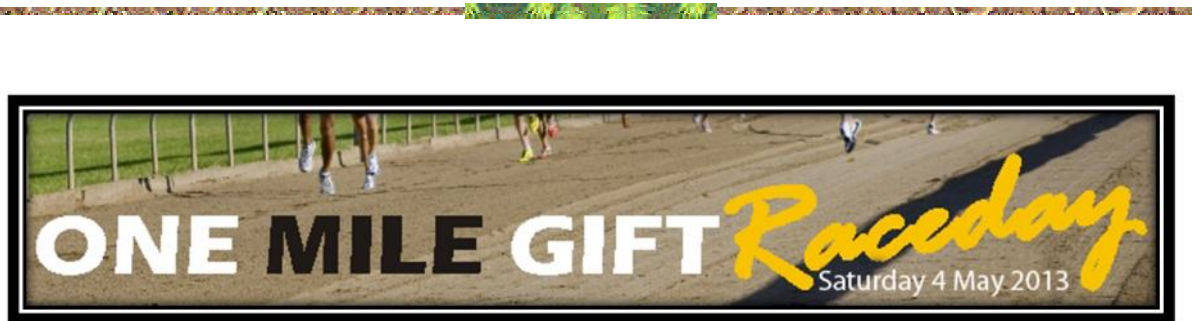
Where: Limestone Park.

The Club is running a canteen for this important event.

Canteen helpers are required between 6am and 12pm midday. If you are able to assist please contact our Canteen Convener Toni Jesberg on your availability. **Ph. 0432 884 833**

We need at least 2 people from 6am to 8am and 6 people from 8am to 12pm noon.

Please do not let the Club down, show your support by helping out as all funds raised goes back to the athletes.



Date: 4th May 2012.

Where: Bundamba Racecourse, Ipswich.

Entries close this week.

Total \$6,250.00 dollars are up for grabs. Be a part of it and take some home.

An entry form is attached.

“FLASHBACK”



ATHLETIC TRACK FOR IPSWICH

by SUE SHAW

CITY Council workmen were pushing ahead with the construction of a \$60,000 athletic track in Limestone Park, the works committee chairman, Ald Kev Dwyer, said yesterday.

He said the 400m track would be similar to the one at Mt Gravatt, except for the surface, which would be cinders based not tartan.

Ald Dwyer said it was being constructed on an oval bordering on Lion St, which was built over rubbish filling. And would be available to organisations such as athletic clubs and schools.

The first stage of the project which included earthworks, drainage, water supply, concrete edging and areas for long jumping, shot putting and other field events, was due to be completed soon.

He said the track would provide badly needed facilities for the city's athletes, who had limited training areas and were forced to travel to Brisbane to compete.

It was hoped that the provision of first class facilities would encourage athletes in Brisbane for the 1982 Commonwealth Games to train at Ipswich. It might also enable the city to stage some sort of competition as a lead up to the games he said.

Ald Dwyer said stage 2 of the project would include lighting and associated buildings in addition to fencing and pathways that were external to the track.

Park oval costs \$60,000

Kev Dwyer

THE \$60,000 400m athletic track taking shape in Limestone Park, near Lion St.

This news item and photo of the QT newspaper was taken from Salisbury Road prior to the grounds being named Bill Paterson Oval.

Hopefully there will be future editions of “Flashback”.

'Jump 4 Indie'

A day is to be held at the Ipswich Athletics Track (Bill Paterson Oval, Ipswich) for Indie Rose Taurima's Fight against Leukemia (Daughter of Olympian Jai Taurima).

It will be held on **Sunday 26th May (2pm – 4pm)**. The following people will be involved :- Ipswich Little Athletics, Ipswich & District Athletics Club, Ipswich Sports House, Rosewood Little Athletics, Goodna Little Athletics and Colleges Little Athletics.

We are going to get the local paper and radio station to promote it and get as many mums and dads, little athletes and x-athletes to have a go at long jump and donate what they jump to the 'foundation'! **E.G one cent for every centimetre jumped, 4.55m = \$4.50.**

Inviting representatives from other major sports in Ipswich to come and have a go at long jump.....as well as corporate 'teams' to come and long jump also!

Come along and join in to support a fellow athlete!

Organizer: **Theresa (Marty) Stolberg.**

0410 401 909

Ipswich Show Entertainment Update

Collective have a date to perform at the show

AUSTRALIAN boy band The Collective is set to perform at the Ipswich Show on May 17.

The band replaces Justice Crew which will be unable to perform on this occasion.

The Collective formed during the fourth season of The X Factor in 2012 and finished third in the competition.

After signing with Sony Music Australia they released their debut single Surrender which proved to be a huge success, debuting at number six on the ARIA singles chart.

That success was to continue in December, 2012 when the band released its self-titled mini-album The Collective.

The band's members are Trent Bell, Julian De Vizio, Zach Russell, Jayden Sierra and Will Singe.



SHOW STOPPERS: The Collective will perform at the show.

PHOTO: CONTRIBUTED