



President's Message:

Another year has passed and I am really looking forward to the day of the Presentation of Awards. Whilst there has been some outstanding performances, it has been rewarding to see the number of PB's over the season. It has also been a good year for our finances with successful catering ventures which enables us to support our athletes financially.

Having Jackie Byrnes OAM delivering an awesome sprint seminar in September 2014 was beneficial to all athletes and parents who attended.

Finishing 5th on the Club Championship Leaderboard was a great achievement from such a small club during the summer season.

The AGM will be held on the 24th May 2015 and all positions are vacant, be sure to get a nomination form on training nights and be part of the club committee.

I ask for your assistance on catering days. So please respond even for an hour.

Vic



Congratulations!

Australian Masters Championships
3 – 6th April 2015
Bankstown, Sydney

As we grow older it does not mean you can't be doing something you enjoy whilst doing your best. This just happens to be the case with **Darrin Norwood** when competing at the recent Masters Championships, well done.

A massive improvement in the Javelin, Weight Throw and overall points in the Weight Pentathlon have contributed doing **PB's** in these events. Training hard and being committed has produced some excellent results. In other words you never give up!

Darrin Norwood	35-39yrs	Pentathlon outdoor	1st		2357 pts
		200m	2 nd	26.54	516
		Long Jump	2 nd	4.89m	390
		Discus	1st	36.88m	612
		Javelin	1st	48.48	575
		1500m	2 nd	6.03.16	264

Darrin Norwood

35-39yrs

Weight Pentathlon

1st

3160 pts

PB



Shot Put

1st

13.96m

757

Discus

2nd

38.37m

642

Javelin

1st

52.36m

633

PB

Hammer

4th

38.13m

500

Weight Throw

3rd

12.86m

628

Darrin then found some time do a few other events extremely well. The list follows.



High Jump

2nd

1.70m

Pole Vault

1st

3.40m

Long Jump

3rd

5.46m

Triple Jump

2nd

10.87m

Shot Put

3rd

13.18m

Discus

3rd

36.13m

Hammer

4th

36.90m

Javelin

1st

52.09m

Weight Throw

3rd

13.01m

PB

Committee Notes

Our next Monthly committee meeting is on **Tuesday 26th May 2015** at 7pm. All welcome.

Just a Thought'

*I've learned that.... Spend an afternoon alone,
gives yourself time to reflect.*

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

Jordan Unwin

Alexis Berlin

Rico Aliva

Clare Sullivan

Daniel Harbort

Michael Berlin

Lorenz Ryan

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.**

Answer to the Question

The winner of the **March** question was **Madison Wells**

The correct answer was: **“An Hour Glass.”**

A new question is as follows: *I am so small, and sometimes I'm missed. I get misplaced, misused, and help you when you list. People usually pause when they see me, So can you tell me what I could be?*

The **first** club member 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 **10.45am for a 11.00am start on Sunday 24th May 2015**. Many trophies are given out on this day, so please support all our members by attending.

The venue will be the Brothers League Club, Wildley Street Raceview.

Finger food etc. will be provided by the Club. **RSVP** by Monday 18th May 2015 for catering purposes.

Club Champion award.

Achiever of the Year award.

Les Scott Encouragement Award.

Bremer Chiropractic U/20yrs award male & female.

Rookie of the year award male and female.

Most Interclub Participation award.

Club volunteer award.

Highest points for various categories and many more.

Guest speaker **Tom Yates** CEO of the Ipswich Hospital Foundation will be presenting on Healthy Living.

It is very important for all award winners to be present on the day. It provides inspiration to others as well as to our sponsors.

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 and support the club.

Nomination forms for positions are available at the Clubhouse on training nights.



GPS CROSS COUNTRY

Date: Wednesday 3rd June 2015.

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.

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.

Congratulations!



Well done Scott Tuohy winning the 550m King of the Hill at the Griffith University Campus, Brisbane.

“FLASHBACK”



It was a fun evening at the Club Xmas party of 2006 seeing many athletes getting into a fancy outfit.

Do any people recognize our young stars?

Hopefully there will be future editions of **“Flashback”**.
