



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.

The AGM will be held on the 22nd May 2016 at Brothers leagues Club, Ipswich and all positions are vacant, be sure to get a nomination form on training nights and be part of the club committee.

This is the link for the club's FB page, if you are a member or parent of an athlete you will be given acceptance as this is a closed group, here it is; <http://www.facebook.com/groups/ipswichathletics>

I ask for your assistance on catering days in the canteen, so please respond even for an hour especially for the GPS Cross Country. This is being held on Wednesday 25th May 2016.

Vic

Congratulations!

Australian Open Track & Field Championships 31st March – 3rd April 2016 Olympic Park, Sydney

It was exciting to watch **Claire Keefer** hurl the Discus to a new **PB** beating the old one by 1.22m. This throw was an 'A' qualifier for the Rio Olympic Games. We wish her luck.

Even as a master's athlete it did not stop **Darrin Norwood** producing a wonderful **PB** as at this time last year he was only throwing in the high 13m range. Well done.

Larissa Chambers may have not made the final but I'm sure she will atone next year. In other words you never give up!

Claire Keefer F41

Discus	2nd	24.59m	PB
Shot Put	3rd	7.57m	

Darrin Norwood

Shot Put	5 th	15.30m	PB
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Larissa Chambers

400m	14 th	56.36	
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Committee Notes

Our next Monthly committee meeting is on **Tuesday 24th May 2016** at 7pm. All welcome.

Just a Thought'

I've learned that.... Life is much easier when you work together with others to achieve a common goal.

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	Michael Berlin
Clare Sullivan	Rochelle Carrick	Clinton Suthers
Adair McNamara	Ryleigh Sherlock	Lorenz Ryan
Sony Vukelic	Keira Smith	Theresa Stolberg

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 **No one, no correct answers.**

The correct answer was: **“A Promise.”**

A new question is as follows: A man is sitting in a pub feeling rather poor. He sees the man next to him pull a wad of \$50 notes out of his wallet. He turns to the rich man and says to him, "I have an amazing talent; I know almost every song that has ever existed." The rich man laughs.

The poor man says, "I am willing to bet you all the money you have in your wallet that I can sing a genuine song with a lady's name of your choice in it."

The rich man laughs again and says, "OK, how about my daughter's name, Joanna Armstrong-Miller?"

The rich man goes home poor. The poor man goes home rich.

What song did he sing?

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.

GPS CROSS COUNTRY

Date: Wednesday 25th May 2016.

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 **Stewart Carrick** on **0408 197 582**.

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.

CLUB BREAKUP

Please note that the Club will hold its annual **Trophy Breakup** at **10.45am for a 11.00am start on Sunday 22nd May 2016**. 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 16th May 2016 for catering purposes. I encourage all club members to attend.

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.



Dr. Marshal Montgomery

 **Bremer Chiropractic**

Guest speaker **Dr. Marshal Montgomery** of the Bremer Chiropractic will be presenting on how our bodies respond to Chiropractic treatments.

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.

Brothers Kindred Club

The committee wants to make all club members and parents be aware that our Club is part of the Brothers Kindred Club. This association encourages juniors in their chosen sports to be acknowledged for their commitment and dedication to their respective sports for a Junior Sports Star monthly award.

The association also likes to encourage juniors for doing their best, helping around the Club and assisting others who may need that little bit of assistance in techniques etc., please advise Vic Pascoe (Club delegate and publicity officer), of any junior you may think needs to be entered for an Junior Sport Star Encouragement monthly award. **Please phone Vic on 0409 754 884.**

Congratulations go to **Montana McAvoy** for receiving the Junior Sports Star Award of the month for March 2016.



Congratulations go to **Hayley Wright** for receiving the Junior Sports Star Award of the month for April 2016.



“FLASHBACK”



Do any people recognize our young stars of the past?

Hopefully there will be future editions of “Flashback”.

Australian Masters Championships, Adelaide 16-19th April 2016

Darrin Norwood, Michael Berlin and John Musters have again proven to be excellent ambassadors to athletics in Ipswich. They are literally iron men competing in so many events. Well done!!! A list of their performances are as follows along with a few photos;

Darrin Norwood 35-39yrs

Shot Put	1 st	14.55m
Discus	1 st	42.50m
Hammer	2 nd	41.90m
Weight Throw	2 nd	13.31m

Throws Pentathlon

			Pts
Hammer	2 nd	19.07m	505
Shot Put	1 st	15.10m	830
Discus	2 nd	39.74m	671
Javelin	1 st	43.36m	543
Weight Throw	2 nd	12.61m	613

Michael Berlin 45-49yrs

Long Jump	1 st	5.45m
High jump	1 st	1.60m
Triple Jump	3 rd	10.92m
60m	3 rd	8.10
100m	3 rd	12.65
200m	4 th	25.69
4 x 100m Relay	1 st	55.13

John Musters 60-64yrs

1500m Walk	3 rd	9.30.17
High jump	2 nd	1.25m
Javelin	5 th	25.58m
Shot put	8 th	9.48m
Hammer	11 th	21.69m
Discus	13 th	19.56m

Throws Pentathlon

			Pts
Hammer	9 th	19.07m	270
Shot Put	8 th	8.21m	500
Discus	10 th	21.90m	334
Javelin	8 th	22.15m	318
Weight Throw	11 th	7.91m	354



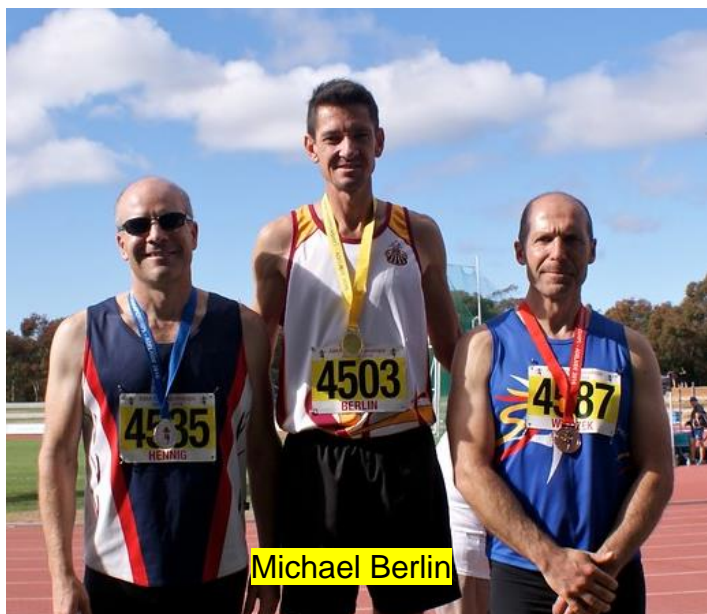
Darrin Norwood



Darrin Norwood



Michael Berlin



Michael Berlin



John Musters



John Musters

“Jumps”

Ted Ruben will be back during the colder months for any club athletes wishing to get some pre-season practice training “Plyometrics etc.” done on club nights. Starting next week you can be sure of a dedicated and committed coach to assist you in improve your skills.

Just make sure you all have appropriate warm clothing etc.

Congratulations

Club members Hayley Wright and Breeanna Betzold winning bronze medals at the Australian Little 'A' Championships held at Santos Stadium, Adelaide on 24th April 2016.

Hayley competed in the Pentathlon and the 4 x 100m relay team whilst Breeanna competed in the 1500m Walk. Results are as follows;

Breeanna Betzold	1500m Walk	3rd	7.05.96	
Hayley Wright	Pentathlon	3rd		3,558 points
	Shot Put		10.06m	533 pts
	90m Hurdles		12.97	1,129 pts
	200m		26.51	753 pts
	Long Jump		4.82m	511 pts
	800m		2.34.99	632 pts
	4 x 100m Relay	3rd	48.84	



Breeanna Betzold



Hayley Wright

Well Done!