



PRESIDENT'S MESSAGE:

It was encouraging to have a good crowd at the Athlete Development seminar this month. Thanks to all who attended and for contributing to an informative discussion. Thanks to presenters Darrin Norwood and Ruth Purdon. We must have more.



Congratulations to all members who competed in the Met West Trials. Lots of PBs. You just keep improving. Excellent job, Brad, Mick, Ted and Vic.

Now athletes keep up the preparations for All Schools.

After that we can start thinking about Club events (how fast it comes around), But first you have to register. Check the fees and methods of registering.

After you register this year make sure you complete the *Personal and Medical History Forms*. It is an important requirement of our Strategic Plan to keep such records for your own Health and Safety. If you do not wish to disclose the personal information required on these form please sign SECTION B and your wish will be honoured. All information will be held with strictest confidentiality and will be held at training centres and taken to competitions in case of personal emergency. Forms are available when you pay Ground Fees or from your coach.

In the case of any serious accidents to Club Members an *Incident Report Procedure* will be acted upon. These procedures have lapsed over recent years and have to be reinstated as important *Club Policy*.

We have been concerned to hear that the father of a couple of our athletes has been rushed to hospital in the last week. We wish Mr Reali a very speedy return to good health and fitness.

Bailey Pashley

Congratulations!



Sunday
28 July 2013



5km, 10km &
Half Marathon

The Park 2 Park proved to be a real winner for the Ipswich Hospital Foundation as record numbers attended the **Ipswich City Council Half marathon**, **Exact Radiology 10k**, the **UQ Ipswich 5km Run** and the **UQ 5km Walk** on Sunday 28th July 2013.

Our Club supports this amazing event having a food stall on site and a number of runners competing in all three events. It was an excellent day for all.

Our Club members did very well.

Thomas Cronin (14yrs) was 143rd in 56.18 for the 10km. Well done.



Thomas Cronin



The Cooking Crew



Taryn Axelsen Kate Reithmuller Madeline McGuire



Daniel Parnell
Enjoying the moment™

Daniel Parnell (15yrs) was 2nd in 18.43 for the 5km run, **Madeline McGuire** (16yrs) the 24th home in 21.04 but 3rd female and **Tyrell Woodley** (15yrs) was 25th in 21.06. An excellent effort by a talented trio.

Majella Pearl was 260th in 28.40 and **Elizabeth Melrose** was 555th in 34.40 for the 5km run.



More Team Work

Committee Notes

Our next Monthly committee meeting is on **Tuesday 24th September 2013** at 7pm. All welcome.

Just a Thought'

*I've learned that....
Be proud of who you are and what you
believe in.*

Happy August Birthdays

Emily Beston Amazing Grace Raeli Diana Nyari

Brad Duxbury Scott Brittain Tyrell Woodley

Cross Country

The **AIC cross country events** was held on **Saturday 3rd August 2013** and the committee wishes to thank everyone who helped at the canteen during the day. It was a very busy day.

Track & Field

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

www.qldathletics.org.au

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.**

The cost of the new uniform is as follows:

Girls Crop Tops	\$50-00
Girls Singlet's	\$37-00
Girls Shorts	\$52-00
Boys Singlet's	\$37-00
Boys Shorts	\$57-00

Old Stock is on sale at \$10-00 apiece. These can be used for training etc.

Answer to the Question

The winner of the **July** question was **Wendy Chambers**

The correct answers were: "Footsteps"

A new question is as follows: **Which word, if pronounced right, is wrong, but if pronounced wrong is right?**

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

Email: - vgpascoe1@bigpond.com.au

THE 32nd Winter Carnival

The Club appreciates and wishes to thank all the contributors/donations made out to Ipswich & District Athletic Club Inc. All funds raised assist our athletes in their future endeavours.

The Club also thanks the officials / volunteers for their assistance throughout the day

The Carnival turned out to be a wonderful day. The weather was kind to us.

Thanks to Paul Langton and his team of the Ipswich Little Athletics Club whose photo finish and electric timing was excellent in getting the results quickly to announcer Graham Bannister.

The 24th running of the **120m Lightning Gift** was sponsored by the **Ipswich City Council** and the race distance was extended to 120m for the very first time.

Dylan Grant of the Gold Coast was over the moon as he out sprinted his rivals in the final of the Ipswich Lightning 120m Gift at the Bill Paterson oval on Sunday 24th August 2013.

Dylan running from the 6.75m handicap proved too strong for Ipswich runner **Scott Tuohy** 8.75m, last year's winner of the Mulgowie Gift, with **Joshua Robinson** 7.50m of Toowoomba and **Conor Loughman** 9.00m claiming 3rd and 4th respectively.

Dylan Grant's winning time for the 120m was 12.26 seconds.



Scott Tuohy, Brad Duxbury, Dylan Grant & Joshua Robinson

Councillor **Andrew Antonioli** represented the Ipswich City Council as Sponsor for the **120m Lightning Gift**.

Brad Duxbury presented Dylan with a blue shirt with the signatures of Jamaican Olympic sprint team mates Yohan Blake and Warren Weir, as well as their esteemed coach Glen Mills. Brad organized the shirt when on holidays in Jamaica earlier in the year.

120m Back Markers Consolation Gift sponsored by Geoff Jones Family

Geoff Jones was our first Life Member of the Club, a Club President and a wonderful Coach who will be sadly missed by all those who knew him. Geoff passed away April 2013. It was a magnificent gesture by his wife Berise and family to support this event.

Ardyn Foy produced a powerful finish in landing the Back Markers 120m with **Andrew Chen** second and **Lindsay Maher** third.

Foy's winning time was 13.80 seconds when running from 0.00m.



Berise Jones represented the **Geoff Jones Family** as Sponsor for the **120m Back Markers Consolation Gift**.

WOMENS 100m Gift sponsored by **Ipswich Hospital Foundation / Mayoress of Ipswich.**

Nikki Venardos of Brisbane won the **Women's 100m Gift final** in an exciting finish from early favourite **Tanielle Crase** and local runner **Larissa Chambers**.

Venardos's winning time was 11.75 seconds when running from 5.00m.



Tanielle Crase, Nikki Venardos & Larissa Chambers

President **Bailey Pashley** presented on behalf of sponsors **Lady Mayoress / Ipswich hospital Foundation** for the **100m Ladies Gift**.

300m Masters Wallet sponsored by **Musters Building Design and Nordic Sport Australia.**

Gary Parkinson who saved himself early in the race, flashed home to beat **Michelle Mackey** who narrowly missed a place in the Women's 100m Gift with **Lee Anne Grosvenor** third.



Gary Parkinson, John Musters, Michelle Mackey & Lee Anne Grosvenor

John Musters presented on behalf of the sponsors **Musters building Design and Nordic Sport Australia** for the **300m Masters Wallet**.

U/18yrs Boys 70m Dash was sponsored by **Stazer Racing**.

Joshua Robinson the Toowoomba flyer was 1st off a handicap of 3.00m in a time of 7.79 seconds.

The place getters were Jordan Munro 2nd off 5.50m with Ted Belcher 3rd off 5.00m.



Andrew Antonioli, Jordan Munro, Joshua Robinson & Ted Belcher

Councillor **Andrew Antonioli** presenting on behalf of **Stazer Racing** for the **70m Boys Dash**.

U/18yrs Girls 70m Dash sponsored by **Stazer Racing**.

Club member **Ashlee Stieler** was 1st off a handicap of 6.50m with a time of 8.65 seconds.

The place getters were **Sofia Silvestri** 2nd running from 9.00m with another Club member **Larissa Chambers** 3rd running from 2.00m.



Sofia Silvestri, Ashlee Stieler, Larissa Chambers & Brad Duxbury

Brad Duxbury of **Stazer Racing** presenting the **70m Girls Dash**.

Other Winter Carnival events produced 14 new records. This justifies the efforts of athletes to utilize this Carnival as a stepping stone to future endeavours. The results can be viewed at our website www.ipswichathletics.org.au .

Club Training Nights

Training nights on Monday nights 7pm to 9pm.

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

Queensland Athletics Seasonal Fees.

Please find attached to this newsletter the 2013-2014 Membership Options

South Queensland Region

1st October 2013 – 30th September 2014



****** Please note a Club fee is applicable when joining. ******

At the **Met West Track & Field Regional Championships** QE11 in Brisbane 27/8/13 - 29/8/13 saw a number of club athletes do extremely well. Well done to all those who have qualified for the **State Primary School Championships 10-12yrs on 15 – 16th October 2013** and the **State Secondary School Championships 13-19yrs on 24th – 27th October 2013 at QE11.**

The results are as follows:

Grace Raeli	11yrs	Shot Put	3 rd	9.30m	
		Discus	1 st	29.99m	
Zoe Greinke	12yrs	100m	3 rd	13.66	=PB
Annie McGuire	12yrs	200m	3 rd	28.58	PB
		High Jump	1 st	1.46m	
		Long Jump	2 nd	4.42m	
Rochelle Vidler	12yrs	Shot Put	2 nd	9.12m	
		Discus	1 st	42.94	Record & PB
Elizabeth Raeli	12yrs	Tetrathlon	1 st	931 points	
Carley Stieler	13yrs	High Jump	1 st	1.52m	
Tyla Stolberg	13yrs	Javelin	3 rd	28.35m	
Kelly McNamara	14yrs	800m	3 rd	2.28.29	PB
		1500m	1 st	5.02.93	PB
Majella Cassidy	14yrs	90m Hurdles	1 st	14.32	PB
		High Jump	1 st	1.53m	
		Long Jump	1 st	4.79m	

Elle Raeli	14yrs	Shot Put	1 st	10.40m	
		Discus	1 st	35.45m	
		Javelin	1 st	28.62m	
Majella Pearl	14yrs	90m Hurdles	2 nd	14.49	
		High Jump	2 nd	1.50m	
Aeysha Grainzien	14yrs	1500m	3 rd	5.21.13	PB
Ashlee Stieler	15yrs	90m Hurdles	1 st	13.64	PB
		200m Hurdles	1 st	31.06	
		Long Jump	1 st	5.14m	PB
Emily Beston	15yrs	800m	3 rd	2.31.46	
		2000m Steeple	2 nd	8.06.27	
Tori Langton	15yrs	Shot Put	2 nd	10.56m	PB
		Discus	1 st	32.66m	PB
Heather Burridge	16yrs	Javelin	3 rd	35.72m	PB
Madeline McGuire	16yrs	400m	2 nd	59.90	
		800m	1 st	2.23.17	
		400m Hurdles	1 st	1.05.47	Record & PB
Tanika marshall	16yrs	90m Hurdles	1 st	17.19	
		High Jump	1 st	1.56m	
		Long Jump	2 nd	4.84m	
		Triple Jump	1 st	10.57m	PB
Olivia Harvey	16yrs	90m Hurdles	2 nd	17.34	
Natalie Davidson	17yrs	100m	2 nd	12.86	PB
		200m	1 st	26.09	PB
Erika Berlin	17yrs	400m Hurdles	2 nd	1.07.86	
Cassie Purdon	17yrs	High Jump	2 nd	1.71m	
Larissa Chambers	18yrs	100m	1 st	12.83	
		200m	1 st	25.46	
		400m	1 st	1.01.86	
Kerryn Ryan	10yrs	100m	2 nd	14.32	PB
		200m	1 st	28.96	PB
Jaxson Samuels	12yrs	High Jump	1 st	1.49m	PB
Johnathan Taylor	15yrs	100m	2 nd	11.58	
		200m	2 nd	23.22	
Daniel Parnell	15yrs	400m	1 st	53.72	
		800m	2 nd	2.02.15	PB
		1500m	3 rd	4.31.65	

Tyrell Woodley	15yrs	2000m Steeple	3 rd	7.18.71	PB
AJ Raeli	16yrs	Discus	2 nd	44.68m	
Joshua Stockill	17yrs	400m Hurdles	1 st	57.69	

Australian Cross Country Championships

Club members **Connor McNamara** and younger sister **Kelly McNamara** competed in the Open 12km and U/16yrs 4km at Symons Plains, Launceston, Tasmania.

Under extreme weather conditions and a muddy course **Connor** and **Kelly** can be very proud of their achievements.

Connor finished 32nd in a time of 45 minutes and 31 seconds for the 12km.

Kelly finished 28th in time of 16 minutes and 15 seconds for the 4km.

Well done!!!
