



PRESIDENT'S MESSAGE:

With new PB's set by members over the past few meets it will be exciting to see the Met West Regional Trials in September. Now is the time to train smarter and prepare well for the All Schools State Championships in October 2016.

Well done to all the Coaches, Brad, Mick, Ted, Andrew and Theresa (Marty).

The 35th Winter Carnival was a great success and I thank all the officials / volunteers for making this Carnival awesome. Without sponsors the event would not happen and I sincerely thank each and every one for their support as all funds help our athletes to meet their future goals.

The new season events start in October and we have to register on-line. The season runs from 1st October 2016 to 30th September 2017. Registering can be done now, affiliation with QA has been completed.

Vic

Congratulations!



The Park2Park was a successful event for the Ipswich Hospital Foundation as more than 2000 people competed in the **Park2Park Half Marathon**, **Exact Radiology 10k**, the **West Moreton Hospital & Health Service 5km Run** and the **Walker Pender 5km Walk**.

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



Mayor Paul Pisasale with the winner of the Half Marathon, Glen Yarham.

Club members who did well are listed;

Half Marathon	Glen Yarham	1.15.05	1 st	1 st 21-25 (former club chp)
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5km Run	Jack Warner	17.52	3 rd	1 st 16-20
	Alex Davies	18.00	6 th	1 st 12-15
	Montanna McAvoy	18.26	7 th	1 st 16-20
	Kelly Mcnamara	20.37	19 th	3 rd 16-20
	Jay Shipperley	21.49	34 th	8 th 12-15
	Parker Austin	22.04	41 st	10 th 16-20
	Simon Warner	24.07	83 rd	3 rd 50-59
	Emily Beston	24.23	89 th	4 th 16-20
	Breanna Betzold	24.31	91 st	5 th 12-15
	Ryan Stewart	25.00	96 th	22 nd 12-15
	John Musters	29.36	247 th	4 th 60-69



Jack Warner



Amelia Partridge, Montanna McAvoy & Kelly McNamara

Committee Notes

Our next Monthly committee meeting is on **Tuesday 13th September 2016** at 7pm. All welcome.

Just a Thought'

I've learned that....

Hope is putting faith to work when doubting would be easier.

Happy August Birthdays

Kacey Walker

Amazing Grace Raeli

Brad Duxbury

Mark Bruce

Jay Shipperley

Joshua Carrick

Matt McLeish

Benjamin Peters

Australian X-Country Championships - Canberra

20/08/2016

Montanna McAvoy ran extremely well in the U/18yrs 4km race to finish in 2nd position with a **PB** time of 14.04 whilst Kelly McNamara ran 60th battling severe cramping after playing Hockey the night before.

Well done.

Local Cross Country

The **AIC cross country events** was held on **Wednesday 6th August 2016** 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

The Mulgowie Gift is on Saturday 3rd September 2016.

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 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 **Ryan Stewart**

The correct answers were: "A pumpkin"

A new question is as follows:

I am a nut, but have no shell
Too many of me will make you swell
Sweet on the outside, I don't always have a middle
Should be enough clues to solve this riddle.
What am I?

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

Email: - vgpascoe1@bigpond.com.au



Bridge to Brisbane fun run 28/08/2016

With the new challenging course our athletes did very well to finish in the top 100 as listed:

10Km

Glen Yarham	30.15	2 nd
Alistair Stevenson	31.37	7 th
Jack Warner	36.02	59 th
Connor O'Leary	37.00	85 th

5Km

Montanna McAvoy	17.59	24 th	1 st Female
Tamara Carvolth	18.48	29 th	3 rd Female

THE 35th 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 27th running of the **120m Lightning Gift** sponsored by the **Ipswich City Council**.

Nicholas Grant (17yrs) club member from Redbank Plains was extremely happy out sprinting his rivals **Ardyn Foy** (28yrs) 2nd and **Sam Toleman** (22yrs) 3rd in the final of the Ipswich 120m Lightning Gift at the Bill Paterson oval on Sunday 28th August 2016.



Benjamin Hayward 6th, Travis Iles 5th, Daniel Qualischeski 4th, Sam Toleman 3rd, Ardyn Foy 2nd & Nicholas Grant 1st

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. Geoff passed away April 2013. It is a magnificent gesture by his wife Berise and family for their ongoing support for this event.

Mitchell Williams 24yrs sizzled home to win comfortably at the finish coming off the back mark in 13.29 from **Shemiah James** 19yrs 2nd in 13.52 and **Lorenz Ryan** 17yrs 3rd in 13.67.



WOMENS 120m Gift sponsored by Ipswich Hospital Foundation / Mayoress of Ipswich.

Larissa Chambers 21yrs made it a screamer of a finish to win in 14.14 with **Demi Wynyard** 16yrs 2nd in 14.22 and **Liz Melrose** 22yrs 3rd in 14.28.



U/18yrs Boys 70m Dash sponsored by **Leisure Riders Touring Motorcycle Club**.

Joshua Cowley 15yrs winning by the barest of margins in 8.04 with 2nd **Joel Walk** 15yrs in 8.07 and **Nicholas Grant** 17yrs in 8.08. What a race what a finish.



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

Katie Colburn 17yrs winning by a small of margin in 8.54 with 2nd **Demi Wynyard** 16yrs in 8.57 and **Tara Chaplin** 15yrs in 8.65.





The Masters are strutting their stuff in the 100m.

Other Winter Carnival events produced 19 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.

This is a reminder that the 2016-2017 Membership is now open.



1st October 2016 – 30th September 2017

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



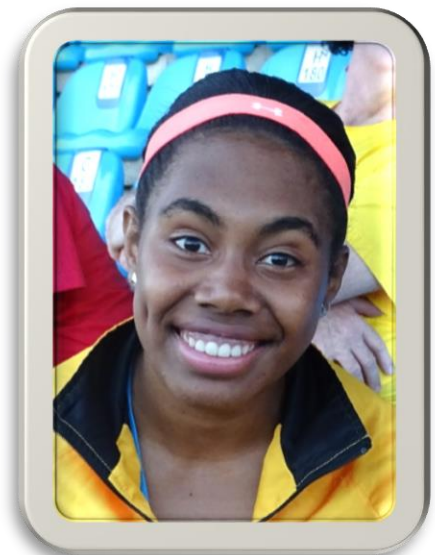
Congratulations

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 **Miriam Peni** for receiving the Junior Sports Star Award of the month for July 2016.





**Mayor Paul Pisasale,
Cr Paul Tully and Councillors
of the City of Ipswich
invite you to attend**

Pasifika
**Spring
Festival**
Celebrating Cultural Diversity

**Saturday, 3 September 2016
Evan Marginson Park, Woogaroo Street, Goodna
3.00 pm – 8.00 pm**

A showcase of multicultural performances and food stalls, including
elders' marquee, children's activities, free rides and sports clinics.

Parking is limited, please consider taking public transport.

For more information
Phone (07) 3810 7989 or
email csweeney@ipswich.qld.gov.au
ipswich.qld.gov.au

