



### PRESIDENT'S MESSAGE:

With new PB's set by members over the past few meets it was exciting to see the Met West Regional Trials in August. 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 36<sup>th</sup> 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 1<sup>st</sup> October 2017 to 30<sup>th</sup> September 2018. 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 **The City of Ipswich Half Marathon**, **Ipswich Hospital Foundation 10k**, the **Ipswich Hospital Foundation 5km Run**, the **Walker Pender 5km Walk** and the **City of Ipswich Half Marathon Relay** with funds going to West Moreton Hospital and Health Service..

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.



Camyrn Novinetz

Kelly  
McNamara

Montanna  
McAvoy

Alex  
Davies

Jude  
Thomas

Jack  
Warner

Club members who did well are listed;

### 5km Run

Alex Davies	17.39	7 <sup>th</sup>	2 <sup>nd</sup> U/16, 21secs faster
Jack Warner	17.46	8 <sup>th</sup>	5 <sup>th</sup> 20-29, 6secs faster6
Montanna McAvoy	17.49	9 <sup>th</sup>	1 <sup>st</sup> 16-20, 37secs faster
Jude Thomas	18.18	13 <sup>th</sup>	3 <sup>rd</sup> U/16
Kelly Mcnamara	21.29	37 <sup>th</sup>	4 <sup>th</sup> 16-20
Camryn Novinetz	21.33	42 <sup>nd</sup>	2 <sup>nd</sup> U/16
Simon Warner	24.22	102 <sup>nd</sup>	4 <sup>th</sup> 50-59
Kerry Ryan	24.23	106 <sup>th</sup>	33 <sup>rd</sup> U/16
Breanna Betzold	24.43	108 <sup>th</sup>	9 <sup>th</sup> U/16



BBQ all set up this cold morning



Alli Fyfe interveiwng Montanna

## Committee Notes

Our next Monthly committee meeting is on **Tuesday 26<sup>th</sup> September 2017** at 7pm. All welcome.

### *Just a Thought'*

I've learned that....

Coming together is a beginning, keeping together is progress, and working together is success

# Happy August Birthdays

*Kacey Walker*

*Crystal Goulding*

*Amazing Grace Raeli*

*Brad Duxbury*

*Zane Paterson*

*Joshua Carrick*

*Benjamin Peters*

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## Local Cross Country

The **AIC cross country events** was held on **Wednesday 9th August 2017** and the committee wishes to thank everyone who helped at the canteen during the day. It was a very busy day.

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## Track & Field

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

[www.qldathletics.org.au](http://www.qldathletics.org.au)

**QAL now has several events scheduled on their website [www.qal.org.au](http://www.qal.org.au)**

The Mulgowie Gift is on Saturday 2<sup>nd</sup> September 2017.

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## 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	\$30-00
Boys Singlet's	\$37-00
Boys Shorts	\$30-00

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

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## Answer to the Question

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

The correct answers were: “**A step above the rest**”

**A new question is as follows:**

A 3-letter word has been taken out of each of the following words.  
Can you work it out?

\_\_\_IO  
C\_\_\_ER  
W\_\_\_H  
O\_\_\_OR.

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

**Email:** - [vgpascoe1@bigpond.com.au](mailto:vgpascoe1@bigpond.com.au)



## Bridge to Brisbane fun run 27/08/2017

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

10Km

Alastair Stevenson      32.52      20<sup>th</sup>

5Km

Glen Yarham              16.49      18<sup>th</sup>

Montanna McAvoy      17.05      20<sup>th</sup>      1<sup>st</sup> Female

# THE 36<sup>th</sup> 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 Queensland Athletics 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 28<sup>th</sup> running of the **120m Lightning Gift** was sponsored by the **Ipswich City Council**.

**Jack Payne** off **5.50m** in a time of 12.36 was extremely happy out sprinting his rivals **Jonty Flottmann** off **6.25m** for 2<sup>nd</sup> and **Benjamin Thomas** off **7.50m** for 3<sup>rd</sup> in the final with Samuel McArthur off **7.50m** for 4<sup>th</sup>, Max Mason off **7.00m** and Nazmie Lee Marai off **3.00m** in the Ipswich 120m Lightning Gift at the Bill Paterson oval on Sunday 27<sup>th</sup> August 2017. Councilor Wayne Wendt, Councilor David Morrison and the CEO of the Ipswich Hospital Foundation Phillip Bell were present to see a fabulous race.



## 120m Back Markers Consolation Gift sponsored by Geoff Jones Family

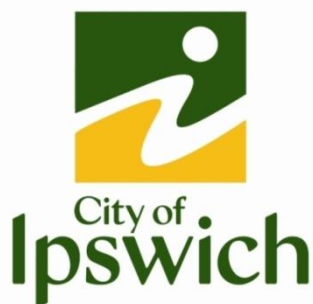
Geoff Jones was our first Life Member of the Club, a Club President and a wonderful Coach. Geoff passed away April 2013. It is a magnificent gesture by his wife Berise and family for their ongoing support for this event.

A flash from the clouds saw **Theo Pinuai** of PNG came off 0.00m in a time of 13.23 to win from Joshua Cowley 2<sup>nd</sup> off 3.50m, Lorenz Ryan 3<sup>rd</sup> off 4.50m, Jessica Peris 4<sup>th</sup> off 10.00m, Pat McKay 5<sup>th</sup> off 4.00m and Antonio Bonomo 6<sup>th</sup> off 6.00m.



**WOMENS 120m Gift** sponsored by **Ipswich Hospital Foundation / Ipswich City Council.**

**Nicole Maynard** finished strongly to win in a time of 13.73 when off **11.50m** from **Gemma Fairclough** 2<sup>nd</sup> off **16.25m**, **Tara Chaplin** 3<sup>rd</sup> off 12.75m, Toea Wisil 4<sup>th</sup> off **0.00m**, Rhonda Byrnes off **9.25m** and Larissa Chambers 6<sup>th</sup> off **5.50m**. Councilor Wayne Wendt, Councilor David Morrison and the CEO of the Ipswich Hospital Foundation Phillip Bell were present to see a highly competitive race.



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

**Alex Cash** off 5.50m won by the barest of margins in 7.93 with **Benjamin Thomas** 2<sup>nd</sup> off 1.50m in 7.94 and **Max Mason** off 2.50m in 7.95. What a race what a finish. Lew Crowe with Gavin Maxwell of the Leisure Touring Motorcycle Club along with our wonderful treasurer Sue Warner was amazed by such a tight finish.



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

**Hilal Durmaz** off 4.00m won by a small margin in 8.60 with **Hayley Reynolds** 2nd off 4.00m in 8.61 and **Anastazia Robinson** 3<sup>rd</sup> in 8.62. Cathy Kildea and Chris Crowe and of the Leisure Touring Motorcycle Club and our fabulous treasure Sue Warner watch this exciting and close race.



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](http://www.ipswichathletics.org.au) along with videos of the gift races on Utube.

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## Club Training Nights

**Training nights on Monday and Wednesday nights 7pm to 9pm.**

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

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## Queensland Athletics Seasonal Fees.

**This is a reminder that the 2017-2018 Membership is now open.**



1<sup>st</sup> October 2017 – 30<sup>th</sup> September 2018. Just follow the link below, so easy.

<https://memberdesq.onesporttechnology.com/1776/org>

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

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## 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.**

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