



P O Box 220, Booval Qld 4304
Website: <http://www.ipswichathletics.org.au>

Ph: 0409 754 884

Newsletter

30th January 2013

President's Message:

I hope it is not too late to wish all Club Members and their families a HAPPY NEW YEAR.

Hope 2013 has started nicely (except for the weather we are having as I write). May it be a very good Athletic Year for all athletes?

Good coaching to our Coaches also.

Congratulations to all who competed for Country in the Regional Cup. Sorry I was not around to support you. It was very difficult to come up with a team mainly because it was in the middle of the holiday period and also because there was a big meet in Sydney.

Lots of our athletes were unavailable.

I suppose athletes are peaking for the State Championships. Check the dates and Close of Entries on the QA website.

No qualifying standards are to be met for these titles. For those athletes aiming to go to the Nationals in Perth, nominations for the Queensland Team usually close at the State Championships. You can check on how to qualify. Ask your coach.

Some families will be going to Perth but athletes can also travel and be accommodated with the supervised State Team.

That's some information's that new members should know. All the best everyone.

Bailey.

Committee Notes

Our next Monthly committee meeting is on **Tuesday 26th February 2013** at 7pm. All welcome.

The Club is actively seeking financial assistance for our athletes who will be competing at the Australian Youth Championships in Perth.

Congratulations!

The first round of the **Regional Cup** was held where five teams competed at Nathan, Brisbane. Our Club was part of the **Sunshine Coast and Country team** and our members produced several PB's. A list is as follows below.

Brisbane South has won the first round of the inaugural South Queensland Regional Cup competition with a narrow victory over Gold Coast & District.

Team Points:

1 st	Brisbane South	913
2 nd	Gold Coast & District	850
3 rd	Sunshine Coast & Country	700
4 th	Brisbane North	580
5 th	Brisbane Central	468

Over 330 athletes took part in the competition making it the largest meet of the season so far. Full results are available on the QA website.

The **Regional Cup** competition will conclude with meet #2 on Saturday 2nd March 2013 at the State Athletics Facility, Brisbane.

Carly Stieler	13yrs	200m Hurdles	36.71	U/14yrs	PB
Majella Pearl	14yrs	200m Hurdles	33.56	U/16yrs	
Dayspring Koop	14yrs	Javelin	31.81m	U/16yrs	
Madeline McGuire	16yrs	4 x400m Relay	3.54.31	U/18yrs	
Erika Berlin	17yrs	400m Hurdles	70.71	U/18yrs	
Larissa Chambers	18yrs	200m 4 x 400m	24.78 4.01.35	Open Open	
Aaliyah Chambers	18yrs	400m hurdles	71.01	U/20yrs	PB
Elizabeth Melrose	19yrs	400m Hurdles	77.71	Open	
Jaxson Samuels	12yrs	200m 800m	33.46 3.01.16	U/14yrs U/14yrs	
Jacob Wells	14yrs	800m 3km	2.20.83 10.41.13	U/16yrs U/16yrs	PB
Thomas Cronin	14yrs	Javelin	29.76m	U/16yrs	
Daniel Parnell	15yrs	3km	10.52.08	U/16yrs	PB
Josh Stockill	17yrs	400m Hurdles 4 x 400m	58.21 3.29.57	U/20yrs U/20m	PB

Connor Diffey	18yrs	200m	22.68	U/20yrs	PB
Alex Grissell	18yrs	Shot Put	10.73m	U/20yrs	PB
John Purdon	21yrs	Javelin	62.15m	Open	PB
Darrin Norwood	34yrs	Shot Put	11.43m	Open	



Alex Grissell Aaliyah Chambers Josh Stockill



Jacob Wells Daniel Parnell



Connor Diffey



Madeline McGuire



Jaxson Samuels



John Purdon



Thomas Cronin



Larissa Chambers Toea Wisil PNG Rep

Just a Thought'

I've learned that....Be sensitive to other people's feelings - it brings out the best in them.

Track & Field InterClub Competition

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

Entries are now open for the **Queensland Junior Championships** which are being held at the State Athletics Facility from Friday 22nd to Sunday 24th February. Championships events are being held in the Under 14, Under 16, Under 18 and Under 20 age groups.

Entries close on Sunday 10th February 2013.

www.qldathletics.org.au

Happy January Birthdays

Sarah Jeffreys Majella Pearl Toni Jesberg Aaliyah Chambers

Thaiday "Ted" Ruben Andrew Wheeler Liam Henry

Benwah Samy John Purdon

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 uniform is \$40-00.

Answer to the Question

The winner of the **December** question was *Chevelle Kurth*

The correct answer was: **“Jingle Bells.”**

A new question is as follows:

What are numbers that follow each other?

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

Email: - vgpascoe1@bigpond.com.au

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.

South Queensland Regional Cup 2

Where: Queensland Athletic Centre, QSAC.

When: Saturday March 2nd 2013

Team nominations close on February 27th 2013.

Please advise Bailey as he is a selector and he needs to know who is available for this meet.

RSVP by Friday 22nd February 2013.

Ph. 07 5464 5369

Email: blpashley@gmail.com

Australia Day Awards

The Club representatives had a wonderful night at Australia Day Awards for 2013 sponsored by the Queensland Times and the Ipswich City Council.

Darrin Norwood and **Vic Pascoe** were nominated for the Sports Award, while **Madeline McGuire** and **Larissa Chambers** were nominated for the Sports Award as well as Young Citizen of the Year. The **Winter Carnival 2012** was nominated for the Community Event of the year. Well done!



QT Image

Larissa Chambers receives her Australia Day "Highly Commended" Award from Cr Andrew Antonioli, Cr David Morrison and Mayor Paul Pisasale

From the **Australia Day Awards** came a wonderful and generous offer from **Justin Lemberg** of **JUST Sports N' Fitness** a full membership for 12 months valued at \$450.00 for Madeline and Larissa.

www.justsportsnfitness.com.au
