



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

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Newsletter

30th January 2017

President's Message: Now that we are back to school and work including new jobs I wish you all a very successful year.

There have been some wonderful performances so far this season, many PB's and I congratulate those who have competed in the recent competitions. The club is currently running 6th of 15 clubs on the inter club championship ladder. That's up one position from last year, well done.

The Australia Day Awards was a pleasure to see how well they were organized and the acknowledgement of our nominees for their respective contribution to the community.

Just a short note to say that all positions of the Club committee will become vacant as per our constitution on May 19th 2017. I encourage all parents, friends and athletes to nominate for a position at the AGM. Support for these positions will be given to those interested.

Vic

Just a Thought'

I've learned that....We are all responsible for the love and protection of children – if we aren't, who is?

Track & Field InterClub Competition

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

Entries are now open for the **Queensland U14yrs to Open Championships** which are being held at the QSAC from Friday 23rd – 26th Sunday February 2017.

Entries close on Monday 13th February 2017.

www.qldathletics.org.au

Happy January Birthdays

Rose Lawman

Rhys Carr

Stella Colins

Molly Green

Julie-Anne Coomer

Jade Hardy Synnott

Sue Warner

Abraham Tsige

Thaiday "Ted" Ruben

Andrew Wheeler

QAL now has several events scheduled on their website www.gal.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 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
Club Polo Shirt	\$50-00

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

Answer to the Question

The winners of the **December** questions were **Liz Melrose** and **Joshua Carrick**.

The correct answer was: **"Imagination."**

A new question is as follows:

What's wrong with the following sentence?

The man went to the
the supermarket at 6:00?

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

Email: - vgpascoe1@bigpond.com

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.

Committee Notes

Our next Monthly committee meeting is on **Tuesday 28th February 2017** at 7pm. All welcome.

Australia Day Awards

The Club representatives had a wonderful day at the Ipswich Australia Day Awards for 2017 sponsored by the Queensland Times and the Ipswich City Council. Great pre-entertainment and food to start off proceedings.



Michael Moore was nominated for the Citizen of the year Award and Vic Pascoe for the Senior Citizen of the year.

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.**

Parkrun every Saturday

Some of our families really enjoy the challenge at Limestone Park on a Saturday morning starting at 7am. It is a 5km walk, jog or run depending on your ability, personally I try all three at some stage of the run.

Come on and have a go, it's free and our club is now listed for you to be attached, register online.

Australia Day Gold Coast Gifts

The Southport Sharks Football Club saw our athletes compete in the various gifts on offer. The weather was overcast at times and humid but no rain this year made it a wonderful day.



With **Liz Melrose, Larissa Chambers, Tara Chaplin** and **Hayley Wright** running in the heats of the Ladies Gifts, had Liz winning her heat, Larissa ran 2nd with Hayley 4th and Tara 5th. The Semi-finals saw Liz run 2nd after a poor start and Larissa also 2nd in her Semi-final. The final proved to be outstanding with Liz having a brilliant start to hang on to win convincingly with Larissa 4th in the 120m Ladies Gift final. Prize money won was \$1500 and \$200 respectively, congratulations.

Liz then finished 2nd in the Open 300m Gift after a poor start with Tara finishing 6th after a hiccup in the run to the finish line. Larissa scratched herself from this race.

Tara and Hayley can only improve with more racing in front of the handicapper.

The men were not to be outdone as **Ben Thomas, Patrick McCarthy** and **Nicholas Grant** ran in the 70m, 120m Novice and 120m Australia Open Gift.

Ben had an amazing day winning the U/18yrs 120m and the 120m Novice Gifts after competing in in the 70m Gift as well, a total of seven races for the day. It was his first effort at professional racing, congratulations.

Patrick ran well to get 2nd in the 120m Novice Gift after getting to the semi-finals of the 70m Gift. That's four races for the day and that's more than his training day, well done.

Nicholas made it through to the semi-finals of the 70m Gift and was run out in the Open 120m Gift heats, maybe some extra work at training will do the trick.

An excellent result as it was a great experience for the squad and it gets them race fit.

