



Director's Message:

Our Club N/Letter has some events that need emphasizing and I am using this column to request your support.

1. Aug 18th: Seminar "Strength Training to Enhance Performance" & "Anti Doping - Is what you are putting in your Mouth Legal?"

These topics are very important for all club members and Parents.

I strongly urge a good attendance.

2. Helpers are wanted for our catering Fund Raising July 28th & Aug 3rd 2013.

This money helps send our athletes to Nationals. Please give consideration to helping the committee raise funds for you. See times and location in this N/L.

School trials are getting nearer. Good training to all.

Bailey

Congratulations!

Gold Coast Marathon



Approximately 27,000 participants ran over varying distances, from 2km for juniors to the complete marathon of 42km.

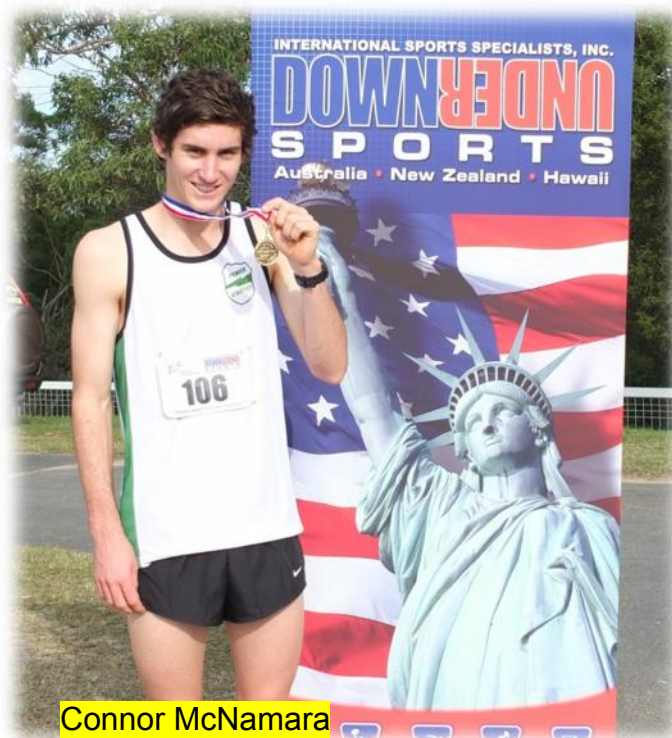
At this meet **Alastair Stevenson** (a former Club Champion) ran 17th overall in the Half Marathon in 1.08.52.

Our club had seven athletes compete at the **“Down Under Meet”** at Queensland Athletic Centre, Nathan in Brisbane on 5th – 7th July 2013. They did remarkably well by collecting three gold medals, two silver medals and one bronze medal.

At this meet, athletes came from NSW, Victoria and many countries including USA, Brazil, and New Zealand, PNG, Tahiti and other Oceania countries. More than 600 athletes competed.



Thomas Cronin



Connor McNamara

Connor McNamara won the 20yrs+ 2000m Steeple in 6.24.81. This was exceptional as it took 11 seconds off his **PB**.

Thomas Cronin won the 15yrs and under 2000m Steeplechase in **8.32.38 PB**. A good effort considering it was his first time attempting the Steeple.

Johnathon Taylor ran 3rd in the 15yrs 100m in 11.75 and then went on to win gold in the 15yrs 200m in 23.06. It was a nice run for the start of the season.

Scott Tuohy ran a magnificent 400m in the 20yrs+ in 48.73 **PB** to grab the silver medal. This was Scott's first attempt at 400m on a synthetic track. Scott also competed in the 100m (7th) in 11.34 a **PB** and 200m (5th) in 22.79. Well done!

Aaliyah Chambers has finally cracked it; she ran a wonderfully judged race to snare the silver medal in the 18-19yrs 300m Hurdles in a time of 48.90 making it a **PB** as well.



Scott Tuohy



Aaliyah Chambers



LIZ

Alistair

Liz Melrose and an American girl are literally flying in their 400m competition.

Alistair Wells is about to walk on water whilst running in the 2000m Steeple Chase.

Johnathon Taylor enjoying the moment with his gold medal just after the 200m final.



Honeywood Rail Trail Fun Run

Somerset Regional Council had a successful 11th annual Rail Trail Run on Sunday 14th July 2013 with almost 900 participants.

Club members did exceptionally well.

Connor McNamara was 6th overall for the 8.3km in 28.29.

Tamara Carvolth a (former Club Champion) was 1st female in the 8.3km in 31.34.

Alistair Wells was 15th overall for the 8.3km in 32.32.

Madeline McGuire was 32nd overall for the 8.3km in 35.12.

Ben Peters was 41st overall for the 8.3km in 37.05.

Ethan Banar was 89th overall for the 8.3km in 41.09.



Kelly McNamara

Thomas Cronin was 119th for the 8.3km in 42.58.

Kelly McNamara was 1st overall in the 3km in 11.36. A great run!!!

Aeysha Granzien was 5th overall in the 3km in 12.02.



Thomas Cronin, Ben Peters, Alistair Wells, Connor & Kelly McNamara & Madeline McGuire.

Queensland Secondary School Cross Country Championships

Kelly McNamara has put the writing on the wall for a bright future with a magnificent effort to make the Queensland team when she finished 5th in the 14yrs 4km at Bundaberg over the weekend 20-21 July 2013. **Kelly's** time of 14 minutes 8 seconds was only 27 seconds behind the winner and what was more impressive was the fact they all ran faster than the girls 15yrs category.

Kelly now goes to Launceston for the Australian Cross Country Championships on 31-08-2013.

Runners have one more chance to qualify for the Australian Cross Country at Carseldine, North Brisbane in the Queensland Cross Country Championships August 3rd 2013.

Committee Notes

Our next Monthly committee meeting is on **Tuesday 27th August 2013** at 7pm. All welcome.

Just a Thought'

*I've learned that....
Laughing is a good exercise. It's like jogging
on the inside.*

Happy July Birthdays

Juanita Chambers

Chevelle Kurth

Tori Langton

Carly Stieler

Olivia Harvey

Vic Pascoe

Darrin Norwood

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.**

A new Club polo shirt is now available for \$50-00. "It looks great!"

Cross Country



The **Park2park** is on Sunday 28th July 2013 and we have a BBQ to set up for a sausage sizzle by 5.15am. We are expecting to feed at least 2000 hungry people. **We need your help.**

Registrations are still open at www.park2park.com.au

The **AIC cross country event** is on **Saturday 3rd August 2013 commencing at 7am to 12 noon in Limestone Park.**

Our Club runs the canteen only, but we need assistance, even if it is only for 2hrs during the day. There are at least several hundred spectators and athletes attending this meet, so please help.

Please contact our Secretary Greg Parnell on 0408 858 551 so a roster can be drawn up for all to see when they are working in the Canteen.

“Athlete Development”

An Important notice to parents and athletes, the Club will be holding a weight training awareness and anti-doping seminar on **Sunday 18th August 2013** between 9.00am and 11.30am at the Clubhouse.

Answer to the Question

The winner of the **June** question was **Connor Diffey**

The correct answer was: **“Stop Imagining!”**

A new question is as follows: The more you take the more you leave behind, what am I???

Think carefully!!!

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

Email: - vgpascoe1@bigpond.com.au

32nd Winter Carnival

When: 24th August 2013

Where: Bill Paterson Oval

Don't forget

Program schedule and the Professional Race Registration form is now available to download at www.ipswichathletics.org.au.

The Club appreciates any contributions/donations and they can be made out to Ipswich & District Athletic Club Inc. at PO Box 220 Booval 4304.

All funds raised assist our athletes in their future endeavours.

A working bee on Friday 23rd August to commence at 6pm to ensure oval and equipment is ready, please offer some assistance.

Club Training Nights

Training nights on Monday nights 7pm to 9pm.

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