



President's Message:

Well done to Miriam Peni on her performances at the recent Pacific Games. To see her win a silver medal on the women's 4 x 100m was wonderful.

We need your help at several events where we run a BBQ or canteen at the Park2 Park fun on Sunday 26th July, the Queensland X – Country Championships also being held in Limestone Park on Saturday 1st August and the AIC X – Country Championships event on Wednesday 5th August. See below in this newsletter for further details for all of the events. Please advise of your availability.

Vic

Congratulations!

Gold Coast Marathon



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

Fresh from his overall win in the City2South a few weeks ago **Alastair Stevenson** (a former Club Champion) ran 9th overall in the Half Marathon in 1.07.18 but did win the 35-39yrs age group. Alastair's time was quicker than last year, well done.

Our club had several athletes compete at the **“Down Under Meet”** at Gold Coast Athletic Centre on 10th – 12th July 2015. They did remarkably well by collecting three gold medals and one silver medal.

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

Rochelle Vidler was superb in winning the gold medal with a new **PB** in the Hammer but also claimed the U/16yrs Queensland record with a massive throw of 50.96m. **Rochelle** also won the U/16yrs Discus hurling it 39.58m and then competed in the Open Women Hammer to finish in 7th position with a throw of 44.26m. A new **PB**.

Larissa Chambers won the Open Women 100m in 12.48 into a headwind and then finished with a silver medal in the Open women 200m in 25.23.

Clare Sullivan finished 4th in the U/16yrs Discus with a throw of 35.35m.

Tara Chaplin ran 6th in the U/16yrs 100m final in 13.66 in blustery conditions. **Tara** also came 4th in the 200m U/16yrs 'B' final with a time of 27.50.



Rail Trail Fun Run



Somerset Regional Council had a successful 13th annual Rail Trail Fun Run on Sunday 12th July 2015 with almost 900 participants. Club members did exceptionally well in the windy conditions

Tamara Carvolth a (former Club Champion) was 1st female in the 8km in 30.13. Well done.

Jack Warner was 7th male overall for the 8km in 30.48.

Ben Peters was 20th overall for the 8km in 34.24 but 2nd in the 13-16Yrs.

Kelly McNamara was 7th female overall for the 8km in 36.46 but 2nd in 13-16yrs.

Emily Beston was 9th female overall for the 8km in 38.06.

Jacob Wells was 65th overall for the 8km in 40.42 but 5th in the 13-16yrs.

Aeysha Granzien was 1st female overall in the 3km in 13.34. A great run!!



Tamara Carvolth



Jack Farmer



Aeysha Granzien



Emily Beston & Ben Peters



Jacob Wells

Committee Notes

Our next Monthly committee meeting is on **Tuesday 25th August 2015** at 7pm. All welcome.

Just a Thought'

I've learned that....
True Friendship is a lifelong endeavor.

Happy July Birthdays

Juanita Chambers Indira Rakuita Chevelle Kurth

Tori Langton Michaela Anderson Olivia Harvey

Tj Toeieiu Mackenzie Smith Ryan Stewart Darrin Norwood

Jack Treschman Fred Warner Vic Pascoe

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.**

Cross Country



The **Park2park** is on Sunday 26th July 2015 and we have a BBQ to set up for a sausage sizzle by 5.30am. We are expecting to feed at least 2000 hungry people. **We need your help.**

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

QLD Cross Country Championships

Saturday 1 August

Limestone Park, Bill Patterson Oval, Lion Street, Ipswich

Including the selection trials for the Queensland Heat Cross Country Team (U14 - Open).

The Ipswich City Council & Ipswich Visitor Information Centre welcomes the 2015 Queensland Cross Country Championships, 1 August 2015 at Limestone Park, Ipswich.

In 2015, Queensland Athletics is proud to introduce the 'Qrun 2km Kids Challenge' and the 'Qrun 5km Challenge'. Both are non-championships events - everyone is invited to participate! It's just like a fun run, only on grass.

[DRAFT Timetable](#) | [Ipswich Visitor Information](#) | [Course Maps](#) (TBC)

ENTRY FEES

New Athlete	\$ 22.00
QA XC Pass / Platinum Member	FREE
QA Base/Traditional/Dual Member	\$ 12.00
Little Athletics Member	\$ 12.00
Member of ANQ or another AA/IAAF association	\$ 12.00



ONLINE ENTRY FORM

Entries are taken online and close at midnight on Thursday 30 July.

Late entries submitted on the day will incur an additional late entry fee of \$8.00 per athlete.

NOT A MEMBER? - NO WORRIES!

Everyone is welcome at QA Cross Country events.

If you are not a member of Queensland Athletics you just need to enter the event as a 'New Athlete'. As part of your entry fee you will become a direct member of QA and may compete as a member in further QA events for the remainder of the 2015 registration year.

STATE CHAMPIONSHIPS MEDALS

Queensland State Championships medals will be awarded to the first three individual place-getters in each age group. Queensland Championship medals will also be awarded to the first three placed club teams in each age group.

These championships will be held in Limestone Park on Saturday 1st August 2015. Events will begin at 12 noon and the last event to commence at 4 pm. Assistance will be required in the canteen and also out on the course will require some officials. Please advise your availability.

The **AIC Cross - Country event** is on **Wednesday 5th August 2015 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 Canteen Convener Daniel Parnell on 0447 085 069 so a roster can be drawn up for all to see when they are working in the Canteen. Thank you.

Answer to the Question

The winner of the **June** question was **Ryan Stewart**

The correct answer was: **“A pen”**

A new question is as follows: Three of these means of transport travel on roads. Which one, though, travels by air?

A Car, a Taxi, a Bus or a Seaplane

Think carefully!!!

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

Email: - vgpascoe1@bigpond.com.au

34th Winter Carnival

When: 30th August 2015

Where: Bill Paterson Oval

Don't forget

Program schedule and the Professional Race Registration form is available at www.ipswichathletics.org.au or at the club house.

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 Saturday 29th 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.

XV Pacific Games

Miriam Peni had an amazing experience when she competed at the XV Pacific Games in Port Moresby from 4th – 18th July 2015. Miriam competed in the individual women's 100m where she won her heat (the crowd went wild) and then ran superbly to finish in 5th position in the final.

Miriam then ran the first leg in the 4 x 100m relay where a silver medal resulted after she set the team up in a good position. (An exciting race).



Miriam Peni

Queensland Road Walking Championships

Having Coach **Brynn Williams** giving **Kiara Condon** some technical assistance on how to walk has paid off for this young athlete as Kiara won a bronze medal in the U/12yrs 2km in 12.41.70 at the recent Road Walking Championships at Runaway Bay on July 12th 2015. This is the first of many I believe and also the first medal in a very long time at race walking for the club.

Well done **Kiara**.



Kiara Condon