



President's Message:

Well done to Miriam Peni and Darrin Norwood on their performances at the recent Melanesian Regional Championships. To see them win 3 bronze medals was wonderful.

We need your help at several events where we run a BBQ or canteen at the Park2 Park fun on Sunday 31st July, and the AIC X – Country Championships event on Saturday 6th August. See below in this newsletter for further details for all of the events. Please advise of your availability.

Vic

Melanesian Games, Suva, Fiji

7th - 9/07/2016

Miriam Peni	U/18yrs	100m	3 rd	12.54 (w +0.8)
		200m	3 rd	26.27 (w -1.9)
	Open Relay	4 x 100m	5 th	

Darrin Norwood	Open	Shot Put	3 rd	14.46m
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Both are club members and it was an excellent result.

Miriam endured a four hour bus trip from Nadi to Suva after flying from Australia to gain 2 bronze medals in her favourite events. She trained with the PNG team in warm ups prior to the heats and finals. Miriam would have gained heaps of experience from this international meet being part of the PNG team.

Darrin would have been happy picking up the bronze medal in the Men's Shot Put but a disappointment at the same time in missing the silver medal by a mere 4cm especially when the silver medal and bronze medal was decided on the last put by each competitor. A great experience for Darrin competing for Australia in open competition at the age of 37yrs.

The crowd support at these games was outstanding throughout the entire games where 12 countries competed. It was wonderful to see and be part of the crowd where many friendships were formed and these will last forever.

One of the most outstanding events was the invitational exhibition 100m race for women where Toea Wisil of PNG set a personal best of 11.29 (w +1.9) and this was a qualifier for the Rio Olympics as the qualifying time is 11.32.



Our club had several athletes compete at the **“Down Under Meet”** at Gold Coast Athletic Centre on 8th - 10th July 2016. They did remarkably well by collecting two gold medals and two meet records.

At this meet, athletes came from NSW, Victoria and many countries including USA, and New Zealand. Over 600 athletes competed.

Rochelle Vidler was superb in winning the gold medal with a new **PB** in the Hammer but also bettered the meet record and the U/16yrs Queensland record which she holds with a massive throw of 56.82m. This was almost a 6 metre improvement on last year’s meet.

Claire Keefer F41 threw the discus 24.41m and the Shot Put a distance of 7.34m just missing her previous best throws.

Hayley Wright won the U16yrs 90m Hurdles in a new meet record of 13.23 (w + 0.8) and 13.20 (w + 0.0) in the heats of the 100m and 13.24 W + 0.0) in the semi-finals. A good result

Larissa Chambers ran 25.27 (w +0.1) finishing 7th in the 200m final and a 58.08 in the heats of the 400m whilst in heavy training.

Tara Chaplin ran 9th in the U/16yrs 100m final in 13.32 (w + 0.1) with heat and semi-final times of 13.37 (w +0.2) and 13.19 (w +0.0), this was almost half a second faster than last year’s meet. She also came 8th in the 200m U/16yrs ‘A’ final with a time of 27.61 (w – 0.6) 50 with a heat time of 27.49 (w +0.5).

Nicholas Grant ran 11.29 (w +1.6) a new **PB** finishing 2nd in the U/18yrs 100m heats, unfortunately had to pull out of the finals due to an injury but still did manage to be 7th in the long jump with a distance of 6.86m (w +0.0)

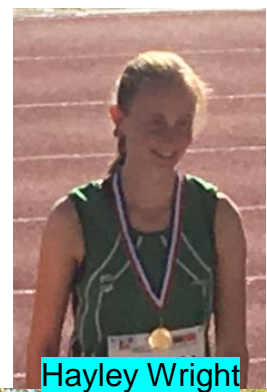
Calab Law being the youngest and smallest did well at 12yrs to finish 6th in the U/16yrs 100m heats in 12.89, a new **PB**. He then ran in the U/16yrs 200m heats to finishing 5th in 26.97 (w +0.6).



Rochelle Vidler



Claire Keefer



Hayley Wright



Tara Chaplin



Nicholas Grant



Larissa Chambers



Calab Law





The 14th annual Somerset Rail Trail Fun Run was held Sunday, 10th July and saw hundreds of people flock to the historic Brisbane Valley Rail Trail.

Several club members ran at this event.

Glen Yarham a club member and former Club Champion was 1st overall for the 8km in a time of 26.05.

Tamara Carvolth a (former Club Champion) was 7th overall but was the 1st female for the 8km in 29.16. This time was 57 seconds faster than last year when she won the 8km female section.

Aeysha Granzien was 1st female overall in the 3km in 12.59. Another great run as this was 35 seconds faster than last year which she also won.

Ben Peters was 16th overall for the 8km in 34.40 but was 1st in the 13-16Yrs category.



Committee Notes

Our next Monthly committee meeting is on **Tuesday 23rd August 2016** at 7pm. All welcome.

Just a Thought'

I've learned that....
Perseverance is what the mind can conceive
and believe, it can achieve.

Happy July Birthdays

Indira Rakuita

Chevelle Kurth

Montanna McAvoy

Mackenzie Smith

Tori Langton

Michaela Anderson

Tj Toeieiu

Ryan Stewart

Darrin Norwood

Parker Austin

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 31st July 2016 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

The **AIC Cross - Country event** is on **Saturday 6th August 2016 commencing at 7.30am to 2.00pm in Limestone Park.**

Our Club runs the canteen, 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 Stewart Carrick on 0408 197 582 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 **No correct answers**

The correct answer was: **“Your fingers”**

A new question is as follows: *What was Cinderella's coach made from?*

Think carefully!!!

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

Email: - vgpascoe1@bigpond.com.au



35th Winter Carnival



When: 28th August 2016

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 27th August to commence at 2pm 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.

Congratulations

Club member **Montanna McAvoy** was proudly presented the prestigious **Pierre de Coubertin** award, an Australian Olympic Committee National Initiative for young people in at least three sports whilst representing the school, district or region.

This award was named after the founder of the modern Olympics Games and takes place on an annual basis to recognize senior secondary students who demonstrate attributes consistent with Olympism through participation and commendable behavior in sporting activities.

Montanna attends the Ipswich Girls Grammar School.

Well done Montanna.



Queensland Marathon Championships

This event was held in conjunction with the Gold Coast Marathon on the 3rd July 2016. Club member **Alastair Stevenson** ran 6th in 2.43.26 and is running extremely well for his age of 37 years. Well done Alastair.



well

