



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

Ph: 0409 754 884

Newsletter

25th June 2015

President's MESSAGE:

Many thanks to all who assisted in the canteen at the GPS x-country making it a successful event.

It will be an amazing experience for club member Miriam Peni (16yrs) as she competes at the Pacific Games 4th - 18th July 2015 to be held in Port Moresby, PNG. Miriam will run in the Open 100m, 200m and 4 x 100m relay.

School events are beginning to start and hopefully all our young athletes make it through to the State All Schools in October. Train well and you will do well.

See below in this newsletter, we need help for the Park2Park BBQ breakfast and again for the AIC X-country on Wednesday 5th August 2015. We need your assistance, please.

The Club is gearing up for the 34th Winter Carnival and it's on Sunday 30th August 2015. It will be a twilight meet starting at 2pm (first time ever) and we need volunteers to run the event. Please advise your availability.

On a sad note my Coach Bill Paterson (97yrs) and mentor of many athletes here in Ipswich passed away this week and his funeral will on Monday 29th June 2015, check for details in the QT newspaper. RIP.

Vic

Committee Notes

Our next Monthly committee meeting is on **Tuesday 28th July 2015** at 7pm. All welcome.

Track & Field InterClub Competition

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

www.qldathletics.org.au

The Down Under Meet for 2015 will held at the **Gold Coast Athletics Facility** at Griffith University from Friday 10th, Saturday 11th & Sunday 12th July 2015

Entries Close 11:59pm Sunday 28th June!

QAL now has several events scheduled on their website www.qal.org.au

Congratulations!

In the fashion stakes for the Ipswich Cup race day we had club member Darrin Norwood finish second in the male division with a \$500 prize.

One of our other members Liz Melrose would have been a top contender in the female category along with Amy Graham and Patrick McCarthy who would have been major contenders in the couple's category if they had of contested their respective events.....They all looked fantastic.



Darrin



Liz



Amy and Patrick

It was a wonderful social day for all who attended and be able to back a winner was a fluke.

I believe others from the club were there but unfortunately I don't have a photo.

Just a Thought'

I've learned that... To enrich your life – balance
friendship and solitude, work and play.

Happy June Birthdays

Miriam Peni

Joel Walk

Yoo Bin Miller

Alicia Moffatt

Jacob Wells

Scott Tuohy

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.**

Club Training Nights

Monday and Wednesday nights training 7pm - 9pm.

Any other extra training sessions can be arranged with your Coach.

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

Answer to the Question

The winner of the **May** question was **Aeysha Granzien**

The correct answer was: **"SAND"**

A new question is as follows:

Inside I am wet and outside I am dry
But the weather I do not defy
Losing my head, I don't go berserk
But this is when I do my best work
Some of us activate with a click
Although human power makes me tick
I am useless unless given a hand
What am I?

The **first** person to reply by email with the correct answer wins a prize. It's so easy, ha ha.

Email: - vgpascoe1@bigpond.com.au



Join in the excitement of the 13th annual Somerset Rail Trail Fun Run.

To register, go to www.railtrailfunrun.com.au

The date has been set – **Sunday, 12 July** – registrations are open, put it in your diary.

Starting at 9am, the Somerset Rail Trail Fun Run will start in Fernvale, just a short drive from Brisbane, with participants taking in the breathtaking views of the Brisbane Valley and historic rail trail before finishing in Lowood to enjoy lots of activities, games, stalls and presentations.





PARK2PARK.COM.AU

SUNDAY 26 JULY 2015



Steve Moneghetti

will be attending the 2015 Ipswich Park2Park!



Where: Limestone Park – Queens Park.

Plenty of prizes to be won.

To register go to www.park2park.com.au

Our **Club** will be running a stall to sell bacon & egg rolls along with a sausage sizzle. We need a few parents to help out to feed the masses. Athletes can also assist to make it a great day.

Get along and support a great cause.

34th Winter Carnival

The program may be downloaded for our 34th Winter Carnival from our website <http://www.ipswichathletics.org.au> .

The professional Gifts registration forms will be available in early July 2015 and these forms will also be on our website. The registration forms can then be gotten at the Club on training nights.

The 26th running of the **120m Lightning Gift** and others will be exciting for participants and spectators alike.

Don't miss out, be a part of it!

Prize money for the Gifts is attractive.

We need parents and friends to help on the day. You may contact Russell Miller our club secretary by phone on **0409 734 864** of your availability.

We are appreciative of contributions from businesses and people already given, but if there is anyone out there wishing to support our Club for this 34th Winter Carnival, please do so as every bit helps to make this a successful day. Contact Vic Pascoe on **0409 754 884** or PO Box 220, Booval, 4304.

All monies raised go to purchasing new equipment and giving our athletes an opportunity to compete at national and international meets.



Australia's Greatest Multi-Sport Festival for 30+ Year Olds

VINTAGE 2015

OFFICIAL E-NEWSLETTER OF THE XV AUSTRALIAN MASTERS GAMES
ADELAIDE, 3-10 OCTOBER 2015

EARLY BIRD GAMES FEE ONLY \$99*

The banner features a colorful geometric design on the left with the XV Australian Masters Games logo. The background shows a cityscape of Adelaide.

In October 2015 we are bound for Adelaide, South Australia for the 15th edition of the Australian Masters Games, and it promises to be the best yet!

Lock in the event dates now in your calendar: **Saturday 3rd - Saturday 10th October, 2015.**

Congratulations

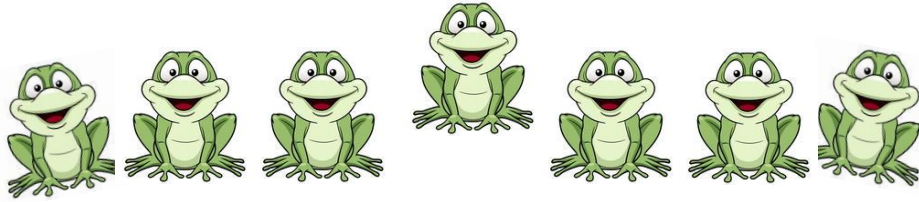


Former Club Champion **Alastair Stevenson** is still running fast defending his title of 2014. Alastair has again won the Brisbane Times City2South fun run in Brisbane over 14km in a great time of 45.04 minutes on Sunday June 14th 2015.



Pictured with Alastair is with the women's winner Cassandra Fien.

A Frogs Tale



Once upon a time there was a bunch of tiny frogs.... who arranged a running competition.

The goal was to reach the top of a very high tower.



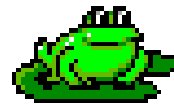
A big crowd had gathered around the tower to see the race and cheer on the contestants.... The race began....

Honestly:

No one in crowd really believed that the tiny frogs would reach the top of the tower.

You've heard statements such as:

"Oh, WAY too difficult!!"



"They will NEVER make it to the top."

Or:

"Not a chance that they will succeed. The tower is too high!".....

The tiny frogs began collapsing. One by one.....

Except for those, who in a fresh tempo, were climbing higher and higher....?

The crowd continued to yell, "It is too difficult!!! No one will make it!"

More tiny frogs got tired and gave up....



But ONE continued higher and higher and higher....



This one wouldn't give up!


At the end everyone else had given up climbing the tower. Except for the one tiny frog who, after a big effort, was the only one who reached the top!

THEN all of the other tiny frogs naturally wanted to know how this one frog managed to do it? A contestant asked the tiny frog how he had found the strength to succeed and reach the goal.



It turned out....

That the winner was DEAF!!!! The wisdom of this story is:

Never listen to other people's tendencies to be negative or pessimistic....  because they take your most wonderful dreams and wishes away from you -- the ones you have in your heart!

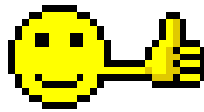


Always think of the power words have.

Because everything you hear and read will affect your actions!

Therefore:

ALWAYS be.....POSITIVE!



And above all:

Be DEAF when people tell YOU that you cannot fulfill your dreams!

Always think:

I can do this!



This message is for all the "tiny frogs" you care about.

Give them some motivation!!!

Most people walk in and out of your life.....but

FRIENDS leave footprints in your heart

In two days, tomorrow will be yesterday.



Today is no special day and I have no particular reason for writing this.... I have no news to tell you.... nor any problems to discuss with you.... or gossip to tell you.... It's only one of those happy moments.... when I thought of this... and I would like to share these thoughts....

MANY SMILES BEGIN BECAUSE OF ANOTHER SMILE...

Enjoy your day...

