



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

Ph: 0409 754 884

Newsletter

25th June 2016

President's MESSAGE:

It will be an amazing experience for club member Miriam Peni (17yrs) as she competes at the 2016 Oceania Melanesian Regional Athletics Championships to be held in Suva, Fiji on the 7th to the 9th of July. Miriam will run in the U/18yrs 100m and 200m.

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 on the 31st July 2016** as our club runs a BBQ breakfast and a canteen for the AIC X-country trials on Saturday 23rd July and the main event on Saturday 6th August 2016. We need your assistance, please.

The Club is gearing up for the 35th Winter Carnival and it's on Sunday 28th August 2016. It will be a twilight meet starting at 1.00pm and we need volunteers to run the event. Please advise your availability.

Vic

Committee Notes

Our next Monthly committee meeting is on **Tuesday 26th July 2016** 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 2016 will held at the **Gold Coast Athletics Facility** at Griffith University from Friday 8th, Saturday 9th & Sunday 10th July 2016

Entries Close 11:59pm Sunday 28th June!

Australian Cross Country Championships

Date: Saturday 20 August 2016

Location: Canberra, ACT

Australian All Schools Athletics Championships

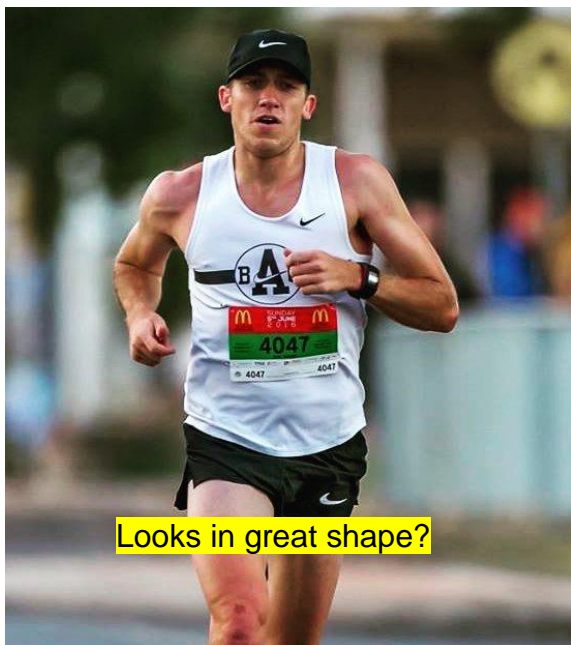
Date: Friday 2nd - Sunday 4th December, 2016

Venue: AIS Athletics Track, Canberra ACT

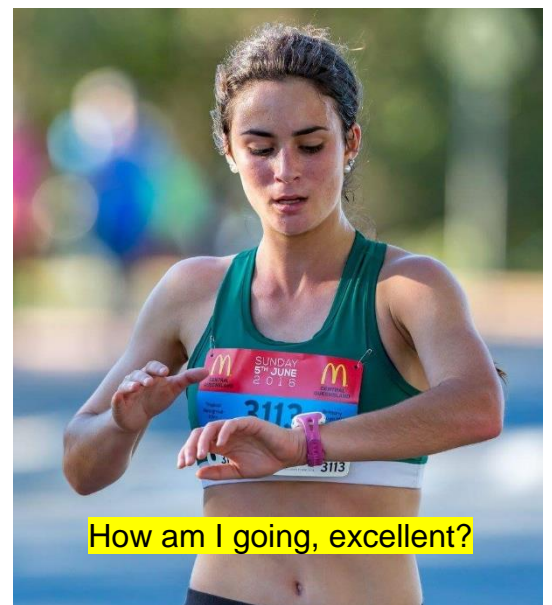
QAL now has several events scheduled on their website www.qal.org.au

Congratulations!

On the 4th June 2016, CTC Rocky River in its 9th year raised funds to address youth mental health issues and the prevention of youth suicide had several races including a Half Marathon for men which was won by **Glen Yarham** in 1.17.21.50 a former club champion. The 10km for women was taken out by club member **Montanna McAvoy** in 38.31.65 who is the Australian Junior 3000m Champion.



Looks in great shape?



How am I going, excellent?



Montanna McAvoy



Glen Yarham

Just a Thought'

I've learned that... Make sure your dreams are not obscured by someone else's expectations of you.

Happy June Birthdays

Miriam Peni

Russell Miller

Yoo Bin Miller

Troy Sherlock

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 **No correct answers**

The correct answer was: **"Sequence 6"**

A new question is as follows:

When things go wrong, what can you always count on?

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

The 14th annual Somerset Rail Trail Fun Run will be held on Sunday, 10th July 2016.

This annual event, an initiative of Somerset Regional Council, is about enjoying the great outdoors with family, friends or work colleagues and, most of all, having fun.

The Somerset Rail Trail Fun Run takes place on the Brisbane Valley Rail Trail between Fernvale and Lowood. The course is an 8km track of disused rail corridor and is ideal for amateurs, professional athletes, and parents with strollers. Competitors have the choice of participating in either an 8km or a 3km event and will take in the breathtaking views of the Brisbane Valley, Brisbane River and historic rail trail.



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



Where: Limestone Park – Queens Park.

Plenty of prizes to be won.

To register go to www.park2park.com.au 2016 at 3pm

on line entries close 30th July

**Registrations
NOW
OPEN**

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.

35th Winter Carnival

The program may be downloaded for our 35th Winter Carnival from our website <http://www.ipswichathletics.org.au> .

The professional Gifts registration form will be available in early July 2016 and this form will also be on our website. The registration form will also be at the Club on training nights.

The 27th 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 Stewart Carrick our club canteen convener by phone on **0408 197 584** 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 35th 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.

