



P O Box 220, Booval Qld 4304

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Website: <http://www.ipswichathletics.org.au>

Newsletter

27th June 2018

President's MESSAGE:

It will be an amazing experience for club member Montanna McAvoy when she competes in the World Junior Championships from the 15th to 20th July 2018 in Tampere, Finland. Montanna will compete in the U20yrs 3000m Steeplechase after having some lead up races in Germany.

Having just run a **PB** of 10.03.80 in the 3000m Steeplechase and is the 4th best U/20yrs athlete for Australian ever in Townsville at a pre-departure meet, Montanna will certainly do the club proud, we wish her all the best.

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 fun run on the 29th July 2018** as our club runs a BBQ breakfast and a canteen for the AIC X-country on Wednesday 8th August 2018. We need your assistance, please. A Canteen Convener is desperately needed.

The Club is gearing up for the 37th Winter Carnival and it's on Sunday 26th August 2018. It will be starting at 9.00am and we need volunteers to run the event. Please advise your availability.

Vic

Committee Notes

Our next Monthly committee meeting is on **Tuesday 24th July 2018** 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 2018 will held at the **Gold Coast Athletics Facility** at Griffith University from Friday 13th, Saturday 14th & Sunday 15th July 2018.

\$30 (GST inclusive) per event

Entries close at 11:59 p.m. on Tuesday, 3rd July 2018.

For more information and to enter online, visit www.sportscredentials.com.au

Queensland Cross Country Championships on **Saturday 4th August**, these Championships will be staged at the excellent cross country course at the **Maleny Golf Club**, overlooking the Sunshine Coast hinterland.

Australian Cross Country Championships

Event date: 25/08/2018

Location: Maleny, Sunshine Coast

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

Congratulations!

Queensland Short Course Cross Country Championships were held at Rivermount Colledge, Yatala, Brisbane on 5th May 2018.

Montanna McAvoy won the silver medal in the U/20yrs and Open women 4000m in a time of 13.39.00. Well Done.



Just a Thought'

I've learned to... Remember to love yourself – it's
your life-sustaining force.



WORLD'S LARGEST FUN RUN

SYDNEY AUGUST 12
CITY2SURF.COM.AU

Registrations now open at city2surf.com.au .

**SPINE
STREET
STUDIOS**



UNIVERSITY
OF SOUTHERN
QUEENSLAND



“Totally Wild” Involvement

Special performances from four of our middle distance / cross- country athletes made it a memorable experience when they became part of the “Totally Wild” film clip with the Channel 10 crew.

Jude Thomas, Reece Griffin, Montanna McAvoy & Alex Davies took part in individual interviews with the film crew and made the most impressive video done running around Limestone Park. The video will be shown on Totally Wild in a few weeks’ time. I will advise when it is about to be shown, so no one will miss out.



Jude Thomas, Alex Davies, Reece Griffin & Montanna McAvoy



Stretching after a hard run



A part of the running in Limestone Park

Happy June Birthdays

Kyra Domrow

Alexander Greenhill

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 6.30pm – 8.30m.

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 **Jade Hardy-Synott**

The correct answer was: **“Lame ducks”**

A new question is as follows:

What's the next letter in this sequence?

W T N L I T _

The **first club member** to reply by email with the correct answer wins a prize.
Think carefully.

Email: - vgpascoe1@bigpond.com.au



Registrations are still open.



Where: Limestone Park – Queens Park.

Plenty of prizes to be won.

To register go to www.park2park.com.au on line entries close 28th July 2018 at 3pm

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. No excuses.

37th Winter Carnival

The program may be downloaded for our 37th Winter Carnival from our website <http://www.ipswichathletics.org.au>.



The professional Gifts registration form will be available in early July 2018 and this form will also be on our website. The registration form will also be at the Club on training nights.

The 29th 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!

Total Prize money of \$11,000.00 for the Gifts is attractive.

We need parents and friends to help on the day.

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 37th 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.



Brothers Kindred Club

The committee wants to make all club members and parents be aware that our Club is part of the Brothers Kindred Club. This association encourages juniors in their chosen sports to be acknowledged for their commitment and dedication to their respective sports for a Junior Sports Star monthly award.

The association also likes to encourage juniors for doing their best, helping around the Club and assisting others who may need that little bit of assistance in techniques etc., please advise Vic Pascoe (Club delegate and publicity officer), of any junior you may think needs to be entered for an Junior Sport Star Encouragement monthly award. **Please phone Vic on 0409 754 884.**

Acknowledgements from Queensland Athletics



It was excellent to see that Queensland athletics acknowledge all the athletes who competed at the Melanesian Games, Port Vila, Vanuatu during May 2018.

Club athletes Benjamin Thomas, Alexander Gough and Rochelle Vidler received awards. This was after the AGM where other major sports awards were presented at this function in the Javelin room at QE11 Stadium.

Well done. 🙌



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