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Newsletter

30th June 2019

President's MESSAGE:

It was an amazing experience for club members Jude Thomas and Kirra Csurhes when they competed in the Oceania Athletic Championships 25th to 28th June 2019 in Townsville. I believe both these athletes have a wonderful future in athletics.

School events such as Regional Trials have been completed and hopefully our young athletes make it through to the State All Schools in October in Cairns. Train well and you will do well.

See below in this newsletter, we need help for the **Park2Park fun run on Sunday 28th July 2019** as our club runs a BBQ breakfast. We need your assistance, please. A Canteen Convener is desperately needed.

The Club is gearing up for the 38th Winter Carnival and it's on Sunday 25th August 2019. 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 23rd July 2019** 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 2019 will held at the **Gold Coast Athletics Facility** at Griffith University from Friday 12th, Saturday 13th & Sunday 14th July 2019.

\$30 (GST inclusive) per event

Entries close at 11:59 p.m. on Tuesday, 2nd July 2019.

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

Queensland Cross Country Championships on **Saturday 28th July 2019**, 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

The **2019 Australian Cross Country Championships** will be held at Kembla Joggers Cross Country Park, Wollongong on the 24th of August 2019.

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

Congratulations!



Alex Davies straining during the run, but it was the finish that was most outstanding

Alex Davies has produced a sensational run at the Ipswich parkrun course over 5KM, he broke the course record that had stood since 12th April 2014. The new time of 15 minutes 39 seconds smashed the old record by 13 seconds.

Just a Thought'

I've learned ... You are always in the perfect place at the perfect time.

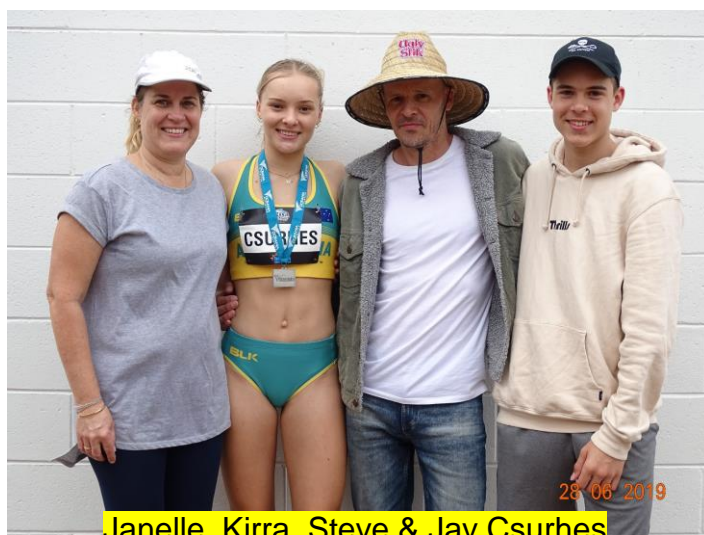


WORLD'S LARGEST FUN RUN

AUGUST 11, SYDNEY ENTER NOW

Registrations now open.

Oceania Athletic Championships, Townsville 25 - 28/06/2019



Janelle, Kirra, Steve & Jay Csurhes



Michael, Jude, Maree & Jack Thomas

It was great to see the support from the families of our athletes.



Club athlete **Jude Thomas** won the Silver medal on the Wednesday in the U/18yrs 1500m in a time of 3.53.97, it was a PB of 0.09 seconds. Then on Friday in the 3000m Jude won the Gold medal setting an Oceania meet record of 8.36.91 which had stood since 2004. This race was a combined age group of U/20 and U/18yrs competitors where Jude ran sensationally over the last 200m to win the race outright, beating the older athletes. A wonderful achievement by Jude as the race callers did not rate the younger athletes to figure in the finish during the call of the event. Jude is coached by Peter Reeves and has a very high opinion for his future endeavours.

Another Club athlete **Kirra Csurhes** won the Silver medal in the U/20yrs 100m Hurdles in a time of 14.71 just edging out the New Zealander by thousandths of a second as both were given 14.71. Kirra had to wait until Friday after arriving with the team on Monday, getting in final training sessions as required. It was a nervous few days but in the end all the training had paid off. Vic Pascoe is her Coach and believes there is further improvement still to come.

Happy June Birthdays

Kyra Domrow

Antony Brooks

Ella Lane

Alexander Greenhill

Joel Jakimowicz

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 **Patrick McCarthey**

The correct answer was: **"A Balloon"**

A new question is as follows:

Can you decipher the following common phrase?

wrong + wrong = a left

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.



Sunday
28 July 2019

**Registrations
NOW
OPEN**



UNIVERSITY
OF SOUTHERN
QUEENSLAND

Where: Limestone Park – Queens Park.

Half Marathon – 6:15am

Half Marathon Relay Team – 6:15am

10KM – 7:45am

5KM Run – 8:45am

5KM Walk – 9:00am

2.5km – 9.15am

Family Challenge – 10:15am

Mascot Marathon – 11:00am

Plenty of prizes to be won.

To register go to www.park2park.com.au on line entries close 27th July 2019 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.

38th Winter Carnival

The program may be downloaded for our 38th Winter Carnival from our website <http://www.ipswichathletics.org.au>.



The professional Gifts registration form will be available in early July 2019 and this form will also be on our website. The registration form will also be at the Club on training nights.

The 30th 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 \$10,000.00 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 38th 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.



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