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Newsletter

31<sup>st</sup> May 2016

## President's Message:

It was an excellent day at the Award presentation at Brothers Leagues Club as it was wonderful to see so many supporters coming along to applaud the winners of the different categories. It was special to show off our talented athletes to the visiting guests and sponsors. Our guest speaker Dr Marshall of the Bremer chiropractic spoke as to why we need chiropractic care for a healthy lifestyle.

Having Mayor Paul Pisasale and club patron Councillor Andrew Antonioli at the awards was wonderful with their words of encouragement and motivation to our athletes.

Sponsors Ipswich Hospital Foundation, Leisure Riders Touring Motor Cycle Club, Bremer Chiropractic and Les Scott & Associates Home Loan Specialists were well represented.

The AGM was held and the position of Secretary was not filled, however this position has been filled since by Jack Warner, a club athlete. Many thanks to the outgoing crew. A few parents have indicated that they will stand at the counter on training nights assisting our athletes, well done.

The GPS X-Country Carnival was held and I thank each and every one of you for a job well done in the canteen, next year we definitely need more hands on deck.

Whether it is X-Country or Track & Field, hopefully the athletes will train even harder to achieve even better PB's. Looking forward to an exciting season for 2016/17.

*Vic.*

**Like us on Facebook, please search for Ipswich and District Athletic Club and request to join.  
It is for members, family and sponsors.**

## **ONE MILE GIFT 7<sup>th</sup> May 2016**



**The field for the 300m Gift sponsored by QAL**

# QAL

Queensland Athletic League



Bruce Duncan, Mitchell Williams, Lorenz Ryan, Steven Graham and Tom Yates  
QAL President Ipswich Hospital Foundation



Field for the Junior One Mile Gift sponsored by Savige Pest Control

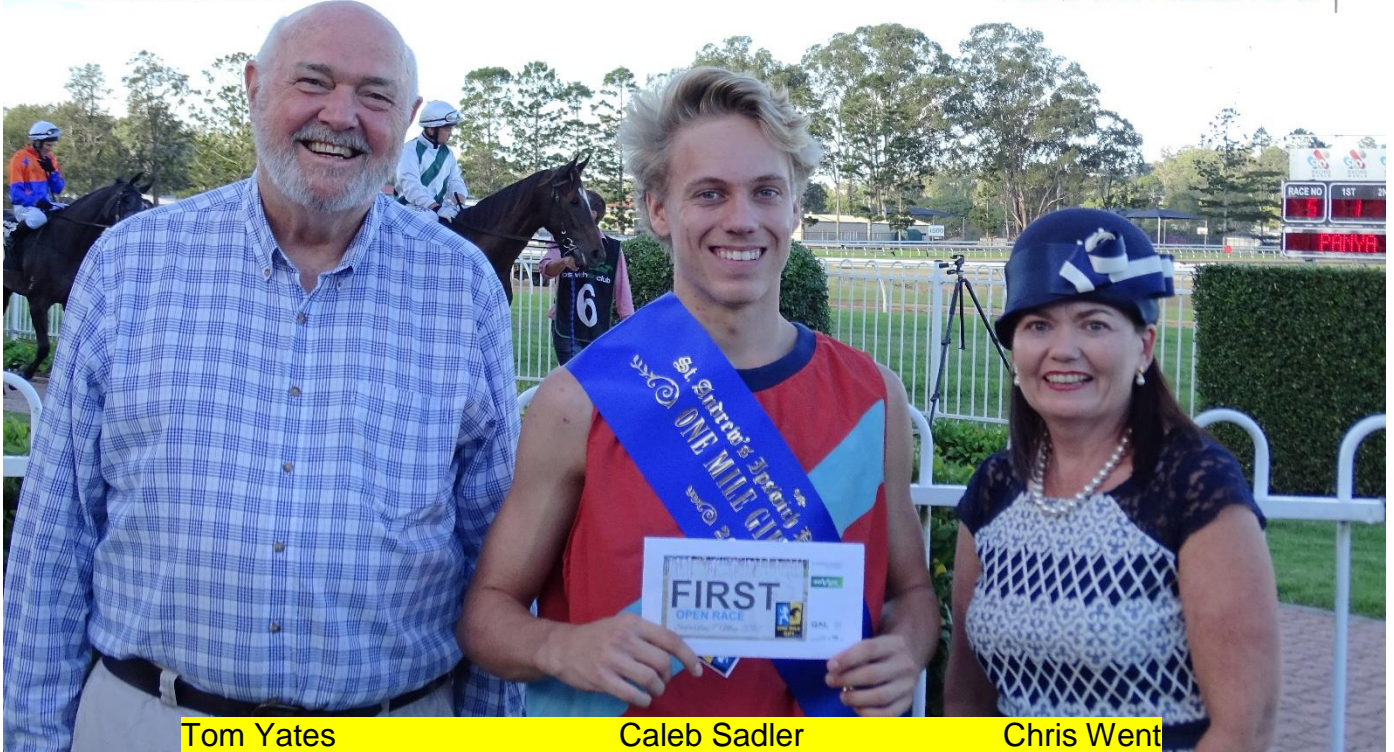


Simon Savige, Ryleigh Sherlock, Rhani Hagan, Imogen Brett and Tom Yates  
 Junior One Gift with Sponsor Simon Savige of Savage Pest Control with Tom Yates of Ipswich Hospital Foundation

**ST ANDREW'S IPSWICH**  
 PRIVATE HOSPITAL



One Mile Gift placegetters sponsored by St Andrews Ipswich Private Hospital



Tom Yates  
Ipswich Hospital Foundation

Caleb Sadler

Chris Went  
St. Andrews Ipswich Private Hospital



Simon Warner, Jack Warner and Sue Warner

The Ipswich Hospital Open One Mile Gift had a magnificent winner in Caleb Sadler with a courageous Jack Warner 2<sup>nd</sup> for the third year in a row.

Well done for a great effort and next year you all will be better.

## Club Breakup

We had a fabulous breakup, the presentation of Awards and AGM at Brothers League Club, Raceview, Ipswich. It was a pleasure to see **Michael Moore** get honoured with Club Life Membership, congratulations.



Les and Anne presented the Les Scott Encouragement Award to **Ella Taylor** and Stewart Carrick representing **Joshua Carrick**. Both presenters were pleasantly surprised by the quality of the athletes we have in the club and wished them all the best.



22 05 2016

Zac Caterson, Rochelle Vidler & Montana McAvoy presented as Australian Title holders by club treasurer Sue Warner



22 05

Mayor Paul Pisasale presented Club Champion to Claire Kefer





Tara chaplin and Lew Crowe



Lew Crowe

Erin Wright



Calab Law and Lew Crowe



Ellenor Raeli and Tom Yates





Daniel Qualischefski and Marshall Montgomery

22 05 2016



Miriam Peni & Lew Crowe



Liz Melrose & Sue Warner

22 05 2016



Claire Keefer and Tom Yates



Miriam Peni and Andrew Antonioli

## Presentation Award Winners 2015/2016

<b>Club Champion of 2015 / 2016</b>	Claire Keefer	
<b>Club Achiever of the year</b>	Rochelle Vidler	
<b>President's Award</b>	Rochelle Vidler	U/18yrs Hammer Throw 55.30m QLD Rec
<b>Life Membership</b>	Michael Moore	
<b>Les Scott Encouragement</b>	Joshua Carrick , Ella Taylor	
<b>U/20yrs Male Bremer Chiropractic</b>	Daniel Qualischefski	
<b>U/20yrs Female Bremer Chiropractic</b>	Tori Langton	
<b>Club Development Squad 2016</b>	Miriam Peni, Larissa Chambers, Rochelle Vidler, Montana McAvoy and Claire Keefer	
<b>Most Interclub Participation of 2015 / 2016</b>	Miriam Peni	
<b>Australian Title Holders 2015/16</b>	Rochelle Vidler, Zac Catterson & Montana McAvoy	
<b>Volunteer of the Year 2015/2016</b>	Elizabeth Melrose	
<b>Club Rookies M &amp; F of 2015 / 2016</b>	Zac Catterson & Montana McAvoy	
High Points for X-Country Female	Aeysha Granzien	
Highest Points Track & Field Male	Zac Catterson	
Highest Points Track & Field Female	Miriam Peni	
Highest Points Track & Field Junior Male	Calab Law	
Highest Points Track & Field Junior Female	Erin Wright	

## Club Recognition at National Championships

Darrin Norwood	Open / Masters 35-39yrs	Larissa Chambers	Open
Claire Keefer F41	Open	Miriam Peni	U/18yrs
Kelly McNamara	U/18yrs	Nicholas Grant	U/18yrs
Ellenor Raeli	U/18yrs	Montana McAvoy	U/17yrs
Rochelle Vidler	U/16yrs / U/17yrs	Tara Chaplin	U/16yrs
Rhys Carr	U/16yrs	Breeanna Betzold	U/15yrs
Amazing Grace Raeli	U/15yrs	Zac Catterson	U/15yrs
Ryan Stewart	U/15yrs	Anthony Buhse	U/15yrs
Casey Bell	U/15yrs	Sony Vukelic	U/15yrs
Calab Law	U/14yrs	Joshua Carrick	U/14yrs
Michael Berlin	Masters 45-49yrs	John Musters	Masters 60-64yrs



Theresa Stolberg and Marshall Montgomery of Bremer Chiropractic Andrew Antoniulli with Michael Moore receiving Life Membership



Andrew Antoniulli presented Rochelle Vidler with the President's award and Achiever of the year

## Committee Notes

Our next Monthly committee meeting is on **Tuesday 28<sup>th</sup> June 2016** at 7pm. All welcome.

The new structure for our Club is as follows;

<b>President</b>	Vic Pascoe
<b>Vice President</b>	Theresa (Marty) Stolberg
<b>Secretary / Registrar</b>	Jack Warner
<b>Treasurer</b>	Sue Warner
<b>Canteen Convenor</b>	Stewart Carrick
<b>Committee</b>	Brad Robinson
	Peter Grant
<b>Head Coach</b>	Brad Robinson
<b>Patron</b>	Andrew Antoniulli

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*Just a Thought'*

**I've learned that .... One small act of kindness can inspire a lifetime of good feeling.**

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## **Track & Field InterClub Competition**

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

[www.qldathletics.org.au](http://www.qldathletics.org.au)

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## **Happy May Birthdays**

Claire Keefer

Jack Rees

Erika Berlin

Elizabeth Melrose

Aliva Paris

Casey Bell

Alfred Makaafi

Connor O'Leary

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**QAL now has several events scheduled on their website [www.qal.org.au](http://www.qal.org.au)**

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## **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.**

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## **Club Training Nights**

**Monday and Wednesday nights from 7pm to 9pm.**

**That's right this year right through winter we train two nights a week.**

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

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

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## Answer to the Question

The winner of the **April** question was: **Nicholas Grant**

The correct answer was: "Happy Birthday".

## A new question is as follows:

Follow these steps and see if you can figure this out.

- 1) Get a brown, cardboard box.
- 2) Get purple, orange, and turquoise paints.
- 3) Paint the box orange.
- 4) Paint on purple spots.
- 5) Paint on turquoise stripes.
- 7) Turn it upside down.
- 8) Lie on your side.

What is missing from this sequence?

Think Carefully!!!

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

**Email:** - [vgpascoe1@bigpond.com.au](mailto:vgpascoe1@bigpond.com.au)

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The 14<sup>th</sup> annual Somerset Rail Trail Fun Run will be held on Sunday, 10<sup>th</sup> 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.

Registrations are now open at <http://www.railtrailfunrun.com.au/>

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## DownUnder Championships – Gold Coast

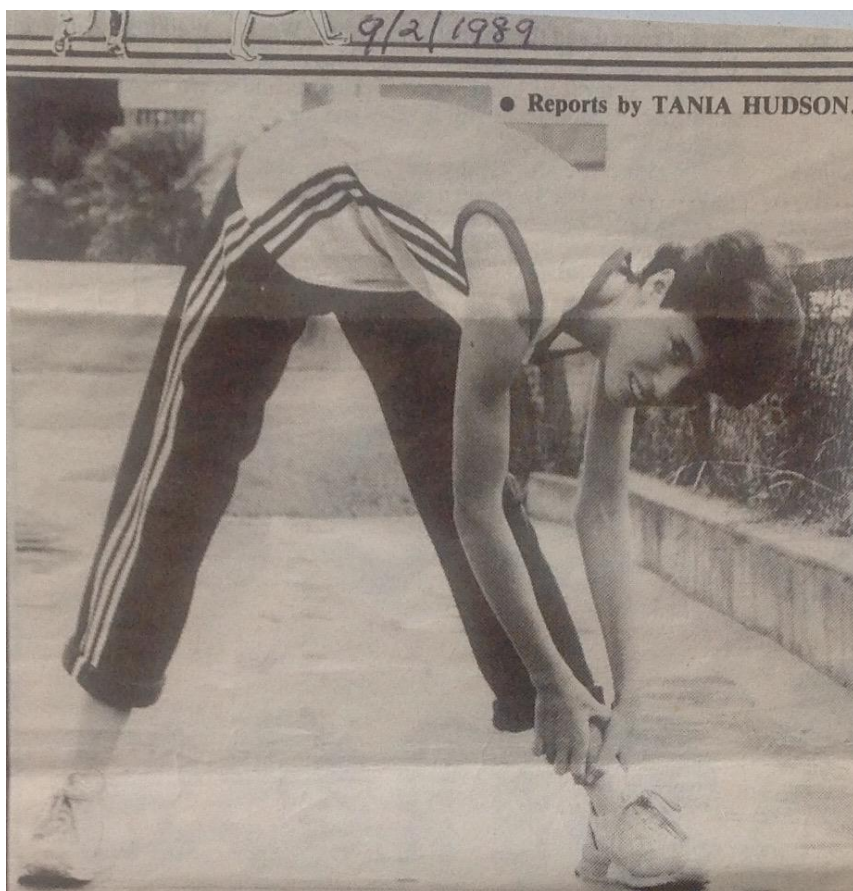
**Event date:** 8/07/2016 - 10/07/2016

Registrations now open      **Entries close** Sunday 26<sup>th</sup> June 2016.

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# “FLASH BACK in Time to 1989”

**Karen Dobbie** was a Club Champion for the 1988/89 season and it also brings back memories when she won the QAL 400m Gift final at QE11 stadium all those years ago.



● Karen Dobbie shapes up for the special meet this weekend.

## Dashing Dobbie soon to battle with the best

DEDICATED Booval athlete Karen Dobbie has been invited to compete against some of Australia's most elite athletes in Sunday's Australian Institute of Sport Drug Offensive Meet at QEII.

The talented 19-year-old is riding the crest of success after qualifying for the National titles at QEII last weekend.

Dobbie powered her way into the March nationals when she clocked 2.11.6 minutes in the 800 metres event. The qualifying time was 2.13.

Two weeks ago she also qualified for the 400m when she ran 56.4s in the 56.6s qualifying event.

Dobbie said this weekend's meet would give her the opportunity to compete against top athletes in her field.

"I've been selected to compete in the 400m and the competition should be tough," she said.

"I think Maree Holland could be coming up for the meet, so it will really be an experience.

"I'm hoping to do a personal best time."

Dobbie, who begins the third year of a teaching course at Kelvin Grove College on Monday, said she might also compete in the 4 X 100m relay.

She was selected in the Queensland Country team to compete in the East Coast Country Meet in Canberra this weekend, but turned it down because she had already qualified for the nationals.

Dobbie is training two or three times a day, but is tapering in preparation for the State titles next weekend.

Theresa Martin has been invited to compete in the high jump at the Drug Offensive Meet, and Kerri Kinnane has nominated for the 100 yards event.

Kinnane said her biggest competition would come from Olympian Jane Fleming and Queenslanders Monique Dunstan and Leanne Sharp.



**Karen Dobbie** (now Hunter) and husband Michael welcomed their second son on the 17<sup>th</sup> May 2016; by coincidence on Karen's birthday.

The name of the baby is Leo Andrew, a baby brother for Tobias.

The baby was born in Moscow, Russia and the family reads like "The United Nations", an Australian mother, a Canadian father, a Dutch brother and the baby a Muscovite, Russian.

An international family me thinks.