



## President's Message:

It was an excellent evening 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.

Guest speaker Mark Sills a former High Jump and Long Jump champion spoke of his past and present experiences along with what does the future hold. I suspect plenty of mentoring and coaching our future athletes.

Having Jim Madden MP of Ipswich West and Phillip Bell CEO of the Ipswich Hospital Foundation 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, Ipswich Parents & Old Boys and Les Scott & Associates Home Loan Specialists were well represented.

The AGM was held and all positions were filled. 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 will be held on Wednesday 31<sup>st</sup> May 2017 and I ask each and every one of you to find some time to help on this day in the canteen from 6am to 12noon.

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 2017/18.

*Vic.*

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

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## **Committee Notes**

Our next Monthly committee meeting is on **Tuesday 20<sup>th</sup> June 2017** 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>	Brett Biddell
<b>Treasurer</b>	Sue Warner
<b>Canteen Convenor</b>	Stewart Carrick
<b>Committee</b>	Brad Robinson and <b>Head Coach</b> Peter Grant
<b>Patron</b>	Andrew Antonioli

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# ONE MILE GIFT 6<sup>th</sup> May 2017



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



**One Mile Gift placegetters sponsored by Ipswich Hospital Foundation**

The Ipswich Hospital Open One Mile Gift had a gutsy winner in Clay Dawson just ahead of Adam Fogg and Wayne Adams.

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



## Club Breakup

We had a fabulous evening with more than 80 supporters attending the presentation of Awards and AGM at Brothers League Club, Raceview Ipswich. A few photos follow;



Les presented the Les Scott Encouragement Award to Hayley Wright. He praised all the athletes on a wonderful achievements throughout the season and wished them all the best.



Committee member Peter Grant presented Volunteer of the Year to Stewart Carrick for outstanding work throughout the season by. Stewart is also the canteen convener.



Jim Madden MP for Ipswich West presented Montanna McAvoy as the Achiever of the Year.



Jim Madden MP for Ipswich West presented Club Champion to Claire Keefer received by Lindsey Keefer on behalf of of his daughter.





Les Scott presented on behalf of Bremer Chiropractic - U/20yrs Award to Nicholas Grant and Miriam Peni

Bremer Chiropractic



Stewart Carrick Presented the Rookies of the Year Award – Benjamin Thomas and Kyra Domrow





Berise Jones with Calab Law  
Highest Points Junior Track 19



Berise Jones with Kerryn Ryan  
Highest Points Junior field 19



Berise Jones with Leah Marie Clark  
Highest Points Junior Track 19



Berise Jones with Kiara Condon  
Highest Points Junior Field 19





Phillip Bell, CEO of Ipswich Hospital Foundation presenting Master Athletes Awards to Darrin Norwood and Michael Berlin



Club members Liz Melrose and Jade Hardy-Synott supporting the awards

# Ipswich & District Athletic Club Inc.

## Presentation Awards 2016/2017

<b>Club Champion of 2016 / 2017</b>	Claire Keefer
<b>Club Achiever of the year</b>	Montanna McAvoy
<b>President's Award</b>	Montanna McAvoy U/18yrs 3000m 9.14.67 CYQ & Meet Rec
<b>Les Scott Encouragement</b>	Hayley Wright
<b>U/20yrs Male Bremer Chiropractic</b>	Nicholas Grant
<b>U/20yrs Female Bremer Chiropractic</b>	Miriam Peni
<b>Interclub Participation of 2016/2017</b>	Larissa Chambers
<b>Australian Title Holders 2016/17</b>	Rochelle Vidler U/18yrs Hammer Throw Montana McAvoy U/18yrs 3000m & 2000m Steeplechase
<b>Volunteer of the Year 2016/2017</b>	Stewart Carrick
<b>Club Rookies M &amp; F of 2016 / 2017</b>	Benjamin Thomas & Kyra Domrow F12
Highest Points for X-Country Male	Jack Warner
High Points for X-Country Female	Montanna McAvoy
Highest Points for Track Male	Benjamin Thomas
Highest Points for Field Male	Zac Caterson
Highest Points for Track Female	Larissa Chambers
Highest Points for Field Female	Rochelle Vidler
Highest Points for Track Junior Male	Calab Law
Highest Points for Field Junior Male	Kerryn Ryan
Highest Points for Track Junior Female	Leah Marie Clark
Highest Points for Field Junior Female	Kiara Condon
<b>Club Development Squad 2017</b>	Miriam Peni, Larissa Chambers, Rochelle Vidler, Montana McAvoy and Claire Keefer



## Club Recognition at National Championships

Kiara Condon	U/14yrs	Erin Wright	U/14yrs
Camryn Novinetz	U/15yrs	Breeanna Betzold	U/16yrs
Tara Chaplin	U/17yrs	Clare Sullivan	U/17yrs / U/20yrs
Hayley Wright	U/17yrs	Rochelle Vidler	U/18yrs / U/20yrs
Phoebe De Glas	U/18yrs	Montanna McAvoy	U/18yrs
Miriam Peni	U/20yrs	Kyra Domrow TF12	Ambulant
Kyan Paterson	U/14yrs	Joshua Carrick	U/15yrs
Zane Paterson	U/15yrs	Alex Davies	U/16yrs
Zac Caterson	U/16yrs	Ryan Stewart	U/16yrs
Benjamin Thomas	U/17yrs	Darrin Norwood	Open / Masters 35-39yrs
Michael Berlin	Masters 45-49yrs	Kelly McNamara	U/18yrs

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### *Just a Thought'*

**I've learned that .... We are all responsible for the love and protection of children – if we aren't, who is?**

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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

Anant (Joy) Singh    Toby Stolberg    Claire Keefer    Erika Berlin  
Matt McLeish    Elizabeth Melrose    Lucy Turner    Casey Bell  
Kyan Paterson    Alex Davies    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: **Leah Marie Clark**

The correct answer was: "Your age".

A new question is as follows:

I have a face that changes,  
A heart that beats on time,  
My body can be broken, but that won't make me die.  
Although I don't make decisions,  
Or tell you what to do,  
One look at me and you do see what there is to do!  
You say you're lost without me, when I'm not around.  
But I can give my place away and always can be found.  
What am I?

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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This year the 15th annual Somerset Rail Trail Fun Run will be held on Sunday, 9 July 2017 with an exciting new bicycle element added. This new addition will see Somerset Regional Council join forces with Bicycle Queensland to deliver a bicycle component between Wulkuraka and Fernvale.

Participants will have the choice of participating in either an 8km or 3km run between Lowood and Fernvale or which allow participants to take in the breathtaking views of the Brisbane Valley, Brisbane River and historic rail trail.

The bicycle ride will allow riders to experience the newly opened Wulkuraka to Fernvale section of the Brisbane Valley Rail Trail whilst observing the undisturbed nature strip with native vegetation and bird life on display.

Join us on Facebook and stay tuned for more details to come – [Somerset Rail Trail Fun Run](#).

Registrations are now open.



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## DownUnder Championships – Gold Coast

**Event date:** 7/07/2017 - 9/07/2017

Registrations are now open **Online entries close at 11:59 p.m. on Sunday, 25th June 2017.**



## “FLASH BACK in Time”



Do any people recognize our young stars of the past?  
I'm sure you will, it's from a 2011 Cross Country event.

Let me know if you do!

Hopefully there will be future editions of “Flashback”.





# Congratulations

What a marvelous achievement Montanna McAvoy to participate at these games for Australia from 18<sup>th</sup> - 23<sup>rd</sup> July 2017. It will be a marvelous experience. Go for it.



Registrations are now open for athletes 30+ yrs.

[www.AustralianMastersGames.com](http://www.AustralianMastersGames.com)  
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