



PRESIDENT'S MESSAGE: Congratulations are extended to Vic and Darrin as worthy recipients at this year's Ipswich Sports Awards. This is a proud time for them and our Club. Vic had other honours recently ;....Shaking Hands with the PM..

Sadly not too many members and families took the opportunity to assist in plotting the course for our club for the next 5 years. From that forum a second draft will be drawn up for further review and scrutinise. Sincere thanks to those families who were represented and supported the aim for a robust club. Remember the club is not just about being trained and competing. There needs to be a reason why and how to have on-going structures in place for the answers we are seeking for members. The committee is not the club just the instrument to see that correct procedures are in place. Athletes and families need to be part of preparing the bigger picture.



I would like to congratulate those school athletes who have shown interest in furthering their potential. There was a good response to letters sent out and already some have signed up and are competing. It is not surprising that some have already met National Qualifying through school meets. That is why they have been shown the pathways for more success by being a Club Member.....So, athletes, if you have a school mate with potential, invite her/him to a 'Come & Try' training session.

Any new members going to competitions at Brisbane tracks ask your coach about the procedures. Once you get there or look for a familiar face and ask for assistance. You will soon learn the ropes. Good luck.

"Any families wanting to register with the club who have a Concession Card should inquire on training nights about getting help with registration fees."

KEEP ON TRACK....Bailey

Congratulations!

Darrin Norwood competed at the Pan Pacific Games for Masters on 3rd – 4th November 2012 on the Gold Coast.

Darrin's results as listed;

Shot put	12.41m	2 nd	
Discus	37.51m	2 nd	
Hammer Throw	24.61m	3 rd	
Weight throw	10.01m	3 rd	PB
Javelin	45.14m	1 st	
Weight Pentathlon	2445 points	2 nd	PB



Darrin in action

Darrin manages his time for his love of athletics with work and marriage. An excellent effort.

The Ipswich Sports Star Awards were held at the Ipswich Civic Centre on Saturday night 3rd November 2012 and the Club had six finalists Larissa Chambers (Junior), Alex Grissell (Junior), Glen Yarham (Senior), Luke Mcnamara (Senior), Darrin Norwood (Senior & Masters) and Vic Pascoe (Coach).

Darrin Norwood won the 2012 Master Sportsman Award. What a wonderful achievement.

Vic Pascoe won the Coach of the Year Award for 2012. I am still excited.

Kerri Michelle (nee Kinnane), a past member of our Club, who has also competed at a World Junior Track & field Championships accepted on behalf of her dad, **Les**, was given posthumously an Award for his magnificent contribution and dedication to sport in Ipswich.



Rod and Kerri Michelle



Bailey Pashley, Marie and John Musters
President Treasurer Secretary



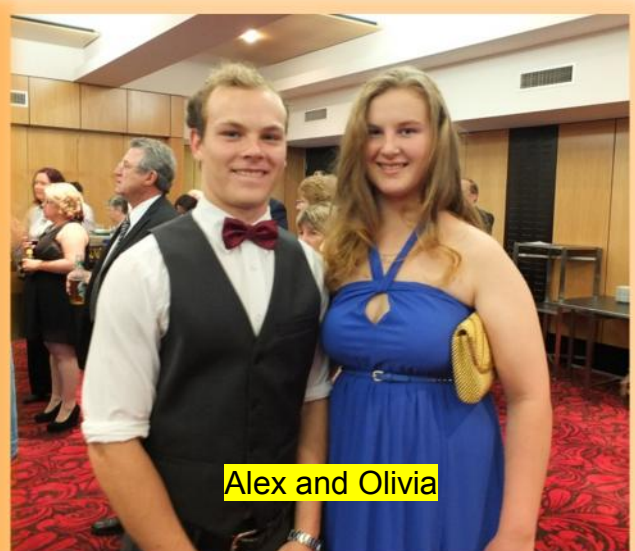
Sarah and Darrin Norwood



Charlie and Larissa Chambers



Darrin Luke Larissa Alex



Alex and Olivia



Darrin and Vic



Liz Ellis and Darrin



Maree



Glen



Geoff

Glen Yarham was absent due to competition, but he was well represented by his Mum and Dad.



Diane and Vic

It was an excellent night and guest speaker Liz Ellis (Netball) was truly entertaining.

Earlier in the day a Conference on the Future of Sport in Ipswich was also held at the Civic Centre.

This was put on by the Ipswich Sport House and I was only able to attend some of the presentations, but what I heard and saw was tremendous. When the next seminars are held make sure it is in your diary.

Check out the stories online at the QT website, excellent reading.

Committee Notes

Our next Monthly committee meeting is on **Tuesday 22nd January 2013** at 7pm. All welcome.

Just a Thought'

*I've learned that....
The great essentials of happiness are:
something to do, something to love, and
something to hope for.*

GO FOR IT!

The 2012 Australian All Schools Championships will see seven wonderful **Club** athletes competing in Hobart November 30th / 2nd December 2012.

Majella Cassidy in the U/14yrs 80m Hurdles, **Dayspring Koop** in the U/14yrs Javelin, **Tanika Marshall** in the U/16yrs High Jump, **Madeline Mcguire** in the U/16yrs 800m, **Larissa Chambers** in the U/18yrs 100m and 200m, **Maranatha Raeli** in the U/16yrs Discus and **Luke McNamara** in the U/18yrs 2000m steeplechase.

Track & Field InterClub Competition

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

www.qldathletics.org.au

Happy November Birthdays

Tegan Haley

Emily Samuels

Amy Hillier

Larissa Chambers

Connor McNamara

Thomas Cronin

Bailey Pashley

Alistair Wells

Brad Robinson

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

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.**

The cost of the uniform is \$40-00.

**** There has been some misunderstanding as to our Club uniform. At the moment the Club is getting quotes for a new uniform for the **Girls only**, the Boys will be staying the same.

However a sample has to be made and then approved by Queensland Athletics. This could take several months. In the meantime **Girls**, please get a current uniform as it can still be worn until the end of the season.

Answer to the Question

The winner of the **October** question was **Scott Tuohy**

The correct answer was: **“880 seconds”**

A new question is as follows:

If you had only one match and went into a VERY cold and dark room, what would you light first...the oil lamp, the wood fire, the candle or the gas stove?

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

Email: - vgpascoe1@bigpond.com.au

Club Training Nights

Training nights on Monday and Wednesday nights 7pm to 9pm.

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

The last official training session for the year will be the Monday 17th December 2012 and the **first session** for the New Year will be Monday 7th January 2013.

The Club *Christmas Party*



We will be holding a barefoot bowls fun night at the Ipswich Bowls Club, Queens Park, Ipswich on Wednesday 19th December 2012 for 6.30pm start.

If you have not replied to the Secretary please do so ASAP so for catering.

RSVP is required by Wednesday 12th December 2012.

The Club is providing a sausage sizzle and nibbles etc.

Costume dress theme is to be the first letter of your name e.g. **V**ic could dress as a **V**ampire. A name tag will be required for all to know who/what you are. After judging, prizes will be on offer for male and female entrants. **Don't miss out.**

Queensland Relay Championships

These **Championships** will be held on Saturday 15th December 2012. The closing date for nominations of teams is Wednesday 12th December 2012.

Teams will be selected by Club officials / coaches. If interested, please advise your commitment to being part of a team as soon as possible to our Club registrar, Marie Musters on training nights..

Young Talent Demonstrating their Expertise

At the **Australian Primary School Championships** 10yrs – 12yrs held in Adelaide on 23rd – 27th November 2012 saw our athletes do exceptionally well.

Rochelle Vidler	11yrs	Discus	35.35m	1 st .
Elizabeth Raeli	11yrs	long Jump	4.78m	1 st
Annie McGuire	11yrs	High Jump	1.35m	7 th



Rochelle, Elizabeth, Annie