



DIRECTOR'S MESSAGE: I suppose all our younger athletes are now preparing for their School Events which will hopefully get you all right through to State All Schools in October.

Do you know when your Districts are? Primary & Secondary Met West are Aug 27-29.

Sincere thanks to all who helped in the very busy Canteen at the GPS X-Country. But there's more.

We need your helping hands and brains again for the Park-to-Park BBQ breakfast on July 28 (early) and at the AIC X-Country on Aug 3.

Please let me know if you can assist so we can set up a Roster (bm.pashley@bigpond.com).

These dates are Saturdays so our athletes might be able to help.

There are a couple of very important 'Coming Events' in this Newsletter so add them to your diary.

It time for 'READY - SET - GO' for a good season..... Bailey

Congratulations!

It was a pleasing result for one of our club members, **Josh Stockill** at the Oceania Track & Field Championships 3-5th June 2013 in Tahiti.

Josh has won a silver medal in the U/18yrs 400m hurdles in 55.11, a massive **PB** of .66 seconds.

Josh was beaten by .02 of a second.

Josh won a gold medal when running the 2nd leg of the U/18yrs 4 x 400m relay in a time of 3.22.83.

It was an exceptional effort considering **Josh** had injured his ankle in the lead up to this meet.



James Skermon, Josh Stockill, Rene Zacchni & Patrick Frith
Australian U/18yrs 4 x 400m Relay Team, Gold Medalists

Committee Notes

Our next Monthly committee meeting is on **Tuesday 23rd July 2013** at 7pm. All welcome.

Just a Thought'

*I've learned that... Start a diary,
draw a picture, write a poem - you'll
learn so much more about yourself.*

Track & Field InterClub Competition

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

www.qldathletics.org.au

The Downunder Meet for 2013 will now be held at the **State Athletics Facility** at Nathan in Brisbane from Fri - Sun, July 5th - 7th, 2013

Entries Close 11:59pm Friday 28th June!

Happy June Birthdays

Kara-Lyn Hodges

Joshua Stockill

Liam Harrigan

Montana McQueen

Annie McGuire

Jacob Wells

Scott Tuohy

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.

Answer to the Question

The winner of the **May** question was **Emily Beston**

The correct answer was: **“Meat.”**

A new question is as follows: *Imagine you are in a dark and cold room. How do you get out?*

The **2nd** person to reply by email with the correct answer wins a prize. It's so easy, ha ha.

Email: - vgpascoe1@bigpond.com.au

Club Training Nights

Monday and Wednesday nights training 7pm - 9pm.

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

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

Sunshine Coast Winter Track & Field Carnival

The University of Sunshine Coast Athletics Club is holding their annual winter athletics carnival on the 28th July 2013, and would like to invite any club members to go to a fantastic carnival all age groups from U/10 through to masters and AWD athletes. Postal nominations close Monday 22nd July 2013 or you may enter online at www.qldathletics.org.au

The program is available at the Clubhouse on training nights.

Rail Trail Fun Run



Here is an opportunity to run in the 11th Rail Trail Fun Run.

Where: Lowood State High School to Fernvale

When: Sunday 14th July 2013.

Distances: 8.3Km & 3km

Start Time: 9am for both races

Prize money for the 8.3km event, also random prizes.

To register, go to www.railtrailfunrun.com.au

Early Bird Registration

Register by 5pm Monday, 1st July to go into the draw to win a Tandem Skydive at Ramblers Parachute Centre.

There is truly no other event that can match the uniqueness of the Rail Trail Fun Run with its family friendly appeal, country vistas, pollution free air, alternating race direction, and historical rail history.

FREE RAIL TRAIL FUN RUN CAP!!!

First 1000 entries will receive a *FREE* Somerset Rail Trail Fun Run cap.

Hope to see you all there.

Athlete Development

An Important notice to parents and athletes, the Club will be holding a weight training awareness and anti-doping seminar on Sunday 18th August 2013 between 9.30am and 11.30am at the Clubhouse.

Watch this space for further information.



Sunday
28 July 2013



5km, 10km &
Half Marathon

Where: Limestone Park – Queens Park

A 5km walk section has been entered into the program.

Plenty of prizes to be won.

To register go to www.park2park.com.au

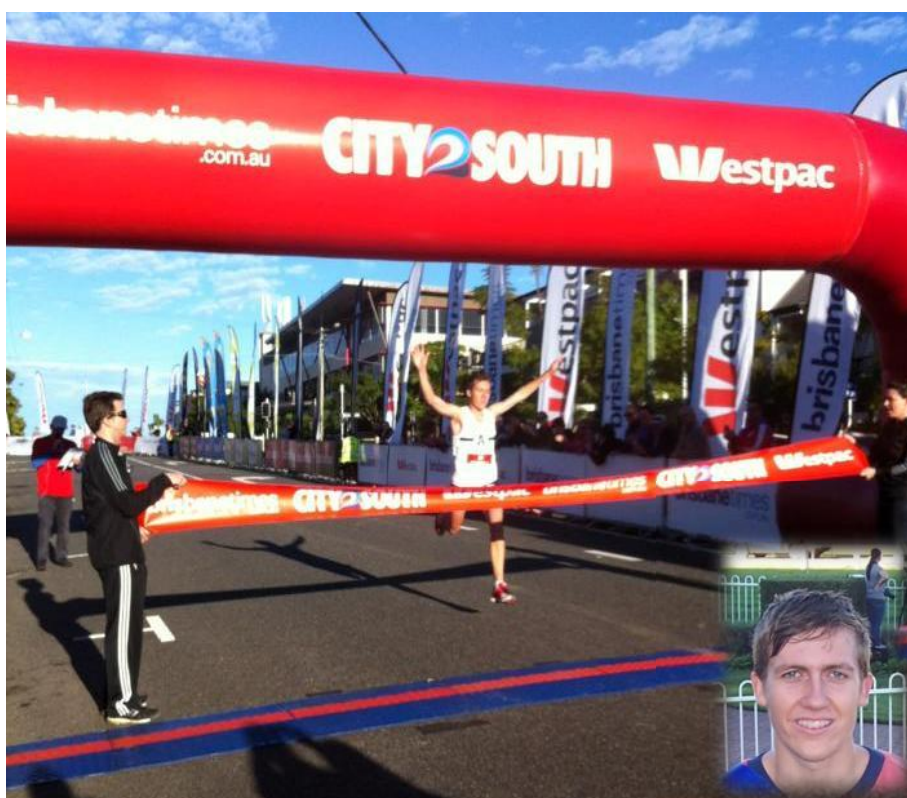
Our **Club** will be running a stall to sell bacon & egg burgers along with a sausage sizzle. We need a few parents to help out to feed the masses.

Get along and support a great cause.

Congratulations

Glen Yarham at 21years, a former Club Champion and current member gave the Club a boost by winning the inaugural City2South footrace in Brisbane. The race was over a challenging 14kms and it was Glen's first attempt over this distance.

Starting from Brisbane Botanical Gardens near Parliament House and winding its way thru Coronation Drive, St Lucia's University of Queensland and finishing in West End's Musgrave Park, **Glen** completed the 14km in 44.58.

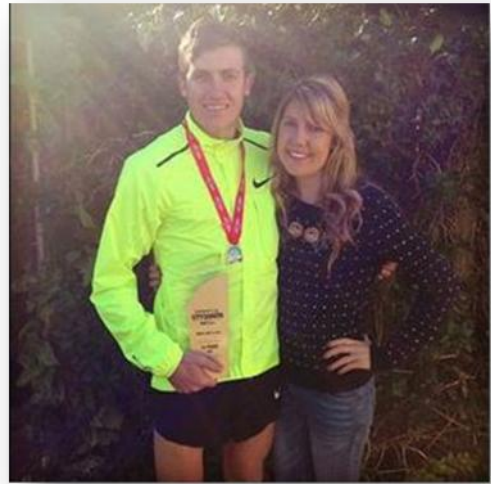


Another Club member **Alastair Stevenson** finished in 5th position in 46.03.

Glen now heads of to Florida State University in the USA for further studies and to reach that next level in distance running.

Glen with his sister Nicole enjoying the moment after this fabulous win.

Well done!



32nd Winter Carnival

The program may be downloaded for our 32nd Winter Carnival from our website <http://www.ipswichathletics.org.au> .

The professional Gifts registration forms will be available in early July 2013 and these forms will also be on our website. The registration forms can then be gotten at the Club on training nights.

The 24th 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!

Prize money for the Gifts is attractive.

Random prizes are on offer for participating at this carnival e.g. a 3 month subscription at the Lifestyle Health and Fitness Centre at Raceview, Ipswich.

We need parents and friends to help on the day. You may contact John Musters by phone on **3282 7004** or email musters_ds@primus.com.au of your availability.

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 32nd Winter Carnival, please do so as every bit helps to make this a successful day. Contact treasurer Greg Parnell on **0408 858 551** 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.

