



President's Message:

As previously announced I did not nominate for the President for the Club.

By now I trust someone has been elected. I believe this role should change regularly so that innovating and refreshing projects are put on notice. My two years at the helm was a privilege and very enjoyable. I hope I contributed to the growth and further development of the club and at the same time strengthened past traditions.

One aspect that gave me considerable enjoyment during the past two years was making the effort to meet and greet all members. This has been my highlight.

I must refer to the outstanding way all athletes presented themselves representing the club on and off the track.

Their performances are testament to the efforts they put into their training and to the skill and knowledge of the coaching staff.

It has been a pleasure meeting you all and observing your training, and cheering for you at comps. I wish you all continued enjoyment.

Thank you for entrusting me and the committee with the governance of the Club over the past two years.

Bailey.

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The new venue for our Trophy Presentations received proved a popular place according to all feedback. Brothers' staff presented their Function Room very professionally to meet our needs for the morning. We trust all present were comfortable and enjoyed the refreshments. It was all so easy to organize. Thank you all for attending and by being there to receive awards, It was special to show off our talented athletes to the visiting guests and sponsors.
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We did not get all positions filled for the committee at the AGM but I am pleased to say that at our monthly meeting, it was excellent to have Alex Canavan volunteer for the position of Secretary and I have accepted the position of President.

We are arranging a Track & Field meet at Bill Paterson Oval on Friday 20th June 2014 for all athletes but in particular a departure competition for our 3 World Junior Track & Field athletes competing in Eugene, Oregon USA 22-27th July 2014. **Please be part of this exciting event.**

See below in the newsletter, a list of Committee members.

Whether it is X-Country or Track & Field, hopefully the athletes will train hard to achieve even better PB's. Looking forward to a great season.

Vic.

We are now on Facebook, please search for Ipswich and District Athletic Club and request to join. It is for members and family.

Club Breakup

We had our breakup, the AGM and Awards day at Brothers League Club, Raceview, Ipswich.



Club Champion, **Larissa Chambers** had her award presented to her by Les & Ann Scott.

Sponsors Bremer Chiropractic was represented with Berise Jones presenting the U/20yr best performers Male & Female and Les Scott presented the Les Scott Encouragement Award to athletes who just need that little extra. Both presenters were pleasantly surprised by the quality of the athletes we have in the club and wished them all the best.



Filoi Aokuso with Berise Jones and Connor O'Leary with their U/20yrs Award sponsored by Bremer Chiropractic



World Junior Representatives Filoi Aokuso, Cassie Purdon, Larissa Chambers & Gavin Maxwell of Leisure Riders Touring Motorcycle Club who presented a cheque of \$1,500 to get these talented girls to the World Junior Track & Field Championships.



President Bailey Pashley and Vice President Brad Robinson presenting certificates to athletes who have met the criteria of the Club development Squad. This is open to all athletes based on their performances who are likely making Commonwealth Games selection.



A wonderful array of trophies for 2013/14 season

Club Champion of 2013/14

Larissa Chambers

Club Achievers of the year

Cassie Purdon
Filoi Aokuso
Larissa Chambers

Les Scott Encouragement

Olivia Harvey
Elizabeth Melrose

U/20yrs Male Bremer Chiropractic

Connor O'Leary

U/20yrs Female Bremer Chiropractic

Filoi Aokuso

Most Interclub Participation of 2013

Larissa Chambers

President's Award...Top Single Performance 2013/14

Kelly McNamara

Australian Title Holders 2013/14

Filoi Aokuso U/20yrs Discus

Ashlee Stieler U/17yrs Heptathlon

Rochelle Vidler U/14yrs Discus

Club Rookie of 2013/14

Miriam Peni
Yoo Bin Miller

Highest Points Track & Field Male

Leslie Snuderl

Highest Points Track & Field Female

Larissa Chambers

Highest Points Track & Field Junior Male

Rhys Carr

Highest Points Track & Field Junior Female

Rochelle Vidler

Club Recognition at National Championships

Darrin Norwood	Masters 30-34yrs	Doug Amiss	Open
Connor McNamara	Open	Larissa Chambers	U/20yrs
Aaliyah Chambers	U/20yrs	Jai Baas Becking	U/20yrs
Filoi Aokuso	U/20yrs	Connor O'Leary	U/20yrs
Cassie Purdon	U/20yrs	Madeline McGuire	U/18yrs
Emily Beston	U/17yrs	Ashlee Stieler	U/17yrs
Johnathon Taylor	U/17yrs	Tori Langton	U/17yrs
Majella Cassidy	U/16yrs	Dayspring Koop	U/16yrs
Kelly McNamara	U/16yrs	Jacob Wells	U/16yrs
Clinton Suthers	U/16yrs	Majella Pearl	U/16yrs
Carley Stieler	U/15yrs	Rochelle Vidler	U/14yrs
Annie McGuire	U/14yrs	Zain Carr	U/14yrs
Jaxson Samuels	U/14yrs	Yoo Bin Miller	U/14yrs
Rhys Carr	U/14yrs		



Highest Points for Track & Field presented to Larissa Chambers & Leslie Snudrerl by Anne & Les Scott.

Committee Notes

Our next Monthly committee meeting is on **Tuesday 24th June 2014** at 7pm. All welcome.

The new structure for our Club is as follows;

President	Vic Pascoe
Vice President	Brad Robinson
Secretary	Alex Canavan
Treasurer/Registrar	Greg Parnell
Committee	Connor McNamara Larissa Chambers Connor O'Leary Darrin Norwood Brad Duxbury
Head Coach	Theresa (Marty) Stolberg
Patron	Andrew Antonilli



Just a Thought'

I've learned that It's the choices you make in life that make the difference.

Track & Field InterClub Competition

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

www.qldathletics.org.au

2014 ANQ Student Games & All Comers Competition

The 2014 North Queensland Sports Foundation Student Games is open to all Primary, Secondary, College and University Athletes. This event also incorporates the Athletics North Queensland All Comers Track & Field Competition and Combined Events which is open to all athletes. It is being held on **Saturday 7th June through to Sunday 8th** June at the Townsville Sports Reserve.



**North Queensland
Sports Foundation**
Proud to be North Queensland

Entries Close: Midnight 1st June 2014 Entry forms available at ANQ on the QA website. For nomination details and the draft event program, visit www.athleticsnorthqld.org.au

Happy May Birthdays

Erika Berlin Elizabeth Melrose Tanika Marshall

Marie Musters Madeline McGuire

Lucy Turner Connor O'Leary

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.**

Answer to the Question

The winner of the **April** question was: **Lizzy Melrose**

The correct answer was: **“Eel, Yak, Boa, Bull, Owl, Ape, Asp, Seal, Vole, Cow, Ox, Wren, Lion, Collie, Ant, Bat, Fox Char, Hart and Hind”.**

A new question is as follows: In each sentence the name of a tree is hidden.

1. I will owe you a favor if you drive me to the airport.
2. I am afraid of going up in elevators.
3. Drinking cocoa keeps me warm on long winter nights.
4. I hope the map leads us to buried treasure.
5. "Eat another bonbon," said our charming hostess.
6. Nepal may be the most interesting place I have ever visited.
7. Remember to fold the map, please.
8. I feel many lumps in this mattress.
9. Word processing is not as useful as pens and paper for creative brainstorming.

What trees can you name?

Think Carefully!!!

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

Email: - vgpascoe1@bigpond.com.au

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.

GPS CROSS COUNTRY

Date: Wednesday 4th June 2014.

Where: Limestone Park.

The Club is running a canteen for this important event.

Canteen helpers are required between 6am and 12pm midday. If you are able to assist please contact our Canteen Convener Greg Parnell on your availability. **Ph. 0408 858 551**

RSVP your availability by Monday 2nd June 2014.

We need at least 2 people from 6am to 8am and 6 people from 8am to 12pm noon.

Please do not let the Club down, show your support by helping out as all funds raised goes back to the athletes. Remember it is your Club.

Congratulations

Ashlee Stieler was the winner for Kindred Club of Brothers League Award for the Month of April.



ONE MILE GIFT 3rd May 2014

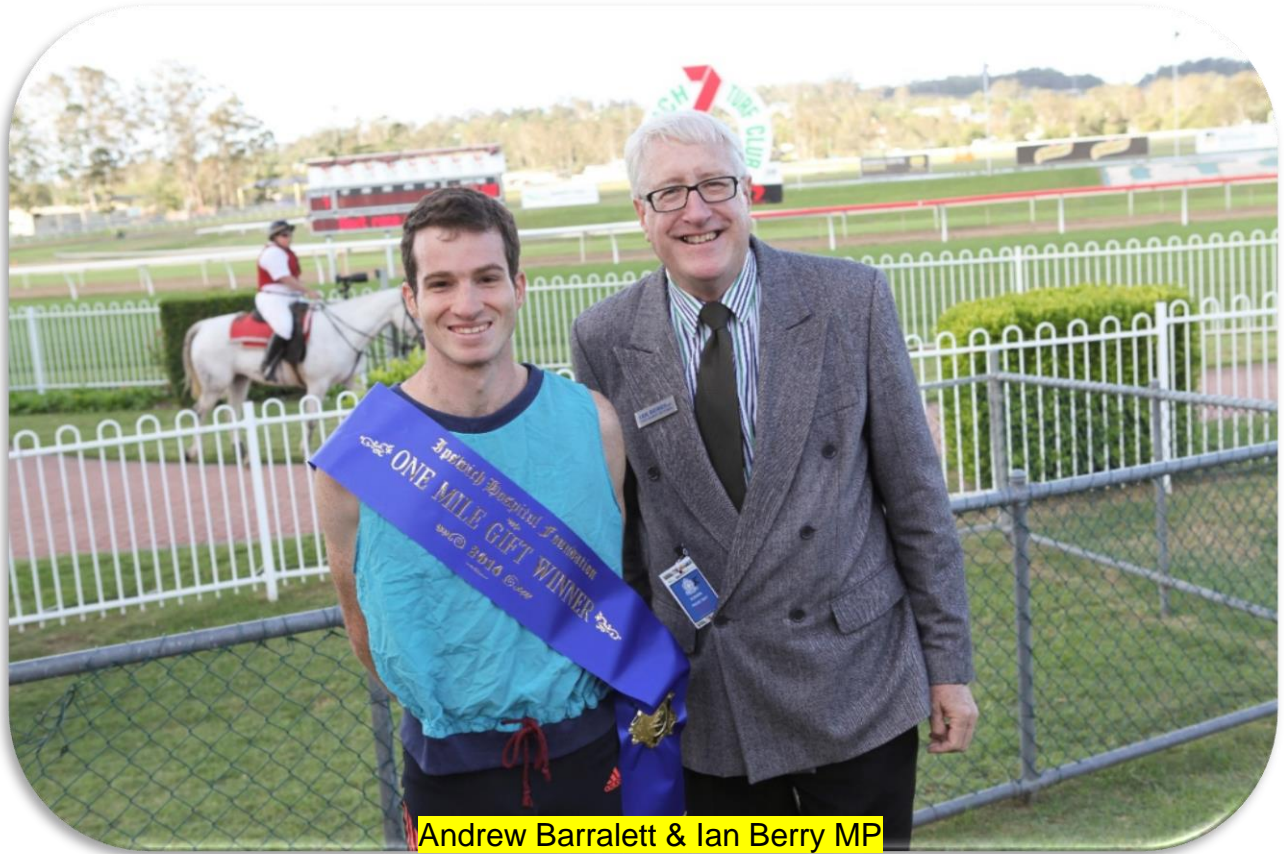


One Mile Gift near finish



Ipswich One Mile Gift Placings

, Andrew Barralett, Jack Warner, Connor O'Leary, Patrick Hagan, Clay Dawson, Cam Crowley, Connor McNamara & Madeline McGuire



Andrew Barralett & Ian Berry MP



Jack Warner Andrew Barralett Connor O'Leary
Ipswich Hospital Foundation, One Mile Gift Presentation



The field for the 300m Gift



QAL 300m Gift Place getters

Josh Robinson, Andrew McCabe, Gary Warrener, Daniel Robinson, Koffi Agbaleti & Jarrod Whittaker



Jarrold Whittaker & Chelsea Rees
QAL 300m Gift Presentation



Ipswich Junior One Mile Gift placings

Caleb Sadler, Clinton Suthers, Aeysha Granzien, Ben Peters, Cara Jardine, Kelly McNamara, Annie McGuire & Meleia Sims



Ipswich Junior One Mile Gift Presentation
Caleb Sadler, Clinton Suthers, Aeysha Granzien and Ben Peters



Ian Berry MP & Tom Yates CEO Hospital Foundation
Trying to find a winner



Ian Berry MP and Caleb Sadler
Junior One mile Gift

It was marvelous to see so many Club members supporting the Ipswich Hospital Foundation One Mile Gift Race day. With Clinton Suthers running 2nd in the Junior Mile Gift and Aeysha Granzien finishing 3rd with Ben Peters 4th, Kelly McNamara and Annie McGuire were also running.

Daniel Parnell was 3rd in the QAL 300m Gift with Scott Tuohy and Liz Melrose just missing the major end of the prize.

The Ipswich Hospital Open One Mile Gift had a courageous Jack Warner 2nd and Connor O'Leary was a determined 3rd with Connor McNamara and Madeline McGuire our only female member competing in this event.

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

THE ONE TO RUN

When is the race?

Brisbane Times City2South presented by Westpac will be held on Sunday, June 15, 2014. The 14km event starts at 7:00am, with the 5km to follow with a start time of 8.45am.

How do I enter?

The only way to enter is online. Payment method for online entries is credit or debit card. If you do not have a credit or debit card, Australia Post provides a prepaid card service, please visit your nearest Post Office for details.

Take care with your entry as we cannot change your start group after your registration is completed.

Go to website for more details - <http://www.city2south.com.au/race-info/>

Club Development Squad

The athletes named at the Club breakup were selected to be in a Development Squad. The list is as follows:

Erika Berlin	Emily Beston
Larissa Chambers	Connor O'Leary
Madeline McGuire	Connor McNamara
Cassie Purdon	John Purdon
Josh Stockill	Johnathon Taylor
Glen Yarham	Doug Amiss
Filoi Aokuso	

This is by no means a final list as athletes can be added or deleted based on performances.

At the end of the day we should be able to have some athletes qualify for the Gold Coast Commonwealth Games in 2018.

Congratulations on your selection.

Renew your first aid certificate:

1300 336 613

Australia Wide First Aid News

AustraliaWide**FirstAid**



10 Winter Wellbeing Boosters

If you are one of the many people currently battling the sniffles, it could be time to make sure your diet isn't leaving you vulnerable to these nasty winter bugs. Here are the top 10 winter foods which will help protect the body's cells against damage and infection during winter:

1. **Broccoli** - exceptionally high in antioxidants
2. **Carrots** - full of the antioxidant beta carotene
3. **Red Capsicum** - massive hit of vitamin C
4. **Kiwifruit** - just one contains your entire daily requirement of vitamin C
5. **Green Tea** - powerful antioxidant
6. **Mushrooms** - rich course of antioxidants
7. **Lean Beef** - rich in zinc
8. **Oysters** - exceptionally high in zinc and iodine
9. **Oranges** - just one contains your entire daily requirement of vitamin C
10. **Berries** - pack with antioxidants but few kilojoules



Miriam Peni (Female Rookie of the Year) & Theresa (Marty) Stolberg (Head Coach)