



# ONE MILE GIFT

Saturday 5th May 2018

Ipswich Turf Club, Brisbane Road, Bundamba



**Ipswich Hospital Foundation One Mile Gift**  
**Queensland Athletics League 300m**

**\$5000 prize pool**  
**\$1000 prize pool**

Want an event with a difference? Enter the Ipswich One Mile Gift (OMG), Saturday 5th May at the Ipswich Turf Club! OMG is a handicap event, which enables runners of all ages and abilities to take out the prize money!

Participants are provided with a handicap based on previous best times (over a variety of distances) at the final discretion of the handicapper. Being the fastest runner in Queensland does not guarantee that you will win..... you will have to work hard for your place!



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

EVENT	PRIZE POOL	ENTRY FEE		FINAL APPROX STARTING TIMES
		QAL MEMBERS	NON MEMBERS	
1600 Open	\$5000	\$15	\$28	3.15pm
300m Open	\$1000	\$8	\$16	1.45pm

**Queensland Athletics League**  
**QAL Handicapper**  
**Steve Minns**  
**28 Gould Drive**  
**GLASSHOUSE MTNS 4518**  
 Email: surf-333@hotmail.com  
 Mob: 0401 286 929

ENTRIES CLOSE Friday 27th April 2018

I nominate for the following event:  1600m OPEN  QAL 300m OPEN  
 restricted to 18 entries only

Total entry fees of \$ \_\_\_\_\_

NAME \_\_\_\_\_ SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_  
 (please print)

**Please select from the following payment options**

Cheque or Money Order should be made payable to:  
**Queensland Professional Athletic League Inc**  
 and forwarded to  
**QAL Handicapper, Steve Minns 28 Gould Drive GLASSHOUSE MTNS 4518**

Direct deposit:  
 Bank: Bank of Queensland  
 BSB: 124053  
 Account name: QAL  
 Account number: 10196537

Please complete the PERFORMANCE SHEET below.

FAILURE to provide verifiable performances will mean you will be automatically handicapped at not better than the Novice Mark.

**QUEENSLAND ATHLETICS LEAGUE PERFORMANCE UPDATE FORM 2017/2018**

Surname \_\_\_\_\_ Given names \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Phone No: (H) \_\_\_\_\_ (M) \_\_\_\_\_ (Email) \_\_\_\_\_

Address \_\_\_\_\_

Suburb \_\_\_\_\_ Postcode \_\_\_\_\_

Coach/Trainers Name \_\_\_\_\_

Occupation \_\_\_\_\_

Year Last Registered with QAL \_\_\_\_\_ If never previously registered, please tick

Name of Queensland Athletics Club you are registered with \_\_\_\_\_

Name of Surf Life Saving Club you are registered with \_\_\_\_\_

Nominate your PERSONAL BEST TIME over EACH and EVERY distance in which you compete:

DATE	VENUE	DISTANCE	HANDICAP	TRACK TYPE	TIME	HAND HELD OR ELECTRIC

Nominate your best time for the past 12 months over each distance in which you compete. Please complete all relevant details to enable the handicapper to accurately assess your mark:

DATE	VENUE	DISTANCE	HANDICAP	TRACK TYPE	TIME	HAND HELD OR ELECTRIC

Handicap limits for 1600m event will be 300m for men and 350m for women.

I declare that all the information contained within this registration form is true and correct.

SIGNATURE \_\_\_\_\_ (parent/guardian to sign if under 18) DATE \_\_\_\_\_

Please forward to: QAL Handicapper, Steve Minns 28 Gould Drive, GLASSHOUSE MTNS 4518