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Website: <http://www.ipswichathletics.org.au>

## Newsletter

31<sup>st</sup> August 2020

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### PRESIDENT'S MESSAGE:

With new PB's set by members over the past few mini meets it was exciting that all involved enjoyed the concept. Now is the time to train smarter and prepare well for the 13-19yrs All Schools State Championships in 19<sup>th</sup> – 22<sup>nd</sup> October 2020 in Brisbane and I'm sure there will be some great results.

Well done to all the Coaches, Brad, Mick, Mark, Ted, Darin, Theresa (Marty) and Shaun.

A special thanks to all the volunteers who helped on our most important fund raising days, the GPS X-Country and the Bunnings Sausage Sizzle.

The new season events start in October and we have to register on-line. The season runs from 1<sup>st</sup> October 2020 to 30<sup>th</sup> September 2021. Reregistering is not open yet but will be soon, affiliation with QA has been completed.

**Please note**, we need volunteers to assist as Course Marshalls. In the canteen to prepare breakfasts as well as lunches for our official volunteers for the QLD X-Country Championships this Saturday 5<sup>th</sup> September 2020. All attendees have to register whether you are a volunteer, parent or spectator.

Please register on QA at; <https://www.revolutionise.com.au/qldathletics/events/70132/>

## Vic

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### Committee Notes

Our next Monthly committee meeting is on **Tuesday 22<sup>nd</sup> September 2020** at 7pm. All welcome.

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### Happy August Birthdays

*Grace Banford*

*Carolyn Vine*

*Briella Gray*

*Hugo Newham*

*Joshua Carrick*

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### QLD Cross Country Championships – Limestone Park

We will be the host club for these Championships on Saturday 5<sup>th</sup> September 2020.

**Entries closed on Friday 28<sup>th</sup> August 2020 on the QA website.**

The first event starts 9.15am and concludes at 4.30pm approximately.

To make this a success, we need at least 6 volunteers to act as marshals and they will be at stations on and around the course.

I have included course map in this newsletter, check it out.



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*Just a Thought'*

I've learned that....

Keep a journal of the lessons you've learned and the feelings you have. Focus on your values and beliefs.

Your journal can become your personal collection of "inspirational stories to give your life new meaning".

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# Track & Field

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

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

QAL events to be scheduled on their website [www.qal.org.au](http://www.qal.org.au)

## North Queensland Track & Field Championships – Mackay

**When:** Friday 2<sup>nd</sup> – Sunday 4<sup>th</sup> October 2020

**Entries close:** Saturday 12<sup>th</sup> September 2020.

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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.**

**The cost of the uniform is as follows:**

Girls Crop Tops	\$50-00
Girls Singlet's	\$37-00
Girls Shorts	\$30-00
Boys Singlet's	\$37-00
Boys Shorts	\$30-00

**SPINE  
STREET  
STUDIOS**

Old Stock is on sale at \$10-00 apiece. These can be used for training etc.



### Club Training Nights

**Training nights on Monday and Wednesday nights 6.30pm to 8.30pm.**

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

We all have to ensure social distancing and sanitizing along with COVID-19 restrictions.

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# **Ipswich & District Athletic Club Inc.**

## **Presentation Awards 2019/2020**

**Guest Speaker:** Dr. Peter Britton (Principal of Ipswich Girls Grammar School.

I would like to thank Vic for inviting me to your Club's Annual Presentation of awards. I been asked to speak for five minutes. So, I will endeavor to do that and not be the cause of any delay to your important business.

My association with athletics started at high school. I was a hurdler up until year 11. As the hurdles got higher and further apart, I struggled to keep my stride pattern. Nevertheless, I have fond memories of running hurdles. I certainly did not rise to the levels of athletic performance that many of the athletes who are members of this great club. So, I do not have any stories about achievements at national or international events or contemporary training regimes.

A decade after I left school and in my mid-twenties, I was offered a teaching position at the Ipswich Girls' Grammar School. As a keen graduate, I offered to coach the hurdlers who were members of the School's Athletic team. A couple of years later, I became the Manager of the Athletics team.

We developed a five year plan to win the Queensland Girls Secondary School Athletics Championships and it was at the beginning of this five year period that I was introduced to the Ipswich & District Athletic Club. The School had only won the QG Athletics Championships twice in the previous seventy-two years.

I recall meeting Vic and thinking that this tall, dark haired, rangy man must be an outstanding athlete, and sure enough as I got to know more about Vic, my intuition proved to be true.

Once again, I have fond memories of the time my school athletes spent competing at the Club's events as part of their QG Athletics Championship preparations and learning much from the Club's many high-performing coaches.

I am sure that everyone in this room appreciates the benefits of participating in sports. But, can I briefly share two observations about the benefits of athletics from my point of view as a teacher and now Principal of a school.

Good Schools ensure that personal and social education are just as important as academic programs. As you are aware, humans are social beings. We are influenced by those around us. We yearn to be safe, known, nurtured and have a sense of belonging. Schools who can engage people who share this belief can create climates based on these four pillars enable students to strive for personal bests.

Thus, it is important that schools think very carefully about who they partner with when choosing clubs and coaches to assist with their sporting programs. And this is why my school chooses to partner with Ipswich & district Athletic club.

I know that my students are receiving great coaching for their various athletic disciplines from high-performing coaches, and I also know that they are being trained by good people who care about my students' safety, individuality, and inclusion.

The second observation I would like to share with you relates to the old adage that "success breeds success". I have taught at a couple of schools and at one school I saw how a winning athletics team changed the School's climate. School spirit increased significantly and the flow on affects were evident. Students' general belief in themselves as individuals and collectively improved so much so that they went on to achieve even more highly in and outside the classroom.

I am grateful for the role that the Ipswich & District Athletic Club played in directly helping the School achieve its athletic success and indirectly in instilling belief, discipline and passion in the general student body.

So, from an educator's point of view, I would like to thank the Ipswich & District Athletic Club coaches for all you do to help children and adolescents achieve in their athletic disciplines and, just as importantly, grow into confident, well-educated young women and men.

To this wonderful Club and Vic, thank you for my lifelong memories and contributing to the development of passion for athletics.

Finally, to the athletes, I wish you success in your chosen athletic disciplines, but most of all, I wish you joy and the sense of belonging that comes with being an athlete and a member of the Ipswich & District Athletic Club.

By the way, the five-year plan worked. The school won the QG Championship in 1990 and 1992.

Thanks Vic

Dr. Peter Britton

<b>Club Champion of 2019 / 2020</b>		Jude Thomas	
<b>Club Achiever of the year</b>		Jude Thomas	
<b>President's Award</b>	Jude Thomas	U/18yrs 1500m 3.49.55	<b>PB</b>
<b>Les Scott Encouragement</b>		Ethan Platen	
<b>U/20yrs Male</b>	<b>Bremer Chiropractic</b>	Benjamin Thomas	
<b>U/20yrs Female</b>	<b>Bremer Chiropractic</b>	Hayley Wright	
<b>Most Club Participation of 2019/2020</b>		Charlize Goody	
<b>Australian Title Holders 2019/20</b>		Charlize Goody U15 Heptathlon 4493Pts Erin Wright U17 Heptathlon 4391Pts	
<b>Club Captains Recognition Award</b>		Madison Wells	

The Club Captains recognition award is an award that goes to an Athlete that shows Determination, Demonstrates Positivity and Sportsmanship.

As Club Captains, Ben Thomas and I Have awarded this award to Madison Wells. Everyone who knows Maddy knows she is kind, energetic and absolutely loves athletics.

Madison always has a smile on her face and is always bouncing with so much energy. I guess that is why she makes a great Heptathlon athlete.

Sometimes it seems like Maddy has never had a bad day. But Maddy has had plenty this year with health battles, but despite them Maddy has overcome them with great determination and commitment to her sport. By achieving such high levels in all her disciplines of track and field at state and national level, it is something to be admired by all.

Madison is always encouraging others to have a go and to do their best. Madison's positivity and enthusiasm always brings out the best in others around her and she can brighten anyone's day.

Madison is a hard worker with a never give up attitude, she shows a lot of love for athletics and is someone everyone can admire to be like and we are very lucky to have Madison in the Ipswich and District Athletic Club and I believe she will go on to do great things for our club and the sport of athletics.

Congratulations to Madison Wells.

Liz Melrose

## **Volunteer of the Year 2019/2020**

Lois Kelly / Kylie Fouracre

## **Club Rookies M & F of 2019 / 2020**

Jet Nunez (Track) & Hugo Newham (Field)  
Isabella Willshire (Track) Maddie Newham (Field)

**Club Development** Erin Wright, Camryn Novinetz, Kyra Domrow F12, Hayley Wright, Kiara Condon, Jude Thomas, Laylani Va'ai, Benjamin Thomas, Kirra Csurhes, Madison Wells, Carley Stieler, Dahniella Pedroni.

Highest Points for X-Country Male	Jude Thomas
High Points for X-Country Female	Tamara Carvolth
Highest Points for Track Senior Male	Benjamin Thomas
Highest Points for Field Senior Male	Kerryn Ryan
Highest Points for Track Senior Female	Elizabeth Melrose
Highest Points for Field Senior Female	Laylani Va'ai
Highest Points for Track Junior Male	Ethan Platen
Highest Points for Field Junior Male	Pharrell Eliu
Highest Points for Track Junior Female	Lily Vine
Highest Points for Field Junior Female	Charlize Goody
Highest Points for Track Masters Male	Patrick McCarthy
Highest Points for Field Masters Male	Darin Coombs
Highest Points for Track Masters Female	- - - - -
Highest Points for Field Masters Female	Janet Webber

## **Club Recognition for QLD Team Selection**

<b>Charlize Goody</b>	U/15yrs	<b>Monique Williams</b>	U/15yrs
<b>Toby Stolberg</b>	U/15yrs	<b>Mikaela Doneley</b>	U/16yrs
<b>Sophie Wilkins</b>	U/16yrs	<b>Erin Wright</b>	U/17yrs
<b>Camryn Novinetz</b>	U/18yrs	<b>Laylani Va'ai</b>	U18yrs

<b>Madison Wells</b>	U/20yrs	<b>Hayley Wright</b>	U/20yrs
<b>Alex Davies</b>	U/18yrs	<b>Jude Thomas</b>	U/20yrs
Mackenzie Crowley	U14yrs	Kali Taylor	U14yrs
Indiana Platen	U14yrs	Hayley Condon	U14yrs
Sienna Coulson	U15yrs	Lily Vine	U15yrs
Jessica Rowe	U16yrs	Aldora Tuilaepa	U16yrs
Kiara Condon	U17yrs	Dahniella Pedroni	U18yrs
Haley Webber	U20yrs	Ethan Platen	U15yrs
Pharrell Eliu	U16yrs	Benjamin Thomas	U20yrs

## Club Recognition of International Athletes

Kirra Csurhes	U20yrs	Oceania Athletic Championships, Townsville
Jude Thomas	U18yrs	Oceania Athletic Championships, Townsville
Michael Berlin	50-54yrs	Oceania Masters Athletic Championships, Mackay
Patrick McCarthy	35-39yrs	Oceania Masters Athletic Championships, Mackay



Club Champion to Jude Thomas with Dr Peter Britton





Encouragement Award to Ethan Platen with Les Scott



Bremer Chiropractic U20yrs Award to Benjamin Thomas with Matthew Fairclough



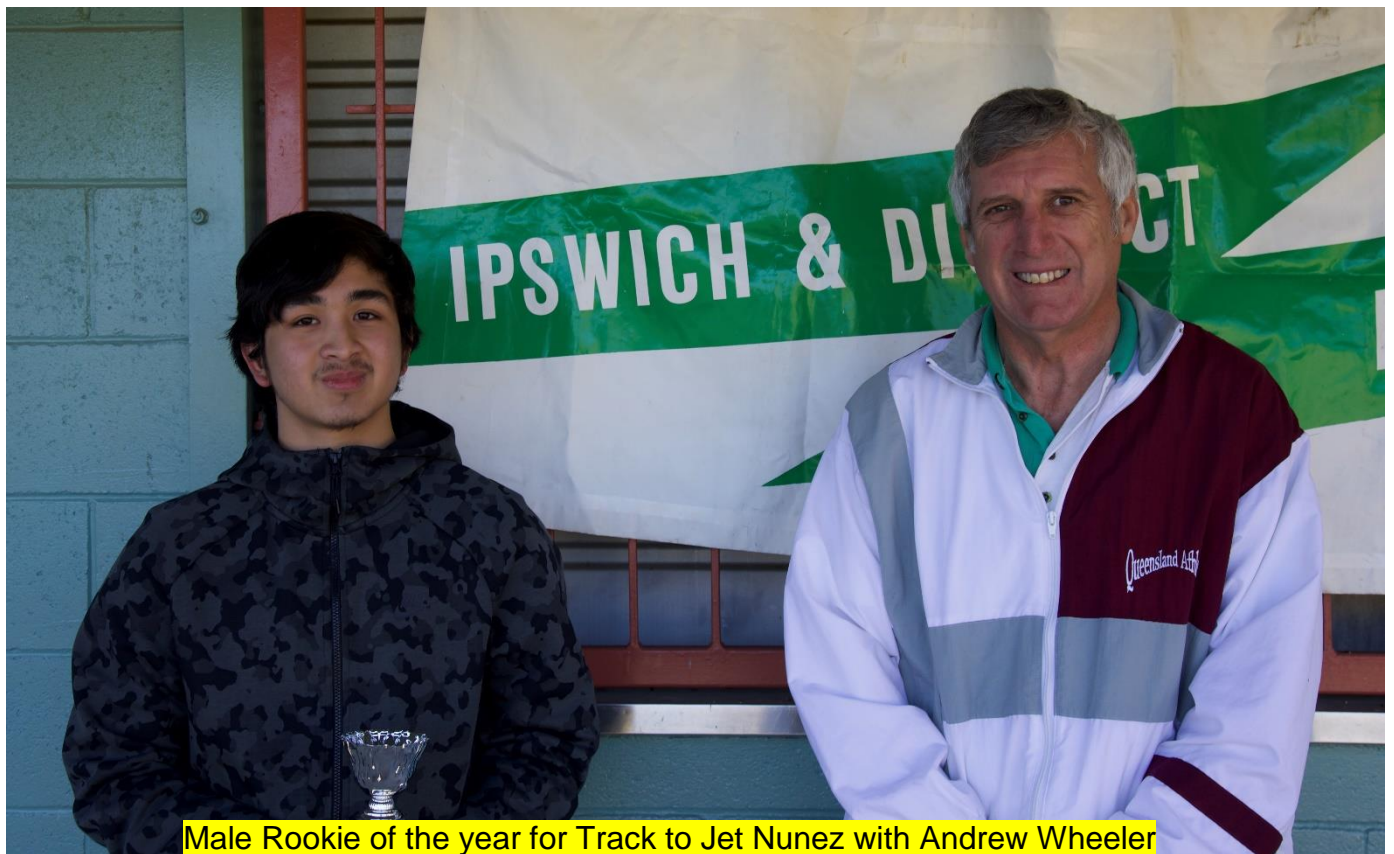


Most Club Participation to Charlize Goody with Theresa Stolberg



Club Captains Award to Madison Wells with Elizabeth Melrose and Benjamin Thomas









Female Rookie of the year for Track to Izzy Willshire with Andrew Wheeler



Female Rookie of the year for Field to Maddie Newham with Andrew Wheeler





Volunteer Award to Kylie Fouracre and Lois Kelly



International Awards to Jude Thomas, Kirra Csurhes, Michael Berlin & Patrick McCarthy with Club Captains Elizabeth Melrose & Benjamin Thomas



Highest points Senior Award to Benjamin Thomas and Kerry Ryan with Des Johnston





Highest points Junior Award to Ethan Platen and Pharrell Eliu with Des Johnston

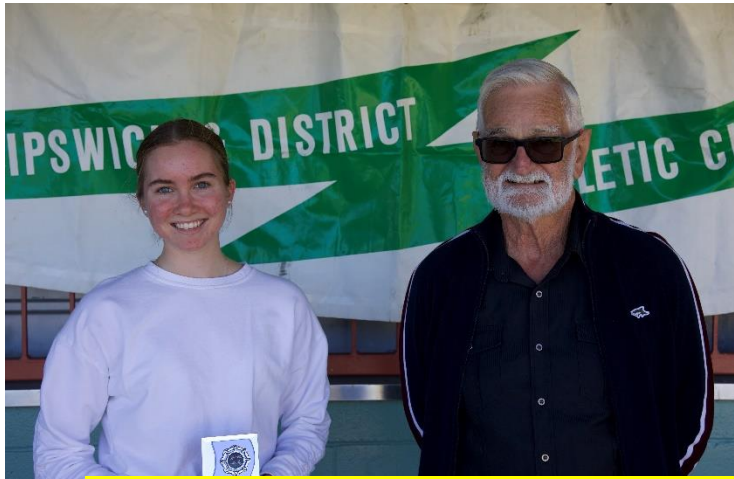


Highest Points Junior Award to Lily Vine and Charlize Goody with Des Johnston



Masters Awards to Darin Coombs, Janet Webber, Patrick McCarthey with Des Johnston





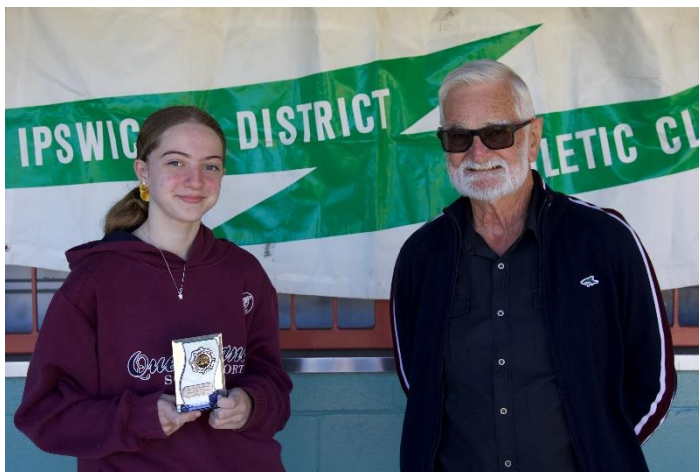
QLD Team Selection to Camryn Novinetz And Mikaela Doneley with Des Johnston



QLD Team Selection to Ethan Platen and Mackenzie Crowley with Des Johnston



QLD Team Selection to Benjamin Thomas and Aldora Tuilaepa with Des Johnston



QLD Team Selection to Kali Taylor and Indiana Platen with Des Johnston





QLD Team Selection to Dahniella Pedroni and Haley Webber with Des Johnston



QLD Team Selection to Charlize Goody and Hayley Condon with Des Johnston



QLD Team Selection to Madison Wells and Pharrell Eliu with Des Johnston



QLD Team Selection to Jude Thomas and Lily Vine with Des Johnston

There are people who were unable to attend the presentation who were on the list, your award will be available on a training night, Monday or Wednesday.

I can make myself available to be at the clubhouse if the above does not suit you. To make these arrangements please ring Vic Pascoe on 0409 754 884.

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## Queensland Athletics Seasonal Fees.

This is a reminder that the 2020-2021 Membership will be open soon.

1<sup>st</sup> October 2020 – 30<sup>th</sup> September 2021. Just follow the link below, so easy.



**\*\*\*\* Please note a Club fee is applicable when joining \*\*\*\***

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## Brothers Kindred Club

The committee wants to make all club members and parents be aware that our Club is part of the Brothers Kindred Club. This association encourages juniors in their chosen sports to be acknowledged for their commitment and dedication to their respective sports for a Junior Sports Star award.

The association also likes to encourage juniors for doing their best, helping around the Club and assisting others who may need that little bit of assistance in techniques etc., please advise Vic Pascoe (Club delegate and publicity officer), of any junior you may think needs to be entered for an Junior Sport Star Encouragement award. **Please phone Vic on 0409 754 884.**



IPSWICH | SPRINGFIELD



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## Answer to the Question

The winner of the **July** question was **Jade Hardy-Synnott**

The correct answer was: **"Pens"**

## A new question is as follows:

What is represented below?

A PC has the flu.

A Macintosh has influenza.

A laptop has a cold.

The **2nd** club member 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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