



P O Box 220, Booval Qld 4304

Ph: 0409 754 884

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

Newsletter

28th February 2020

President's Message:

A Canteen Convener is urgently required for the GPS Cross Country event scheduled for Wednesday 27th May 2020, Park2Park fun run on Sunday 26th July 2020 and the 39th Winter Carnival on Sunday 23rd August 2020. Please contact myself on 040 9754 884 so all relevant information can be passed on.

On behalf of the committee I thank the Ipswich Parents & Old Boys for supporting our juniors attending the Australian Track & Field Championships next month, a presentation will occur after the QLD Championships.

Also planning is underway for the 39th Annual Winter Carnival to be held on Sunday 23rd August 2020. We are looking for potential sponsors who may want to support this Carnival. Please advise me on **0409 754 884** as we can provide information as to what's in it for them.

We are on **Facebook**, look for IDAC and Ipswich & District Athletic Club it is for all our athletes and parents who are on FB. Just ask to join if not already a member.

Vic.

Committee Notes

Our next Monthly committee meeting is on **Tuesday 17th March 2020** at 7pm. All welcome.

Just a reminder, our **AGM is on May 24th 2020** and all positions are vacant. This is a great opportunity for you put your hand up and be part of the committee. Nomination forms are available on training nights. Please register your name.

The **Awards Presentation** will also be held on this day.

Club Uniform

The Club uniform **must** be worn at all interclub meets, e.g. QSAC, 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.**



Queensland 3000m Championships – QSAC

Our club members had excellent results in the 3000m Queensland Championships held at QSAC, Brisbane on Saturday night 8/02/202019.

Age groups of U15, U/16, U/17, U/18yrs and Open were contested at these championships where 184 athletes competed, a marvelous sight when you see at least 15 or more athletes in each race going for gold. Strategies and fitness are so important in achieving a great result, especially on a rain affected track where the rain came down in buckets at times, well done to all.

Jude Thomas	U/20yrs	3000m	1st	8.18.98	PB
	Open		2nd	8.18.98	
Alex Davies	U/20yrs	3000m	10 th	8.50.28	
	Open	3000m	12 th	8.50.28	

Jude raced well with a perfectly judged pace, looking very comfortable, but the way he kicked in the last few laps was sensational going on to win the gold medal in the U20yrs and Silver in the Open competition, same race.

However his club mate and training partner Alex ran well in the race just missing his PB by a few seconds, a very exciting race.

Jude and Alex have qualified for the Australian Athletics Championships in Sydney from the 21st to 29th March 2020 making them very competitive.

Jude and Alex run almost every Saturday morning in the 5km Ipswich Parkrun where they are regular place getters. Lots of fun is had at this event.

Both of these athletes have a bright future in middle distance running.





Jude Thomas



Alex Davies

Oceania Race Walking Championships – 8/02/2020



Camryn Novinetz competed in the 10km U20yrs Oceania Race Walking Championships held on the banks of the Torrens River in Adelaide. This was in conjunction with the 20Km Open Race Walking Australian Championships where two Australians have made the Australian team for the Olympics in Tokyo, Japan.

Camryn who is just back from a serious illness, walked the 10km for the first time to finish a gallant 4th just missing the Bronze medal by a few seconds in a time of 50 minutes and 3 seconds.

Camryn is only 16yrs of age and only turns 17yrs in October 2020, a real time future for this young lady in race walking.

She did win the Australian U17yrs 5km Walking Championships at Olympic Park in Sydney during April 2019 beating the U18yrs in the same race. She hopes to be selected for Australia one day.



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.**

The age for both Awards is 11yrs to 17yrs.

Congratulations

A fabulous achievement by Tamara Carvolth in establishing an Australian Age Group Record for women 25-29 in the 50km with a superb time of 3hrs, 30mins and 18secs.



Just a Thought'

**I have learnt Face your fears – you will grow
in strength, courage and confidence.**

Track & Field InterClub Competition

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

www.qldathletics.org.au

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

Club Members:- Happy February Birthdays

Hayley Condon	Ruby Mudd	Daniel Williams	Clare Bellingham
Tavia Jensen	Kerryn Ryan	Kym Goody	Erin Wright
Michael Moore	Madison Wells	Jet Nunez	Kirra Csurhes

Club Training Nights

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

\$3.00 for training under lights.

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

Answer to the Question

The winner of the **January** question was

Clare Bellingham

The correct answer was:

“East.”

A new question is as follows:

Although we are one, we are ranked into three. We basically help you in the same way you'll see. First, second, or third is not the order we finish. Moving a part on us causes our advantage to diminish. What are we?

The **first two** club members to reply by **email** with the correct answer wins a prize. Must be different families.

Email: - vgpascoe1@bigpond.com.au

Congratulations

The Australian Combined Events Championships were held at QSAC in Brisbane over two days on 15-16/02/2020. Some scintillating performances by our nine young women has demonstrated how much they wanted to be at their best for the championships. Having recorded 36 PB's over the two day competition had athletes working so hard and excellent guidance by the coaches and a marvelous band of support by family, friends and fellow athletes. It was a real buzz just to watch.

Weather conditions were extremely hot and humid, with many athletes having to purchase extra water when theirs ran out.

Charlize Goody	U15ys	Heptathlon	1 st	4493pts	PB
-----------------------	-------	------------	-----------------	---------	-----------

Charlize excelled i.e. PB's at 90m Hurdles in 14.79, Shot Put 12.08m, 200m in 28.51 and Javelin 40.13m, these all being PB's. A truly remarkable effort when the other three events of High Jump, Long Jump and the 800m were all very close to previous performances to become the National Champion.

Toby Stolberg	U15yrs	Heptathlon	7 th	3430pts	PB
----------------------	--------	------------	-----------------	---------	-----------

Toby having her first attempt at national level proved she could do PB's in 90m Hurdles in 15.12, Shot Put 7.71m and the 800m in 3.05.81. All her other events in the seven event heptathlon were not far off previous performances.

Monique Williams	U15yrs	Heptathlon	9 th	2931pts	PB
-------------------------	--------	------------	-----------------	---------	-----------

Monique was a little under a sickness cloud, but was still able to produce PB's at Shot Put 9.93m, 200m in 28.70. Even though she performed well in her other events, unfortunately had to pull out of the 800m missing vital points. It was Monique's first attempt at nationals.

Mikaela Doneley U/16yrs Heptathlon 7th 4169pts **PB**

Mikaela produced some fine performances with PB's 200m in 27.65, Long Jump of 4.99m, Javelin with a throw of 25.39m and 800m in 2.36.44. All other events came close to previous best performances. A massive improvement within the last twelve months of hard training.

Sophie Wilkins U16yrs Heptathlon 8th 3708pts **PB**

Sophie did well getting PB's at Shot Put 10.97m and Long Jump of 4.62m with all the other events being close to personal bests. Improving all the time with hard training.

Erin Wright U17yrs Heptathlon 1st 4391pts **PB**

Erin Wright has been known in the past as to be a "pocket rocket" and did not disappoint her army of followers with PB's at High Jump of 1.51m, Long Jump of 4.95m, Javelin of 30.56m and 800m in 2.34.14. A marvelous effort when you consider her lead up training for this event was limited.

Laylani Va'ai U18yrs Heptathlon 14th 3958pts **PB**

Even a back injury did not stop Laylani from equaling a PB in the Shot Put of 13.66m and doing some great efforts in all the other events. Managing an overall PB is testament to her hard work and dedication.

Madison Wells U20yrs Heptathlon 3rd 4597pts **PB**

Having a traumatic time health wise this season, Madison has managed to set PB's 100m Hurdles in 15.11, Javelin of 30.07m, High Jump of 1.54m and 800m in 2.31.16. Her other events also were close to previous best performances

Hayley Wright U20yrs Heptathlon 4th 4478 **PB**

Another athlete with limited preparation, recovering from foot injuries, Hayley produced PB's in 100m Hurdles in 14.42, Shot Put of 9.45m, Long Jump of 4.89m, equaling height in High Jump of 1.54m and the 800m in 2.33.88. Having five PB's on the one competition is a wonderful result.

All in all it was a fabulous two days of competition.

Winning 2 gold and a bronze medal added icing to the cake along with getting overall points by all was a massive result.



Tyne, Charlize & Kym Goody



David, Erin, Hayley & Vicki Wright



Lee, Madison & Sharyn Wells



 walkerpendergroup
LAWYERS



UNIVERSITY
OF SOUTHERN
QUEENSLAND

 Bremer Chiropractic

Did you know? - Code of Ethics by ATFCA

This is an extract sample of Coaches ethics, more to come in next newsletter.

The coach's primary role is to facilitate the process of individual development through achievement of Athletic potential. This role accepts the athletes' long term interests as of greater importance than short term athletic considerations. To fulfil this role the coach must behave in an ethical manner. By becoming a member of the ATFCA, a coach agrees to be held accountable for any breach of the following points:

1. Coaches must assert a positive and active leadership role to prevent any use of prohibited drugs or other disallowed performance enhancing substances or practices. This leadership by coaches includes education of the athletes of the harmful effects of prohibited substances and practices.
2. The coach must acknowledge that all coaches have an equal right to desire the success of the athletes they coach – competing within the rules. Observations, recommendations and criticism should be directed to the appropriate person outside the view or hearing of the public domain.
3. Coaches must never solicit, either overtly or covertly, athletes who are receiving coaching to join their squad or change their coaching situation without first involving the current personal coach or coaches.
4. The coach must acknowledge and recognise that all athletes have a right to pursue their athletic potential, including when an athlete's development would benefit from a change of coaching situation. The coach should ensure that, in these cases, any formation of a coaching partnership or transfer to another coach is actively explored with the athlete, whose decision is supported.

One Mile Gift

When: Saturday 2nd May 2020
Where: Bundamba Racecourse

Events: One Mile Gift
300m Open Gift



Be sure to enter when registrations become available.

Please note that naming rights for the "One Mile Gift" is on offer for any potential sponsor. Contact **Chloe Gilmour**, the events manager of the Ipswich Hospital Foundation on 0413 109 128 or 1300 736 428.

This race has a great deal of history on offer, having been raced for the first time on May 6th 2006. A wonderful race where men and women compete for the major prizes available.

These races help raise money for the Ipswich Hospital Foundation.

I think this maybe me, sometimes, I hope not.

A.A.A.D.D. **KNOW THE SYMPTOMS!**

Thank goodness there's a name for this disorder.

Age Activated Attention Deficit Disorder.

This is how it manifests:

I decide to water my garden.

As I turn on the hose in the driveway, I look over at my car and decide it needs washing.

As I start toward the garage, I notice mail on the porch table that I brought up from the mail box earlier.

I decide to go through the mail before I wash the car.

I lay my car keys on the table, put the junk mail in the garbage can under the table, and notice that the can is full.

So, I decide to put the bills back on the table and take out the garbage first.

But then I think, since I'm going to be near the mailbox when I take out the garbage anyway, I may as well pay the bills first.

I take my cheque book off the table, and see that there is only one cheque left.

My extra cheques are in my desk in the study, so I go inside the house to my desk where I find the can of Pepsi I'd been drinking.

I'm going to look for my cheques, but first I need to push the Pepsi aside so that I don't accidentally knock it over.

The Pepsi is getting warm, and I decide to put it in the refrigerator to keep it cold.

As I head toward the kitchen with the Pepsi, a vase of flowers on the counter catches my eye--they need water.

I put the Pepsi on the counter and discover my reading glasses that I've been searching for all morning.

I decide I better put them back on my desk, but first I'm going to water the flowers.

I set the glasses back down on the counter, fill a container with water and suddenly spot the TV remote.

Someone left it on the kitchen table.

I realize that tonight when we go to watch TV, I'll be looking for the remote, but I won't remember that it's on the kitchen table, so I decide to put it back in the den where it belongs, but first I will water the flowers.

I pour some water in the flowers, but quite a bit of it spills on the floor.

So, I set the remote back on the table, get some towels and wipe up the spill.

Then, I head down the hall trying to remember what I was planning to do.

At the end of the day:

the car isn't washed

the bills aren't paid

there is a warm can of Pepsi sitting on the counter

the flowers don't have enough water,

there is still only 1 cheque in my cheque book,

I can't find the remote,

I can't find my glasses,

and I don't remember what I did with the car keys.

Then, when I try to figure out why nothing got done today, I'm really baffled because I know I was busy all damn day, and I'm really tired.

I realize this is a serious problem, and I'll try to get some help for it, but first I'll check my e-mail....

Do me a favour.

Don't laugh -- if this isn't you yet, your day is coming!!

