



P O Box 220, Booval Qld 4304

Ph: 0409 754 884

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

## Newsletter

28<sup>th</sup> February 2021

### President's Message:

On behalf of the committee I thank the Ipswich Parents & Old Boys for supporting our juniors attending the Australian Track & Field Championships in April 2021, a presentation will occur after the QLD Championships.

Also planning is underway for the 39<sup>th</sup> Annual Winter Carnival to be held on Sunday 22<sup>nd</sup> August 2021. We are looking for potential sponsors who may want to support this Carnival. Maybe to sponsor the 120m Lightning Gift or 120m Ladies Gift along with the 70m U18yrs Junior boys and girls gifts along with many Track & Field events. Please advise me on **0409 754 884** as we can provide information as to what's in it for them.

It's been a long time but we have done it by having 123 members within the Club surpassing a record set way back in the early 2000's.

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 23<sup>rd</sup> March 2021** at 7pm. All welcome.

Just a reminder, our **AGM is on May 30<sup>th</sup> 2021** 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. A venue is yet to be announced.

---

## 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.** Have you got pride in our Club?



## Queensland 3000m Championships – Runaway Bay

Our club members had excellent results in the 3000m Queensland Championships held at the Gold Coast Performance, Runaway Bay on Saturday night 13/02/2021.

Age groups of U15, U/16, U/17, U/18yrs and Open were contested at these championships where 205 athletes competed, a marvelous sight when you see at least 14 or more athletes in each race going for gold. Strategies and fitness are so important in achieving a great result, especially with the windy conditions, well done to all.

<b>Jude Thomas</b>	U/20yrs	3000m	<b>1<sup>st</sup></b>	8.00.07	<b>PB</b>
	Open		<b>2<sup>nd</sup></b>	8.00.07	
<b>Alex Davies</b>	U/20yrs	3000m	6 <sup>th</sup>	8.46.17	
	Open	3000m	28 <sup>th</sup>	8.46.17	
<b>Daniel Williams</b>	Open	3000m	18 <sup>th</sup>	8.36.79	<b>PB</b>
<b>Connor Shaw</b>	U18yrs	3000m	18 <sup>th</sup>	9.56.00	<b>PB</b>

Jude raced well with a perfectly judged pace in race 3, looked very comfortable, but the way he fought on 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. This was a Queensland U20yrs record, smashing it by more than 13 seconds and setting a **World Junior Qualifier**. Congratulations, well deserved.

However his club mate and training partner Alex ran well in race 2 just missing his PB by less than a second, a very exciting race as Daniel Williams also a training partner ran a PB to win in the same race, well done.

Connor Shaw ran in the U18yrs has the prospects of much improvement in the coming months as he is a newcomer to the club and is in the “Nanci Group” where all distance runners do well.

Jude has now qualified for the Australian Athletics Championships in Sydney from the 12<sup>th</sup> April to 21<sup>st</sup> April 2021 making himself very competitive.

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

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





The Rebel Sport store at Riverlink Ipswich supports our Club by way of kickbacks. This works when you purchase something, please let their staff know that you would like the kick back to go to the Ipswich & District Athletic Club.

## 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.



**Les Scott & Associates**  
A.B.N 34 404 377 930  
Australian Credit Licence 385281



*Just a Thought'*

I have learnt ..... The deepest love is eternal.  
Remembering this helps us to cope with loss.

---

## Track & Field InterClub Competition

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

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

QAL now has several events scheduled on their website [www.qal.org.au](http://www.qal.org.au)

---

## Club Members:- Happy February Birthdays

Hayley Condon      Ruby Mudd      Daniel Williams      Tavia Jensen

Acacia Wohlsen      Kerry Ryan      Kym Goody      Erin Wright

Michael Moore      Madison Wells      Carter Andrews      Jet Nunez

Wil Sullivan      Connor Shaw      James Pegg      Roxann Blake

---

## 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 **Lois Kelly**

The correct answer was: **“He has 3 daughters.”**  
One blonde, one brunette, and one redhead.

### A new question is as follows:

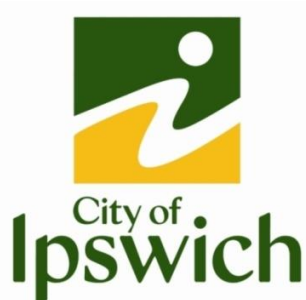
Five words that contain ID as a letter pair have had all of their other letters removed and placed into a pool. Put those letters back in their proper places. What are the words?

\*\*\*ID, \*ID\*\*, \*\*ID\*\*, \*\*\*\*ID, \*\*\*ID\*\*

**Pool:** A, A, A, E, F, G, H, L, M, O, O, P, S, S, T, T, T, U, V, Y

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](mailto:vgpascoe1@bigpond.com.au)



 Bremer Chiropractic



## Did you know? - Code of Ethics for Coaches

This is an extract sample of Coaches ethics.

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 coach he or she 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.

