



P O Box 220, Booval Qld 4304
Website: <http://www.ipswichathletics.org.au>

Ph: 0409 754 884

Newsletter

24th July 2019

President's Message:

Well done to Jude Thomas on his performance at the recent Gold coast 10km race which also was a Queensland Athletic Championship.

We need your help at several events where we run a BBQ or canteen at the Park2 Park fun on Sunday 28th July, and the 38th Winter Carnival set down for Sunday 25th August 2019. See below in this newsletter for further details for all of the events. Please advise of your availability.

Vic

Committee Notes

Our next Monthly committee meeting is on **Tuesday 20th August 2019** at 7pm. All welcome.

Congratulations

In pouring rain, severe windy conditions did not stop **Jude Thomas** from claiming the bronze medal in the 10km at the Gold Coast Marathon weekend of racing for the Open Men category in a new PB of 30 minutes and 34 seconds. He also won his own age group and as Jude is only 17yrs, he has a fabulous future ahead. The 10km race is a Queensland Athletic Championship.



Tamara Carvolth 28yrs (former Club Champion) was in the Half Marathon and was the 10th Female to cross the finish line in 1.17.04, a fantastic performance.

Track & Field

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

Our club had several athletes compete at the **“Down Under Meet”** at Gold Coast Athletic Centre on 12th - 14th July 2019. They did remarkably well by collecting 5 gold and 1 bronze medal.

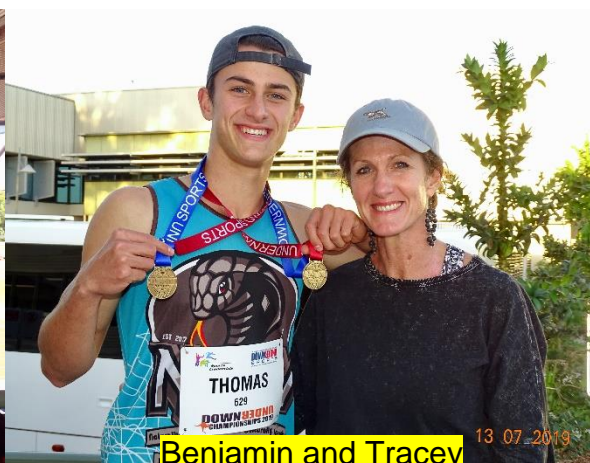
At this meet, athletes came from NSW, Victoria and many countries including USA (over 250), and New Zealand. More than 600 athletes competed.

Final results as listed;

Charlize Goody 13yrs	U/16yrs	Javelin	3rd	34.70	PB
		Shot Put	4 th	11.10m	
		Discus	4 th	27.35m	
		Hammer	5 th	27.64m	
Erin Wright 15yrs	U/16yrs	90m Hurdles	1st	13.43	
		200m Hurdles	1st	29.62	
Mikaela Doneley 14yrs	U/16yrs	90m hurdles	9 th	14.90	PB
		200m Hurdles	7 th	32.79	PB
		High Jump	=6 th	1.50m	=PB
		200m	12 th	28.50	
Elizabeth Melrose	Open	400m	5 th	65.12	
		200m	5 th	28.45	
		4 x 400m Relay Member	1st	4.07.90	
Joshua Carrick 16yrs	U/18yrs	110m Hurdles	13 th	20.90	
Benjamin Thomas 18yrs	U20yrs	100m	1st	11.06	
		400m	1st	51.50	PB



David and Erin



Benjamin and Tracey



Elizabeth



Charlize and Kym



The 17th annual Somerset Rail Trail Fun Run was held Sunday, 14th July 2019 and saw hundreds of people flock to the historic Brisbane Valley Rail Trail of 3km and 8km. There were many bicycle riders who did the 25km course.

Club members ran at this event, just naming a few who made top 10, many more ran.

Alex Davies was 4th overall in 27.37 for the 8km.

Tamara Carvolth a (former Club Champion) was 17th overall but was the 1st female for the 8km in 28.34.

Camryn Novinetz was 2nd in 13-16yrs but was the 4th female home in 32.10 for the 8km.



EVERYONE'S A WINNER: Overall winner of the 8km race Brendan Press. (inset) Fastest female in the 8km race Tamara Carvolth, and Ipswich team Nanci running group had a ball.

Just a Thought'

I've learned that....

Money can't buy your health, love or quality of life.

Happy July Birthdays

Tamara Carvolth Pharrell Eliu Tori Langton Montanna McAvoy
Rylee Novinetz Carley Stieler

Ryan Stewart Cooper Farnsworth Darrin Norwood
Reece Griffin Nicholas Caterson Vic Pascoe

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 **Park2park** is on Sunday 28th July 2019 and we have a BBQ to set up for a sausage sizzle by 5.30am. We are expecting to feed at least 2,000 hungry people.

We need your help.

Registrations are still open at www.park2park.com.au

Volunteers Required

We need volunteers to assist on Club training nights.

Just for about 45 minutes of your time would help immensely. by being available to be at the clubhouse window as athletes arrive to check in, this would enable athletes to have a better understanding of what happens around the Club.

Assistance can be provided as in training, please contact.
Vic Pascoe re any queries.



For all our master athletes.



Club Training Nights

Training nights on Monday nights 6.30pm to 8.30pm.

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

Answer to the Question

The winner of the **June** question was **Rory Smith**

The correct answer was: **"Two wrongs don't make a right"**

A new question is as follows:

Lizzy headed to the mall with \$120. If she spends 1/4 of her money on clothes, \$60 on CD's, and 10% of her original money pigging out at the food court, how much cash will she have left?

Think carefully!!!

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

Email: - vgpascoe1@bigpond.com.au





37th Winter Carnival

When: 25th August 2019

Where: Bill Paterson Oval

Don't forget



Program schedule and the Professional Race Registration form is available at www.ipswichathletics.org.au or at the club house.

The Club appreciates any contributions/donations and they can be made out to Ipswich & District Athletic Club Inc. at PO Box 220 Booval 4304.

All funds raised assist our athletes in their future endeavours.

A working bee on Saturday 24th August to commence at 2pm to ensure oval and equipment is ready, please offer some assistance.

Important Notice to any athlete who may be eligible to compete as AWD athletes

Classification opportunities for athletes with a **physical impairment** are generally held in Queensland three times a year. Check out the Queensland Athletics website.

UPCOMING OPPORTUNITIES

Thursday 15th August 2019

National Level Classification

Queensland Sport & Athletics Centre, Brisbane

Held in conjunction with the 2019 Queensland School Sports Championships (10-12)

[Register Online Here](#)

Congratulations

At the Queensland State Schools Cross Country Championships staged in Toowoomba at the Highfields Sport & Recreation Park on 21-22 July 2019 saw Jude Thomas win the gold medal in the Under 18yrs 6km in a time of 18.24.00 with Alex Davies finishing 6th in 19.11.00. Both athletes then combined in the Cross country Relay of five athletes to run 1.5km each to win the gold medal, a superb performance by all.

Camryn Novinetz and younger sister Rylee Novinetz also ran in the cross country where Camryn finished 9th out of 63 girls in the 4km race and Rylee finished 30th out of 54 girls in the 3km race.

Jude Thomas and Alex Davies are off to the Australian Schools Cross championships to be held in Kembla Grange, NSW on the 23-26 August 2019.





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.**

