



## President's Message:

The Australian Junior Athletics Championships held in Perth showed that our athletes can compete with the best. Congratulations to all those who competed but without the support of family and friends this would not happen. Well done coaches.

Holding a Trivia night fund raiser at Brothers League club proved to be a success along with many donations from businesses making it all possible. The club gave some financial support to national representatives and hopefully it is received in appreciation.

Best wishes to athletes competing in the Open National events in Sydney.



Vic

## Australian Junior Track & Field Championships

8<sup>th</sup> – 13<sup>th</sup> March 2016, Perth

<b>2016</b>	<b>4 Gold medals 5 Silver Medals 2 Bronze medals</b>	<b>2 Meet Records</b>	<b>2015</b>	<b>2 GOLD MEDALS 1 SILVER MEDAL 1 BRONZE MEDAL</b>	<b>1 Meet Record</b>
<b>Casey Bell</b>	U/15yrs	Long Jump High Jump Triple Jump	9 <sup>th</sup> 5 <sup>th</sup> 5 <sup>th</sup>	5.14m 1.66m 11.05m	<b>PB</b>
<b>Breeanna Betzold</b>	U/15yrs	3000m Walk	<b>2<sup>nd</sup></b>	15.05.68	<b>PB</b>
<b>Amazing Grace Raeli</b>	U/15yrs	Discus	DNS		
<b>Tara Chaplin</b>	U/16yrs	200m 4 x 200m Relay	18 <sup>th</sup> 4 <sup>th</sup>	27.31 1.43.70	
<b>Rochelle Vidler</b>	U/16yrs	Discus Hammer	4 <sup>th</sup> <b>1<sup>st</sup></b>	36.45m 54.86m	<b>Meet Record</b>
	U/17yrs	Discus Hammer	7 <sup>th</sup> <b>1<sup>st</sup></b>	39.88m 54.73m	<b>Meet Record</b>
<b>Montana McAvoy</b>	U/17yrs	1500m 3000m	3 <sup>rd</sup> in heat 5 <sup>th</sup> in Final <b>1<sup>st</sup></b>	4.38.27 4.37.09 9.44.15	<b>PB</b>
<b>Kelly McNamara</b>	U/18yrs	3000m 2000m Steeple	11 <sup>th</sup> 6 <sup>th</sup>	10.33.81 7.01.65	<b>PB</b>

<b>Miriam Peni</b>	U/18yrs	100m	3 <sup>rd</sup> in heat	12.52	
			4 <sup>th</sup> in final	12.51	
		200m	4 <sup>th</sup> in heat	25.16	<b>PB</b>
			7 <sup>th</sup> in Final	25.24	
<b>Ellenor Raeli</b>	U/18yrs	Discus	8 <sup>th</sup>	38.09m	<b>PB</b>
<b>Joshua Carrick</b>	U/14yrs	100m	4 <sup>th</sup> in heat	12.54	<b>PB</b>
			7 <sup>th</sup> in Final	12.47	<b>PB</b>
		200m	4 <sup>th</sup> in heat	26.18	
			3 <sup>rd</sup> in Final	25.52	<b>PB</b>
		4 x 100m Relay	2 <sup>nd</sup>	48.17	
<b>Calab Law</b>	U/14yrs	90m Hurdles	9 <sup>th</sup>	15.07	<b>PB</b>
		Long Jump	7 <sup>th</sup>	5.09m	
		4 x 100m	2 <sup>nd</sup>	48.17	
<b>Anthony Buhse</b>	U/15yrs	100m Hurdles	4 <sup>th</sup> in heat	15.56	<b>PB</b>
			8 <sup>th</sup> in Final	16.43	
		200m Hurdles	13 <sup>th</sup>	30.93	
<b>Zac Catterson</b>	U/15yrs	Shot Put	2 <sup>nd</sup>	14.44m	
		Discus	2 <sup>nd</sup>	47.15m	
		Javelin	1 <sup>st</sup>	46.24m	<b>PB</b>
		Hammer	3 <sup>rd</sup>	40.61m	<b>PB</b>
<b>Ryan Stewart</b>	U/15yrs	3000m Walk	DQ		
<b>Sony Vukelic</b>	U/15yrs	400m	10 <sup>th</sup>	55.53	
<b>Rhys Carr</b>	U/16yrs	Hammer	6 <sup>th</sup>	44.16m	
<b>Nicholas Grant</b>	U/18yrs	Long Jump	14 <sup>th</sup>	6.04m	

It was a wonderful result by our Club members having to perform in some really hot and windy conditions.

**Rochelle Vidler** was a standout as I nicknamed her as a “Hurricane” in the Hammer Throw in two age groups as she spins so fast in the direction of a hurricane, cyclones spin the other way.

**Zac Catterson** competed very well but was a little disappointed in the Discus as he was below his best. All the other events his throwing was great.

**Montana McAvoy** ran superbly in the 3000m and coming into the last lap she was on target to get the meet record failing by less than 4 seconds.

**Breeanna Betzold** walked extremely well considering that this 3000m walk was only her third attempt at this distance.

**Joshua Carrick** and **Calab Law** performed well in the 4 x 100m relay running the last 2 legs of the race. **Joshua** ran 3 PB's, two of them in the one day.

Just to get to this level is a marvelous achievement, but making it to be in the top 10 is magic.

A special thank you to all the parents, coaches and supporters of this wonderful club.



Calab



Montana



Joshua

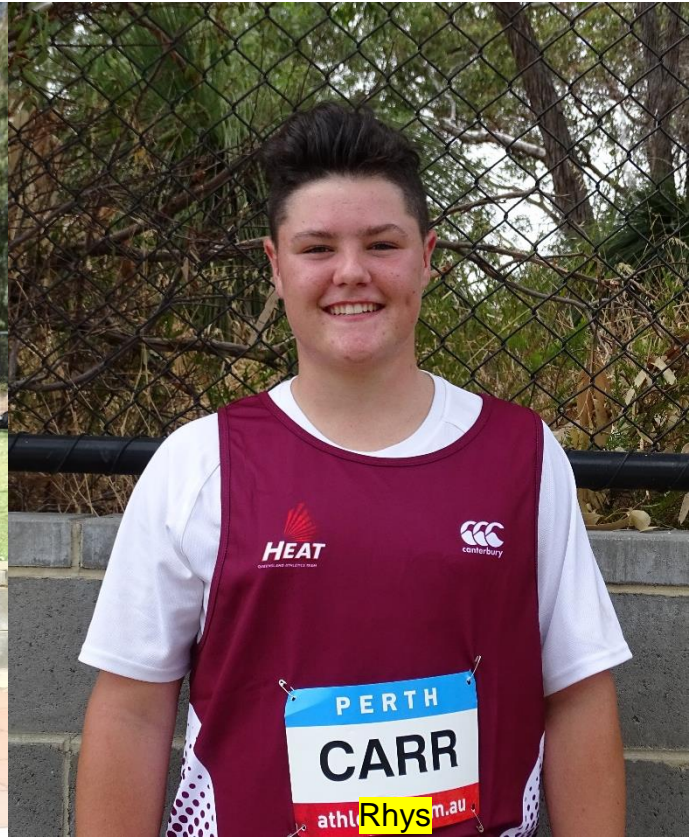


Breeanna





Miriam



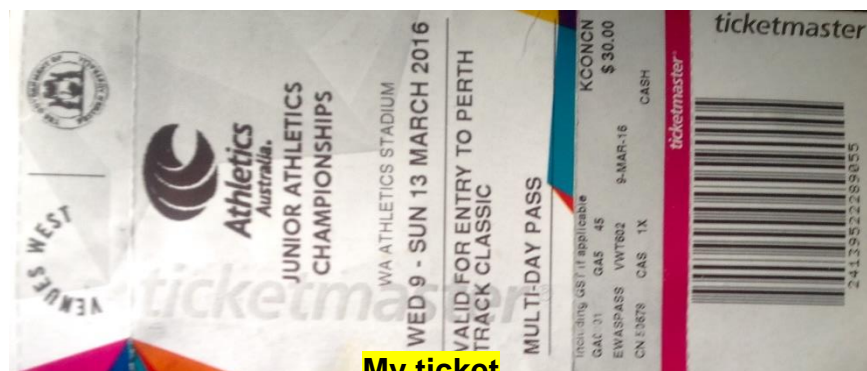
Sony



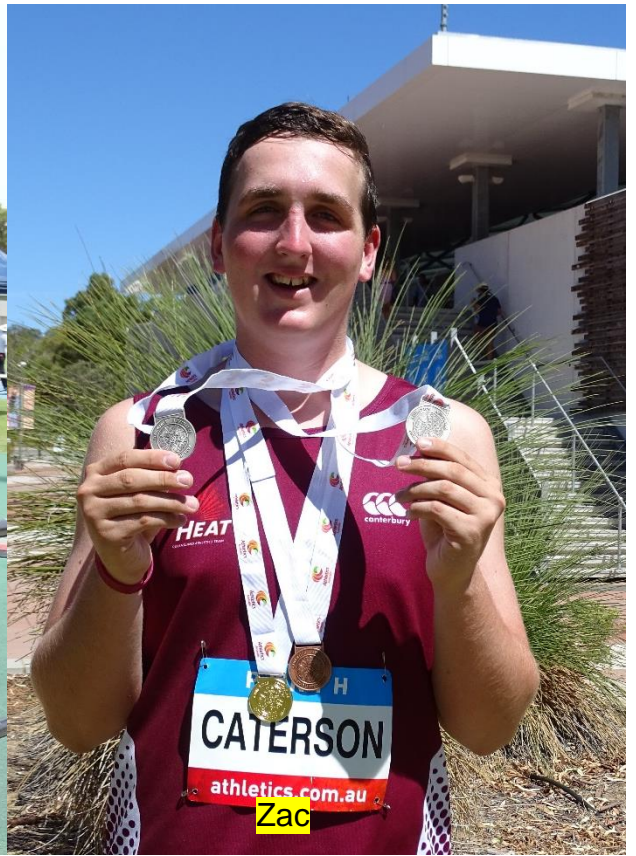
Kelly



Sony



My ticket





The proud Ipswich & District Athletes  
 Absent:- Montana McAvoy, Breeanna Betzold, Rhys Carr & Anthony Buhse



Trae Williams  
 Australia's U/20 100m Record holder 10.27

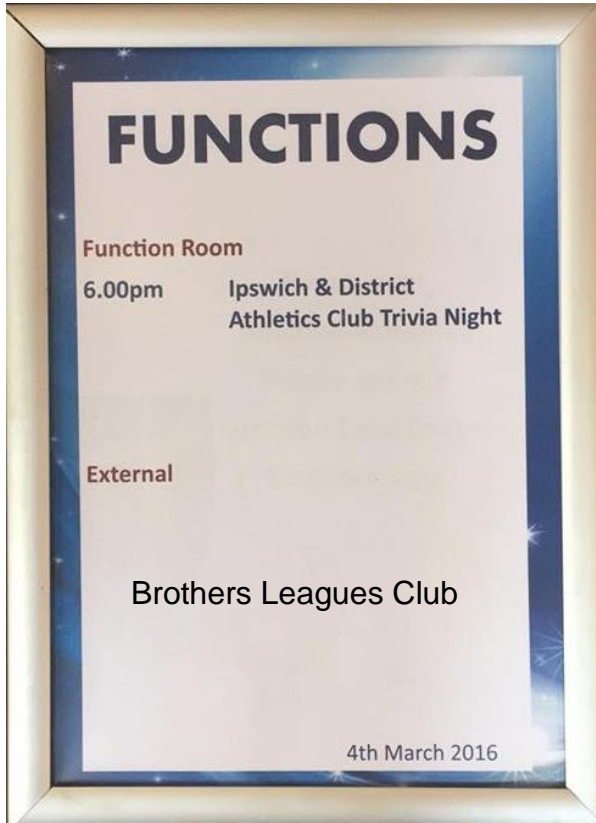
Calab Law

# Trivia Fund Raising Night

A fun night hosted by Ryan Stolberg and Brad Buhse raised much needed funds for our athletes in the Australian Junior Championships.

Raffles, photo booth and auctions along with all the trick questions, (I didn't know much) made an amazing night for all.

A massive thanks goes to Amy Buhse, Theresa Stolberg, Sharon Condon and Jodie Taylor as a fabulous committee.



The winning team on the night was the Kimberley Mickle table, well done.



## A Few Tips to Run Even Better

We all know winning is not everything but to improve it is all about speed.

1. **Train fast to go fast** – train the way you want to race and this includes speed development training every week, and in all cycles of training.
2. **The faster you want to go - the more relaxed you have to be!** The only difference between running slow and running fast is the speed. Speed has nothing to do with gritting your teeth or tensing your muscles by running harder on the track.
3. **Only fast is fast.** You don't get faster by doing your speed workouts (Time Trials) at near to best speed. You get faster by training faster than you ever have before.
4. **Think fast to go fast.** Get yourself mentally ready for speed training by thinking about speed – focus on words that give speed meaning to you like “explode”, “drive”, “power” etc.
5. **Start to finish line speed.** The fastest runners usually get to top speed before their opposition. In other words your acceleration is critically important. You also have to have great finishing speed and often run over the opposition in the final few metres. If you are practising speed, work on it from start to finish – maximum speed starts – maximum speed finishes.
6. **Quality not quantity.** The aim of speed development workouts is to develop speed. Increasing the number of repeats to achieve an increase in workout volume at the expense of quality (speed) of the workouts will only develop the ability to run slowly more often.
7. **Maintain skills / technique and legality at speed** – going faster does not mean a compromise on skills or technique and legality (i.e. no false starts, staying in your lane).

I hope these few tips can be an assistance to run faster.

**P.S** Everytime you stay out late, sleep in, miss a workout or don't give 100%, you make it that much easier for me to beat you.

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## Committee Notes

Our next Monthly committee meeting is on **Tuesday 26<sup>th</sup> April 2016** at 7pm. All welcome.

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### *Just a Thought'*

*I've learned that...Caring for other living creatures helps you care for yourself.*

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## Track & Field InterClub Competition

All Track and Field events are now scheduled on the [Queensland Athletics website](http://www.qldathletics.org.au)

Cross country events are now available on line.

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

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### Happy March Birthdays

Rickson Aiva

Rochelle Vidler

Kiara Condon

Zoe Greinke

Josiah Harrison

Marcus O'Reilly

Brynn Williams

Madelin Smith

Haley Wright

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

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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.**

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### Answer to the Question

The winner of the **February** question was **Nicholas Grant**

The correct answer was: **“Goody Two Shoes.”**

**A new question is as follows:**

**What gets broken without being held?**

The **first** person 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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## Club Training Nights

That's right this year right through winter we train two nights a week.

However there we will be having a session, training on Easter Monday.

Any other extra training sessions can be arranged with your Coach.

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

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## CLUB BREAKUP

Please note that the Club will hold its annual **Trophy Breakup at 10.45am for an 11am start on Sunday 22<sup>nd</sup> May 2016** at Brothers league Club, Raceview. Many trophies are given out on this day, so please support all our members by attending.

Club Champion award

Achiever of the Year award

Les Scott Encouragement Award

Bremer Chiropractic U/20yrs award male & female

Rookie of the year award male and female

Most Interclub Participation award

Highest points for various categories and many more.

A Mystery guest speaker will be commencing the breakup, be ready with your questions!

At the breakup our Club's **Annual General Meeting** will be held. **All positions** are declared vacant and this is your opportunity to become part of the Committee. Nomination forms for positions are available with the Secretary Russell on training nights. **Ph. 0419 707 059.**

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## One Mile Gift

**When:** Saturday 7<sup>th</sup> May 2016

**Where:** Bundamba Racecourse, Ipswich.

\$5,000 for the One Mile Gift

\$1,000 for the 300m Gift

\$500 for the Junior One Mile Gift



**ST ANDREW'S IPSWICH**  
PRIVATE HOSPITAL

**Entries close Friday 29<sup>th</sup> April 2016.**

**An Entry form is attached with this newsletter.**

It is also on our website, club FB page and the QAL website.

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## IDAC Athletes Competing on a Friday night at an Ipswich Little 'A's meet

It was great to have our athletes invited to give a demonstration on how fast we are on 29/01/2016.



Larissa, Miriam Tara, Indira, Liz & Hayley



Patrick, Scott, Nicholas, Yoo Bin, Jai & Taj



Nicholas Grant won the boys 100m handicap race in 11.60 off 1.00m whilst Miriam Peni won the girls 100m handicap race in 12.48 off 1.00m.



Have a safe and Happy Easter

