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## Newsletter

30<sup>th</sup> November 2020

### ***PRESIDENT'S MESSAGE:***

The start of the season has many new faces joining our club and many thanks goes to Theresa (Marty) for encouraging young athletes (especially Ipswich Little 'A's) to become more skillful and adept in all events they compete in. Hope to see you all either at training or at the competitions.

Yes, we are on **Face Book** as a closed group called **IDAC**, and it's for club members, parents and supporters of our club. This way local updated late news can be circulated. *So look for us and ask to join so you can be added to the closed group.*

We also have a public **FB** page called Ipswich & District Athletic Club for general enquiries.

It was excellent to see our Club members being recognised by QLD Athletics for their amazing achievements during All School Championships 2020.

Vic

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## Parents Volunteering

On training nights when our Committee are unable to have someone at the clubhouse window to take training fees etc. it would be wonderful if some parents could help out on a roster system. It is not hard and is only for about 45 minutes at start of training.

Please see Vic Pascoe so a list can be drawn up.

With your help this action would make our club run a whole lot better.

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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
Polo Shirt	\$50-00

Old Stock is on sale at \$5-00 apiece. These can be used for training etc.

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# Congratulations

At the UQ 1500m Classic held on the 14/11/2020 had 5 athletes competing for the Club, all ran superbly and the distance running athletes are amazing and have a bright future.

**Jude Thomas** (18yrs) ran in the Open Men 1500m Classic finishing 3<sup>rd</sup> in 3.47.53. This was a massive PB of 2.02 seconds. He is now qualified for the World Junior Championships to be held in Kenya in 2021.

**Alex Davies** (18yrs) ran in the Open Men 1500m Race2 winning in 3.54.07 setting the pace and just ran them off their legs, it was a new PB of more than 6 seconds. Well done.

**Daniel Williams** (26yrs) ran 11<sup>th</sup> in the Open Men 1500m Race 2 just missing his PB, will improve heaps with more race experience.

**Conor Mathewson** (9yrs) ran the race of his life to finish 7<sup>th</sup> in the 12yrs and under Boys 1500m Race 1 in 4.56.10. Being the youngest competitor in the field, it was amazing to watch, well done.

**Holly-Maree Mathew** (12yrs) was in the 1500m Race 1 for 12yrs and under Girls and finished 5<sup>th</sup> in 5.08.01, just needs some more race experience to improve immensely.

**Rylee Novinetz** (13yrs) finished 15<sup>th</sup> in the 13-19yrs Girls 1500m Race 5 in a time of 5.37.39, not one of her better days, but I look forward to see much improvement in the future.

Videos of these races are on Utube.



# Happy November Birthdays

Indiana Platen   Larissa Chambers   Lily Vine

Brad Robinson

Benjamin Thomas

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## A Free Membership for Someone

A free platinum membership is offered for any athlete, who gains the highest points and Club participation throughout the year and this is possible by competing in X-Country and or Track and Field events. It is calculated from the start of the X-Country season 2020 to Australian Open Track & Field Championships 2021.

Who will it be from this current season?

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## Track & Field   Competition for Championships

Benita Willis Shield including QLD 5000m Championships 5<sup>th</sup> Dec 2020

Glynis Nunn Shield including QLD Combined Championships 19-20<sup>th</sup> Dec 2020

Denise Boyd Shield 16<sup>th</sup> January 2021

Dane Bird-Smith Shield 23<sup>rd</sup> January 2021

Mid week Meet 27<sup>th</sup> January 2021

Joanna Stone Shield 30<sup>th</sup> January 2021

Check out the Queensland Athletics website for further information.

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

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## Committee Notes

Our next Monthly committee meeting is on **Tuesday 19<sup>th</sup> January 2021** at 7pm. All welcome.



The club has now met Level 3 accreditation for food handling, smoking policy, alcohol policy and transport policy along with promoting the healthier lifestyle for our club members.

Any questions on this can be answered by President Vic Pascoe. Also you can check out the Good Sports website.

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# Congratulations

## Secondary School State Championships – 13 to 19yrs on 7/11/2020

Postponed events due to the storm activity of a few weeks ago,

Hayley Condon	U14yrs	Hammer Throw	4 <sup>th</sup>	29.71m	
Mackenzie Crowley	U14yrs	Hammer Throw	6 <sup>th</sup>	24.13m	<b>PB</b>
Tiana MCKimmon	U14yrs	Pole Vault	<b>2<sup>nd</sup></b>	1.80m	<b>=PB</b>
Charlize Goody	U15yrs	Shot Put	<b>1<sup>st</sup></b>	13.31m	
		Hammer Throw	<b>2<sup>nd</sup></b>	43.05m	<b>PB</b>
Sophie Dunne	U15yrs	Shot Put	5 <sup>th</sup>	10.61m	<b>PB</b>
Aldora Tuilaepa	U16yrs	Hammer Throw	<b>3<sup>rd</sup></b>	35.71m	<b>PB</b>
Jessica Rowe	U16yrs	Hammer Throw	<b>2<sup>nd</sup></b>	46.65m	<b>PB</b>
Laylani Va'ai	U18yrs	Shot Put	<b>1<sup>st</sup></b>	13.17m	

This performance by an amazing group of athletes ensured we did better than last year's Championships total, well done everyone.

**3 Gold medals    9 Silver medals    10 Bronze medals**



Charlize Goody   Jessica Rowe   Michael Moore   Aldora Tuilaepa   Hayley Condon   Mackenzie Crowley

## Budding Future Stars

The 2020 Australian Secondary All Schools Championships were cancelled for this year but an order of merit team was selected by Queensland Athletics.



This State competition provided an outstanding opportunity for budding athletes to achieve new personal bests in the company of their talented peers. Performances achieved will set the tone for the Australian Athletics Championships to be held in Sydney (NSW) in March / April 2021

The list is as follows;

Tiana McKimmon U14	Pole Vault
Charlize Goody U/16	90m Hurdles, Javelin, Shot Put & Hammer Throw
Jessica Rowe U/16	Javelin, Discus, Shot Put & Hammer Throw
Kiara Condon U/18	Shot Put
Laylani Va'ai U/18	Discus & Shot Put

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## The Club *Christmas Party*



We will be holding a breakup fun night with games at the Clubhouse, Bill Paterson Oval on Monday 14<sup>th</sup> December 2020 for a **5.30pm arrival and a 6pm start.**

**RSVP** is required for catering purposes by Wednesday 9<sup>th</sup> December 2020 or on any training night.

The Club is providing food and nibbles, tea and coffee etc.

**Theme costumes this year are prizes for best male and female of their favourite sports star.**

After judging, prizes will be on offer for best male and best female entrants and a highly commended. **Don't miss out.**

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## *Just a Thought'*

**I've learned that.....What's really causing you stress?**

**Your problems or your reactions to them?**

**Try to make 'molehills' out of your 'mountains'.**

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## AUSTRALIA DAY RACES PROPOSED PRIZEMONEY ALLOCATION

BUTLER MCDERMOTT LAWYERS KILCOY GIFT 120M  
OPEN HCAP FINAL 1ST \$6000, 2ND \$2000, 3RD \$1000,  
4TH \$500, 5TH \$300 6TH \$200 total \$10,000-00

OPEN 70M HCP FINAL 1ST \$440, 2ND \$200 3RD \$160,  
4TH \$100, 5TH \$60 6TH \$40 Total \$1,000-00

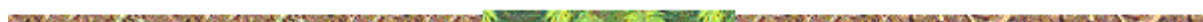
OPEN 300M HCP FINAL 1ST \$440 2ND \$200, 3RD \$160,  
4TH \$100, 5TH \$60, 6TH \$40 Total \$1000-00

KILCOY DRIVEWAY YOUTH 120M HCP FINAL 1ST  
\$340, 2ND \$170, 3RD \$120, 4TH \$80, 5TH \$50, 6TH \$40.  
Total \$800-00

YOUTH 70M HCP FINAL 1ST \$340-00, 2ND \$170, 3RD  
\$120, 4TH \$80, 5TH \$50, 6TH \$40 Total \$800-00



UNIVERSITY  
OF SOUTHERN  
QUEENSLAND





# Congratulations

The Queensland Athletics Relay Championships was run on Saturday 28<sup>th</sup> November 2020.

It was an amazing day of athletics with our Club achieving 9 gold, 8 silver and 11 bronze medals with the U14yrs teams winning overall, the U16yrs finishing 2<sup>nd</sup>, the U18yrs in 8<sup>th</sup> place, the U20yrs in 3<sup>rd</sup> place, the Open division was in 10<sup>th</sup> Position and our 30+ masters finish 3<sup>rd</sup> overall. The overall combined resulted in our club to finish 3<sup>rd</sup> in the medal tally. A well-deserved effort for everyone concerned.

The sportsmanship, the camaraderie and the support of families and friends made this to be a memorable day of which I am extremely proud to be part of.

I have a few photos, they can be forwarded to you.



Marty Stolberg, Janet Webber, Sharyn Wells, Jenny Shard, Elli Pedroni, Roxann Blake



Mark Sills

Darin Coombs

Shaun Crowley





Catherine Tamate

Isabella Willshire

Acacia Wohlsen

Monique Williams



Jessica Rowe

Kiara Condon

Laylani Va'ai





Lily Vine

Charlize Goody

Mikaela Doneley



Monique Williams

Abbie Severensin

Isabella Willshire

Catherine Tamate





Cooper Blake

Ethan Platen

Kobe Blake



Charlize Goody

Jessica Rowe

Sophie Wilkins





Laylani, Ruby, Ashlea, Taya, Mikaela, Kiara, Aldora, Tavia, Charlize, Sophie, Lily, Karshalia, Mickeelie



Hayley Condon, Ashlea Gibbs, Sophie Wilkins, Jessica Rowe, Charlize Goody, Sophie Dunne, Mikaela Doneley



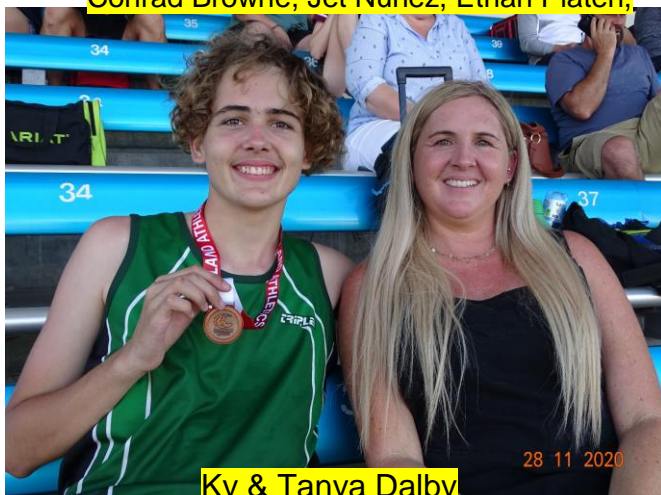




Conrad Browne, Jet Nunez, Ethan Platen,

Ky Dalby,

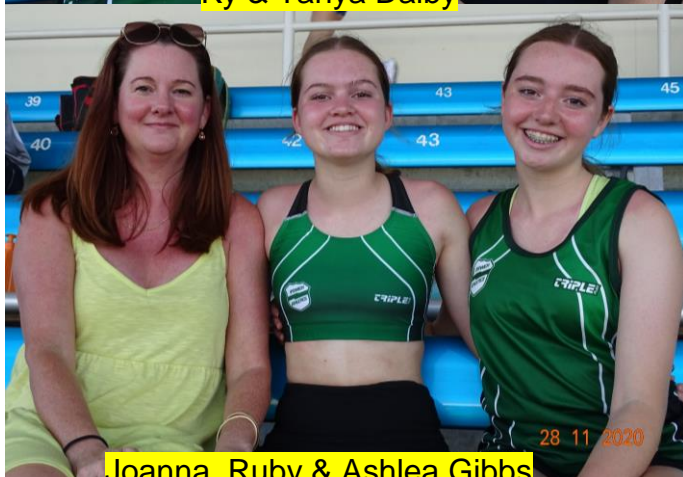
Benjamin Thomas



Ky & Tanya Dalby



Cooper, Roxann & Kobe Blake

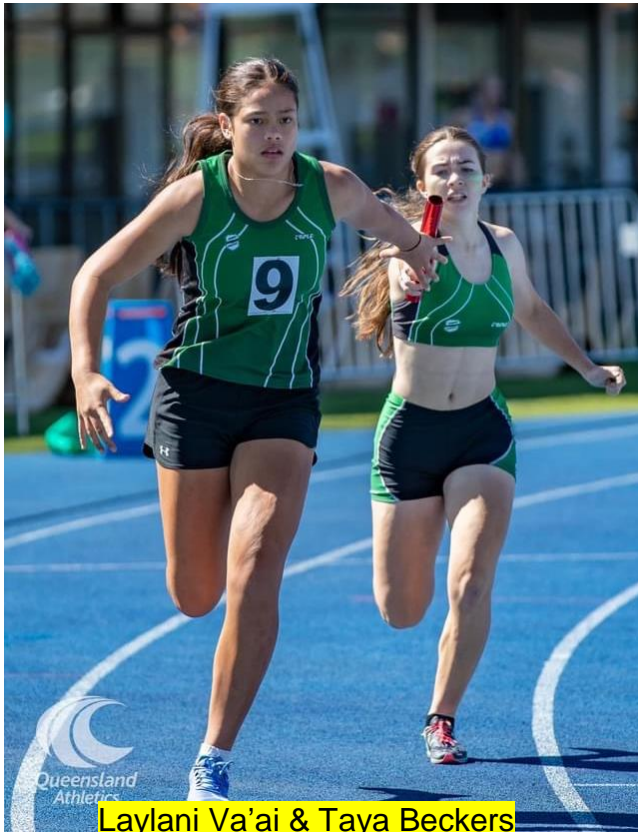


Joanna, Ruby & Ashlea Gibbs



Louise, Isabella & Geoff Willshire

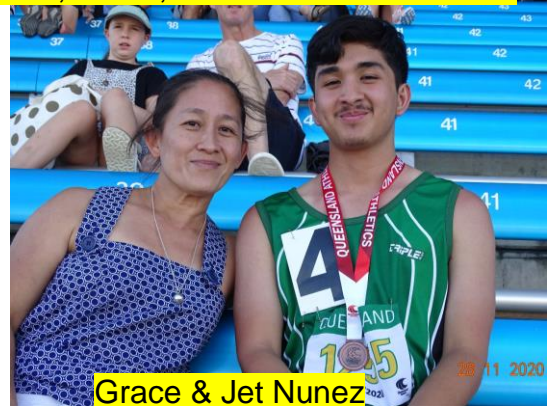




Laylani Va'ai & Taya Beckers



Varian, Ethan, Indiana & Jenifer Plateni 2020



Grace & Jet Nunez

## Answer to the Question

The winner of the **October** question was  
The correct answer was: "Hands up".

Michael Thomas?

## A new question is as follows:

Recorded by three hands,  
I have no bounds.  
People use me constantly,  
My vastness astounds.  
I'm used around the world,  
Organized by ancient cultures.  
Through me all things happen.  
What am I?

Think carefully!!!

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

**Email:** - [vgpascoe1@bigpond.com.au](mailto:vgpascoe1@bigpond.com.au)

## 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.

The last official training session for the year will be the Wednesday 16<sup>th</sup> December 2020 and the **first official session** for the New Year will be Monday 4<sup>th</sup> January 2021 at 6.30pm.



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