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Newsletter

28th April 2022

President's Message:

Another year has passed and I am really looking forward to the day of the Presentation of Awards. Whilst there has been some outstanding performances, I have been impressed by the number of PB's over the season. Congratulations to Jude Thomas for being Athletics Australia Junior Male Athlete of the year, well deserved.

The Covid-19 virus restrictions have eased on lots of things and it is getting back to a better way of life. We all have to abide by regulations as we are all in this together. Stay safe and well

The AGM is to be held on the 29th May 2022 at Brothers Leagues Club, Ipswich and all positions will become vacant, be sure to get a nomination form at the clubhouse so you may be part of the club committee.

This is the link for the club's FB page, if you are a member or parent of an athlete you will be given acceptance as this is a closed group, here it is; <http://www.facebook.com/groups/ipswichathletics>

Vic

Committee Notes

Our next Monthly committee meeting is on **Tuesday 24th May 2022** at 7pm. All welcome.

Just a Thought'

I've learned He who has health, has hope;
and he who has hope, has everything.

Club Training Nights

Monday nights and Wednesday nights 6.30pm to 8.30pm **(Covid-19 safe practices to be adhered to by all).**

Any other training sessions can be arranged with your Coach.

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

Australian Athletics Championships

Sydney hosted the Australian Track and Field Championships from the 26th March to 3rd April 2022 in a covid safe environment with more than 3500 athletes competing. It was great to see so many PB's set at these championships by our club members, this was achieved with highs and lows in a competitive environment.



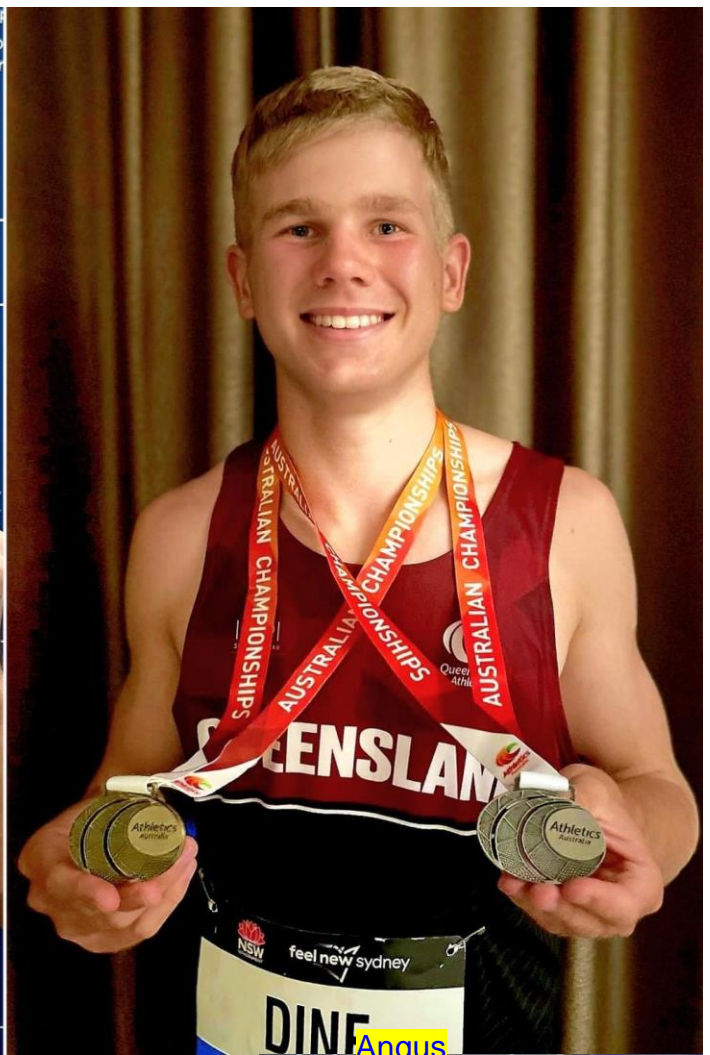
The Coaches, parents and friends provided the support every athlete needed.

Acacia Wohlsen	U14yrs	100m	8 th	13.30	12.96 heat
		4 x 100m Relay	3rd	51.12	
Addison Farinazzo	U14yrs	100m	24 th	13.28	
		200m	18 th	27.54	
		400m	7 th	61.59	
		Long Jump	10 th	4.71m	
		4 x 100m Relay	3rd	51.12	
Isabella Willshire	U15yrs	400m	15 th	62.74	
Mackenzie Crowley	U15yrs	Shot Put	8 th	11.84m	PB
		Javelin	17 th	28.35m	
		Hammer Throw	ND		
Holly-Maree Matthew	U15yrs	3000m	20 th	10.48.84	
Indiana Platen	U15yrs	90m Hurdles	=25 th	15.01	
		200m Hurdles	18 th	32.46	
		High Jump	5 th	1.50m	
Olivia Windolf	U15yrs	Shot Put	4 th	12.56m	PB
		Discus	6 th	35.38m	
		Javelin	4 th	36.04m	
Abbie Severinsen	U16yrs	90m Hurdles	21 st	14.27	PB
Allira Takau	U16yrs	Shot Put	1st	14.70m	
Hayley Condon	U16yrs	Discus	13 th	30.97m	
		Shot Put	9 th	11.30m	
		Hammer Throw	4 th	42.06m	PB
Toby Stolberg	U17yrs	High Jump	2nd	1.69m	
	Open	High Jump	5 th	1.65m	
Charlize Goody	U17yrs	Shot Put	2nd	14.04m	
		100m Hurdles	21 st	16.89	
		High Jump	7 th	1.60m	
		Discus	1st	45.78m	
		Javelin	2nd	45.74m	
	Open	Hammer Throw	15 th	42.78m	

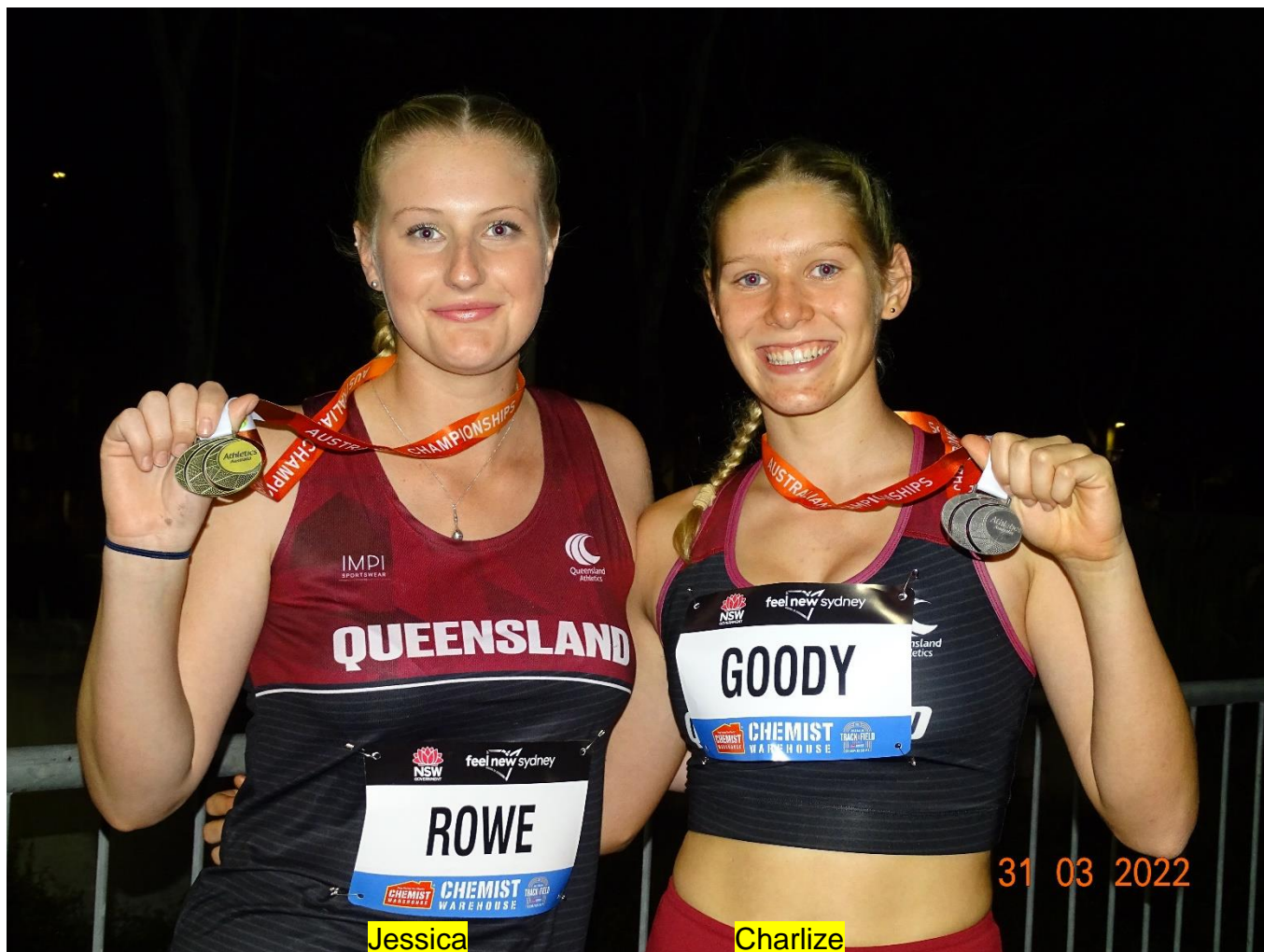
Lily Vine	U17yrs	100m	13 th	12.74	
		Long Jump	7 th	5.30m	
	U18yrs	4 x 100m Relay	DQ		
Aldora Tuilaepa	U18yrs	Hammer Throw	10 th	41.79m	
Sophie Wilkins	U18yrs	Shot Put	10 th	12.22m	
Jessica Rowe	U18yrs	Hammer Throw	1st	58.54m	
		Shot Put	7 th	13.79m	
Camryn Novinetz	U20yrs	10000m Walk	4 th	50.10.78	WJQ
Laylani Va'ai	U20yrs	Shot Put	12 th	10.95m	
		Discus	2nd	46.90m	
Jade Lally	Open	Discus	1st	59.29m	
Dakota Stewart	U14yrs	1500m	18 th	4.27.18	
		2000m Steeplechase	8 th	7.00.53	
Simeon Anstey	U14yrs	100m	11 th	12.68	Heat 25.41
		200m	8 th	25.64	
		4 x 100m Relay	DQ		
Angus Dine	U15yrs	100m	1st	11.37	Heat 11.24 PB
		200m	DQ		
		Triple Jump	5 th	12.31m	
		4 x 100m Relay	2nd	43.86	
Daniel Harlow	U15yrs	100m Hurdles	1st	13.75	PB
		200m Hurdles	1st	26.92	PB
		Long Jump	4 th	6.02m	
		High Jump	6 th	1.75m	
Joel Jakimowicz	U15yrs	100m Hurdles	17 th	15.86	
	U15yrs	200m Hurdles	18 th	30.94	
Ethan Platen	U17yrs	400m	16 th	53.53	
Kobe Blake	U17yrs	400m Hurdles	8 th	61.43	PB
		2000m Steeplechase	14 th	7.08.65	
Ky Dalby	U18yrs	Discus	8 th	39.67m	PB
		Javelin	8 th	34.21m	
Jaime Van Rensburg	U20yrs	Hammer Throw	9 th	48.15m	
Zane Paterson	U20yrs	High Jump	=2nd	2.00m	
Jude Thomas	Open	1500m	5 th	3.44.43	Heat 3.43.45

2021 3 Gold 2 Silver 3 Bronze medals

2022 7 Gold 6 Silver 2 Bronze medals.



02 04 2022



Jessica

Charlize



Charlize

Path of Champions

Launched in 1994 at the opening of the Athletic Centre, the Path of Champions recognises New South Wales track and field athletes who have contributed to Australia's sporting excellence. Path of Champions athletes are Olympic or World Athletics Championship gold medallists or have broken a world record in their field. All Path of Champions athletes are commemorated with a bronze plaque in the Athletic Centre forecourt.

NICK WINTER

Olympic Champion	1924 Paris	Triple Jump	15.52m
World Record	1924 Paris	Triple Jump	

JACK METCALFE

World Record	1935 Sydney	Triple Jump	15.78m
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MARJORIE JACKSON AC MBE

Olympic Champion	1952 Helsinki	100 Metres	
	1952 Helsinki	200 Metres	
World Records	1950 Adelaide	100 Yards	10.8
	1950 Auckland	100 Yards	10.8
	1950 Auckland	220 Yards	24.3
	1950 Newcastle	100 Yards	10.7
	1952 Sydney	100 Yards	10.4
	1952 London	4x100 Yards Relay heat	46.9
	1952 London	4x100 Yards Relay	46.3
	1952 Helsinki	100m Metres	23.6
	1952 Helsinki	200 Metres heat	23.4
	1952 Helsinki	200 Metres semi-final	46.1
	1952 Helsinki	4x100 Metres Relay heat	11.4
	1952 Gifu	100 Metres	24.0
	1954 Vancouver	220 Yards	

PHYLLIS CUTHBERT AC MBE

Olympic Champion	1956 Melbourne	100 Metres	
	1956 Melbourne	200 Metres	
	1956 Melbourne	4x100 Metres Relay	
	1964 Tokyo	400 Metres	23.2
World Records	1956 Sydney	200 Metres	44.9
	1956 Melbourne	4x100 Metres Relay heat	44.5
	1956 Melbourne	4x100 Metres Relay	45.6
	1956 Sydney	4x200 Yards Relay	1:36.3
	1956 Sydney	220 Yards	23.6
	1958 Perth	100 Yards	10.4
	1958 Sydney	220 Yards	23.5
	1958 Sydney	440 Yards	54.3
	1959 Sydney	440 Yards	54.3

02 04 2022







Addison



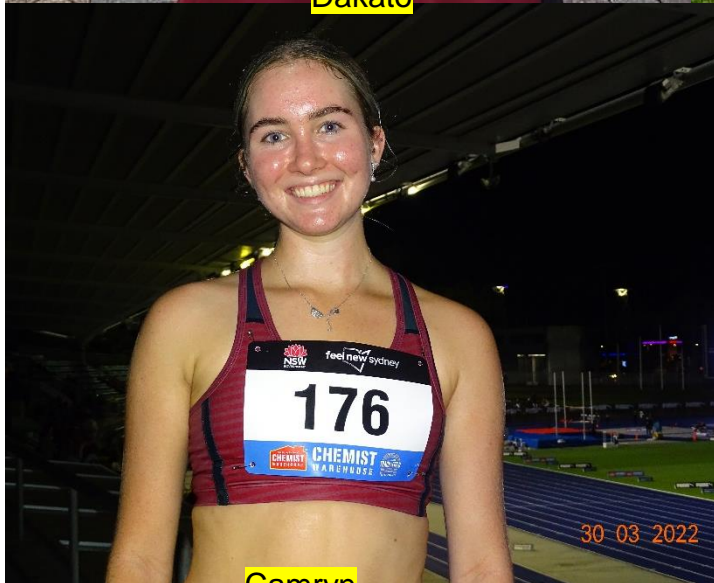
Joel



Dakato



Abbie



Camryn



Camryn in action walking to a WJQ



Jude



Michael getting tips on photography



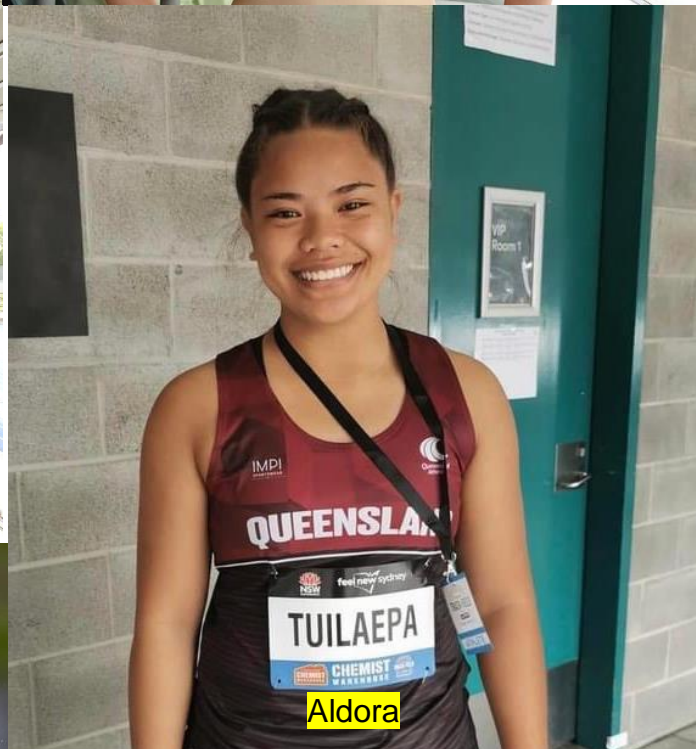
Holly-Maree



Isabella



Lily



Aldora



Simeon



Sophie



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**UNIVERSITY
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QUEENSLAND**



Mackenzie all fired up



Mackenzie in Action



Jaime Van Rensburg



Indiana

28 03 2022



Ethan

31-03-2022



Kobe

03 04 2022



Ky

02 04 2022



Olivia



Olivia in action



Hayley Condon in action



Jude



IDAC Team supporters



IDAC Team Dining Out

Brisbane Track Classic – Continental Tour



2:25pm Men's Javelin	3:57pm Men's 1500m
2:25pm Men's D 100m	4:00pm Men's Long Jump
2:28pm Women's Long Jump	4:05pm Women's Javelin
2:31pm Men's C 100m	4:06pm Women's 1500m
2:31pm Men's High Jump	4:15pm Men's Shot Put
2:34pm Women's C 100m	4:16pm Men's 110m Hurdles
2:45pm Men's Para/local 1500m	4:24pm Women's 100m Hurdles
3:05pm Women's B 100m	4:31pm Women's B 200m
3:10pm Men's B 100m	4:36pm Men's B 200m
3:17pm Men's Para AMB 100m	4:42pm Women's A 200m
3:24pm Women's 100m	4:49pm Men's A 200m
3:36pm Men's A 100m	4:56pm Women's 800m
3:43pm Women's 400m	5:08pm Men's 800m
3:50pm Men's 400m	

WORLD ATHLETICS™

 **Continental Tour SILVER**

It was fabulous to have two members competing at this iconic event on Saturday afternoon 9th April 2022 at QSAC.

Zane Paterson Open High Jump 6th 2.00m

Jude Thomas Open 1500m **2nd** 3.41.11 **PB**

Congratulations are in order as **Jude Thomas** has been awarded the Male Junior Athlete of the year by Athletics Australia, a prestigious achievement.



**MALE JUNIOR
ATHLETE OF THE YEAR**

**JUDE
THOMAS**


**Athletics
Australia**

Congratulations

At the 2022 Australian Masters Athletics Championships 1st-4th April 2022 at QSAC, Club members who are also members Queensland Masters brought home a pile of medals that could sink a ship, well done everyone.

Miranda Ramsden	35-39yrs	Shot Put	2 nd	9.46m
		Discus	3 rd	22.74m
		Hammer Throw	2 nd	24.26m
		Javelin	4 th	21.13m
		Weight Throw	2 nd	9.29m
		Shot Put Pentathlon	1 st	9.51m
		Discus Pentathlon	1 st	22.71m
		Hammer Throw Pentathlon	2 nd	24.76m
		Javelin Pentathlon	1 st	20.25m
		Weight Throw Pentathlon	1 st	9.52m
		Throws Pentathlon	1 st	2126pts



Miranda

Janet Webber	45-49yrs	60m	6 th	8.99
		100m	8 th	14.63
		200m	7 th	29.91
		80m Hurdles	1 st	15.46
		4 x 100m	4 th	58.65
		4 x 400m Relay	1 st	4.18.24
		High Jump	2 nd	1.36m
		Long Jump	3 rd	4.11m
		Javelin	2 nd	26.03m



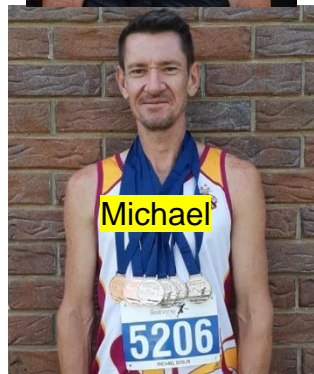
Janet

Patrick McCarthy	35-39yrs	60m	2 nd	7.73
		100m	2 nd	11.82
		4 x 100m Relay	1 st	46.48
		Long Jump	1 st	5.91m
		Shot Put	3 rd	9.93m



Patrick

Michael Berlin	50-54yrs	60m	5 th	7.71
		100m	2 nd	11.85
		200m	3 rd	24.16
		400m	6 th	56.40
		High Jump	2 nd	1.58m
		Long Jump	2 nd	5.39m



Michael



Club Members, Happy April Birthdays

Theresa (Marty) Stolberg

Xander Paterson

Mackenzie Crowley

Rochelle Carrick

Hallam Cooper

Teagan Hanlon

Michael Berlin

Holly-Maree Matthew

Rachel McNamara

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:

Ladies Crop Top	\$32.00
Bummers / Bike pants	\$40.00
Singlet	\$30.00
Shorts	\$44.00
Polo – Short Sleeves	\$46.00
Polo – Long Sleeves	\$57.00
Hoodie	\$77.00
Tracksuit Pants	\$72.00
Coach Jacket	\$82.00

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

Answer to the Question

The winners of the **March** question were

Harsith Rameshkumar

The correct answer was: **"HALF"**

A new question is as follows:

Always old, sometimes new. Never sad, sometimes blue. Never empty, sometimes full. Never pushing, always pulling.

What am I?

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

Email: - vgpascoe1@bigpond.com

Ipswich Parents and Old Boys

Many thanks to one of our sponsors, the Ipswich Parents and Old Boys for supporting our junior athletes to the tune of \$1,000 who attended the 2022 Australian Athletic Championships, Sydney.

CLUB BREAKUP

Please note that the Club is to hold its annual **Trophy Breakup** at **10.30am** for an **11.00am start** on **Sunday 29th May 2022** at Brothers Leagues Club, Raceview. Many trophies are given out on this day, so please support all of our members.

Covid-19 restrictions have eased but any regulations must be adhered to for this event.

I encourage all club members be available on this special day.

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.

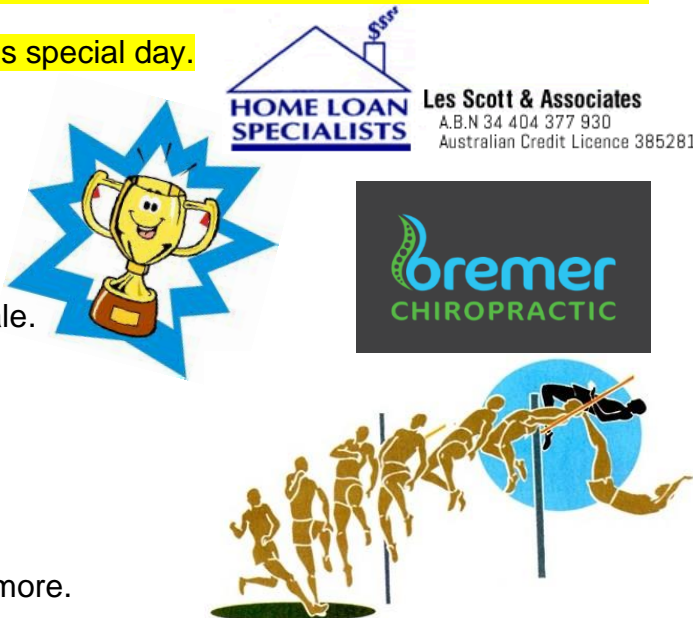
Club volunteer award.

Highest points for various categories and many more.

It is very important for all award winners to be present on the day. It provides inspiration to others as well as to our sponsors.

Our Club's Annual General Meeting will be held and **all positions** are declared vacant and this is your opportunity to become part of the Committee to support this great club.

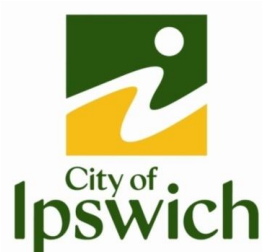
Nomination forms for positions are available at the Clubhouse.



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 and Encouragement award. **Please phone Vic on 0409 754 884.**



Oceania Championships

Our Club has paid up for an U16yrs team to compete at the Oceania Championships to be staged in Mackay from 7th – 11th June 2022.

Brad Robinson and **Shaun Crowley** are the team managers and have been working hard to get a complete team together. If you want to be part of this team please contact Brad on **0423 921 615** or Shaun on **0410 023 452** as well as at the Club on training nights as soon as possible as final numbers have to be in by Friday May 6th 2022.

World Junior Championships – Cali, Columbia

Congratulations are in order for Club members Laylani Va'ai and Toby Stolberg to have been selected for these U20yrs Championships, Laylani is Discus and Toby is High Jump.

Both these athletes have a Go Fund me page, please support.



Laylani Va'ai



Toby Stolberg



Rotary Club of Ipswich City



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Stawell Gift – Victoria

Being part of the fantastic atmosphere at the 2022 Stawell Gift of 140yrs celebration over the Easter weekend saw Club members **Liz Melrose** and **Patrick McCarthey** having a go. Even though they did not advance to the finals (lots of competition), they did the club proud by just participating and enjoying the experience. The Stawell Gift is at the Stawell Athletic Club on grass.

It's a bucket list thing to do for everyone, I thoroughly enjoyed spectacular event and hope to see more in the future.

It is interesting to note that a country town of Victoria, Stawell has a population of just over 6000 people and yet they have a tartan track for their athletes to train on, it's a shame that we do not.



Liz Melrose



Patrick McCarthey



The tartan track at Stawell Amateur Athletics Club