



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

Ph: 0409 754 884

Newsletter

30th April 2024

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.

Help in the Canteen is required for the GPS Cross Country on Thursday 16th May 2024.

Brisbane X-Country Series 5 is being held in Limestone Park and we are the hosts, volunteers of 8-10 are needed to assist as course marshals as well as the canteen.

The AGM is to be held on the 26th May 2024 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 28th May 2024** at 7.30pm.

Just a Thought'

I've learned Life has many lessons, and
humility is high on the list.

Club Training Nights

Monday nights and Wednesday nights are **6.15pm to 8.30pm.**

Any other training sessions can be arranged with your Coach.

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

Australian Masters T & F Championships, Hobart 29th March – 1st April 2024

Several Club athletes who ventured to these championships did amazing performances.

Janet Webber	45-49	Javelin	1 st	29.40m
		High Jump	1 st	1.45m
		4 x 100m Relay	5 th	58.40

Leanne Hilton	55-59	Shot Put	7 th	9.32m
		Weight throw	4 th	9.59m

QLD Official over the weekend of competition, well done.

Arthur Rowe (Former Club President)	80-84	60m	1 st	10.00
		100m	2 nd	15.99
		200m	1 st	34.22
		400m	1 st	1.27.92

Jo Harlow Official Photographer for the QLD team and others.



Australian Athletics Championships

11th April – 19th April 2024

Overall, the club performance was highlighted by our medalists, however everyone else have worked really hard to get to this level and it is an awesome achievement competing against the best in Australia. Plenty of praise must go to coaches Michael Moore, Marty Stolberg, Ted Ruben, Darin Coombs, Brad Robinson and Vic Pascoe doing a great job in producing athletes of this caliber, congratulations to everyone. This is an outstanding group of athletes and many will be stars of the future.

Mila Josipovic	U13	Shot Put	5 th	9.72m	
		Javelin	9 th	27.36	
		Discus	4 th	33.18m	PB
Sophie Allen	U13	100m	12 th	13.94	
		400m	12 th	68.35	
		4 x 100m Relay	2nd	51.76	
Abbey Crocker	U14	Discus	1st	37.39m	PB
		Javelin	3rd	37.64m	
Diva Ejembi	U14	High Jump	2nd	1.65m	PB
Emily Bolden	U14	Hammer	9 th	25.75m	PB
Christina Tukuafu	U15	Discus	2nd	39.63m	PB
		Javelin	6 th	36.13m	
		Shot Put	13 th	10.64m	
Ruby Bohan	U15	Discus	14 th	31.90m	
		Javelin	3rd	41.39m	PB
Sasha Josipovic	U15	2000m Steeplechase	DNF		
Jenali Bolden	U16	Discus	3rd	39.66m	
	U18	Discus	5 th	40.34m	PB
Addison Farinazzo	U16	90m Hurdles	5 th	13.30	
		200m Hurdles	2nd	28.99	
		Long Jump	9 th	5.26m	
Indiana Platen	U17	100m Hurdles	12 th	15.47	
		Heptathlon	5 th	4281pts	PB
Katelyn Pretorius	U17	100m Hurdles	16 th	16.03	
Saskia Josipovic	U17	Discus	3rd	44.83m	
		Shot Put	4 th	14.03m	
	U20	Discus	6 th	45.62m	
Elke McAuley	U17	800m	21 st	2.21.29	
		2000m Steeplechase	11 th	7.51.64	
Coevinar Tukuafu	U18	Shot Put	4 th	13.81m	
	U20	Shot Put	4 th	12.35m	

Monique Williams	U18	Shot Put	9 th	12.52m	
		Long Jump	5 th	5.72m	PB
		Heptathlon	1st	5045pts	PB
Abbie Severinsen	U18	Heptathlon	14 th	3760pts	
Hayley Condon	U18	Shot Put	10 th	12.45m	
		Hammer Throw	8 th	45.06m	
Allira Takau	U18	Shot Put	1st	17.27m	PB Chp & National Rec
	U20	Shot Put	2nd	15.14m	PB & WJQ
Toby Stolberg	U20	High Jump	2nd	1.75m	
Jessica Rowe	U20	Hammer	3rd	51.67m	
Charlize Goody	U20	Discus	3rd	50.61m	
		Javelin	2nd	46.80m	
	Open	Discus	2nd	52.30m	PB & WJQ
Claire Gouws	U20	Triple Jump	8 th	11.35m	
	Open	Triple Jump	NM		
Hudson Severinsen	U13	Shot Put	4 th	12.41m	PB
		Discus	3rd	39.43m	PB
Jonte Tukuafu	U13	Shot Put	1st	14.58m	PB Chp Record
		Discus	2nd	44.21m	PB
Conor Mathewson	U14	1500m	13 th	4.34.78	
Harsith Rameshkumar	U14	Triple Jump	6 th	11.10m	PB
		90m Hurdles	5 th	14.15	PB
Dakota Stewart	U17	2000m Steeplechase	4 th	6.10.69	PB
Sebastien Arnold	U18	Triple Jump	8 th	13.15m	
Lachlan Wendt	U18	Javelin	8 th	51.76m	
Kobe Blake	U18	110m Hurdles	11 th	15.62	
		400m Hurdles	5 th	55.68	
Cooper Blake	U18	400m Hurdles	7 th	57.89m	PB
Chris Costello	U20	High Jump	=18 th	1.85m	=PB
Stefan Brits	U20	Discus	11 th	45.06m	
Jude Thomas	Open	5000m	14 th	14.02.40	

This year, they are such an awesome group of athletes along with their parents and friends supporting them on each competition day, congratulations and well done to everyone! With the colder climate and windy conditions our athletes performed remarkably.

2024

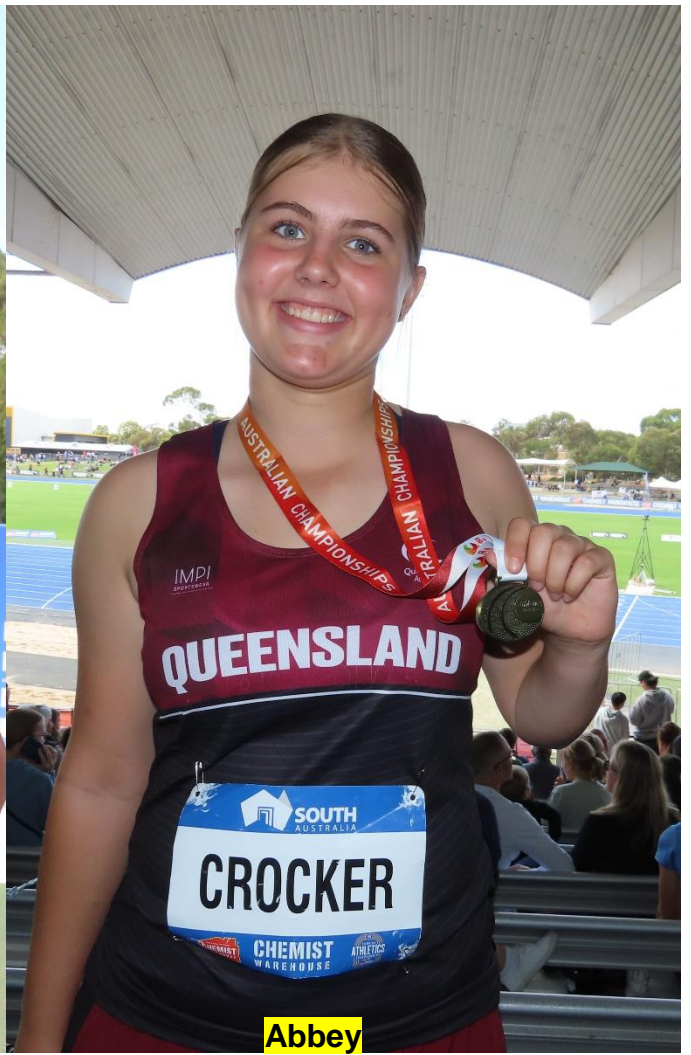
4 Gold

9 Silver

7 Bronze medals



Allira



Abbey



Jonte



Monique



Addison



Charlize



Christina



Diva



Jessica



Ruby



Saskia



TOBY



Sophie



Claire

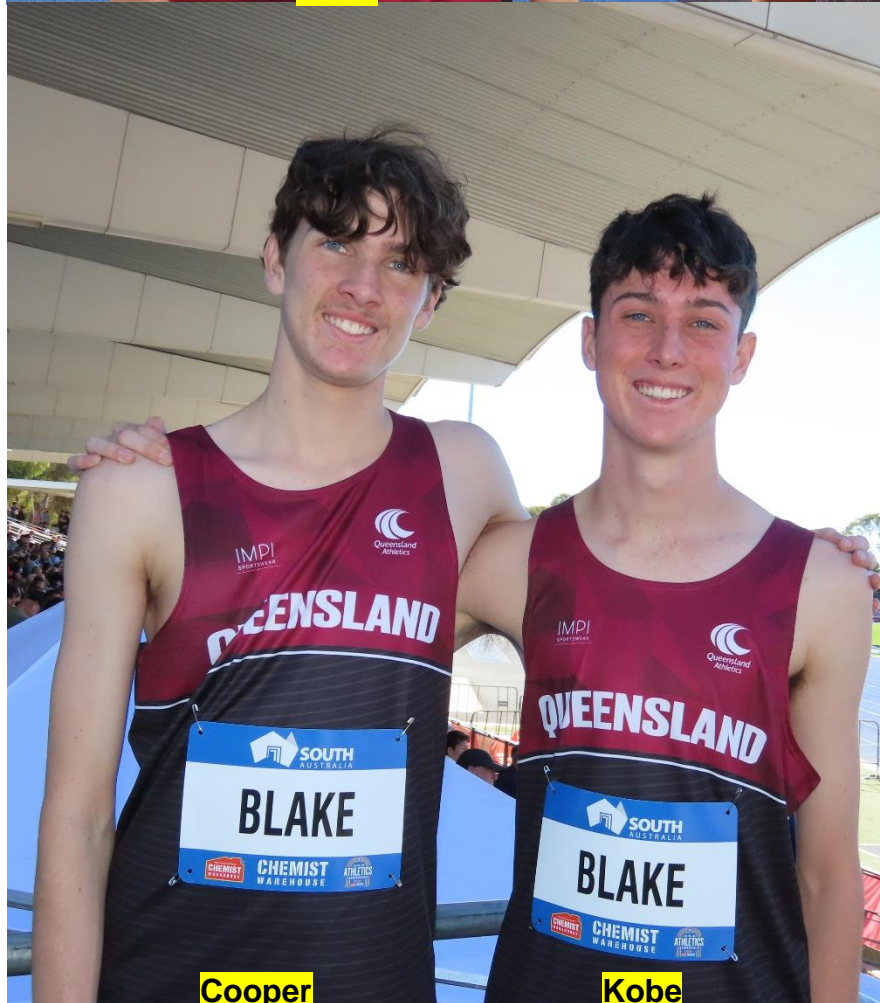


Hudson



Jonte

18/04/2024





Harsith



Conor



Elke



Lachlan



Stefan



Hayley



Indiana

Monique

15/04/2024

Shot Putters



Allira

Monique

Hayley

Coevinier



Charlize

Saskia

UniSport National Athletics Championships, Runaway Bay 24-26 April 2024 Gold Coast Performance Centre

Club athletes did very well over the past weekend with some impressive performances in blustery wind conditions, congratulations everyone.

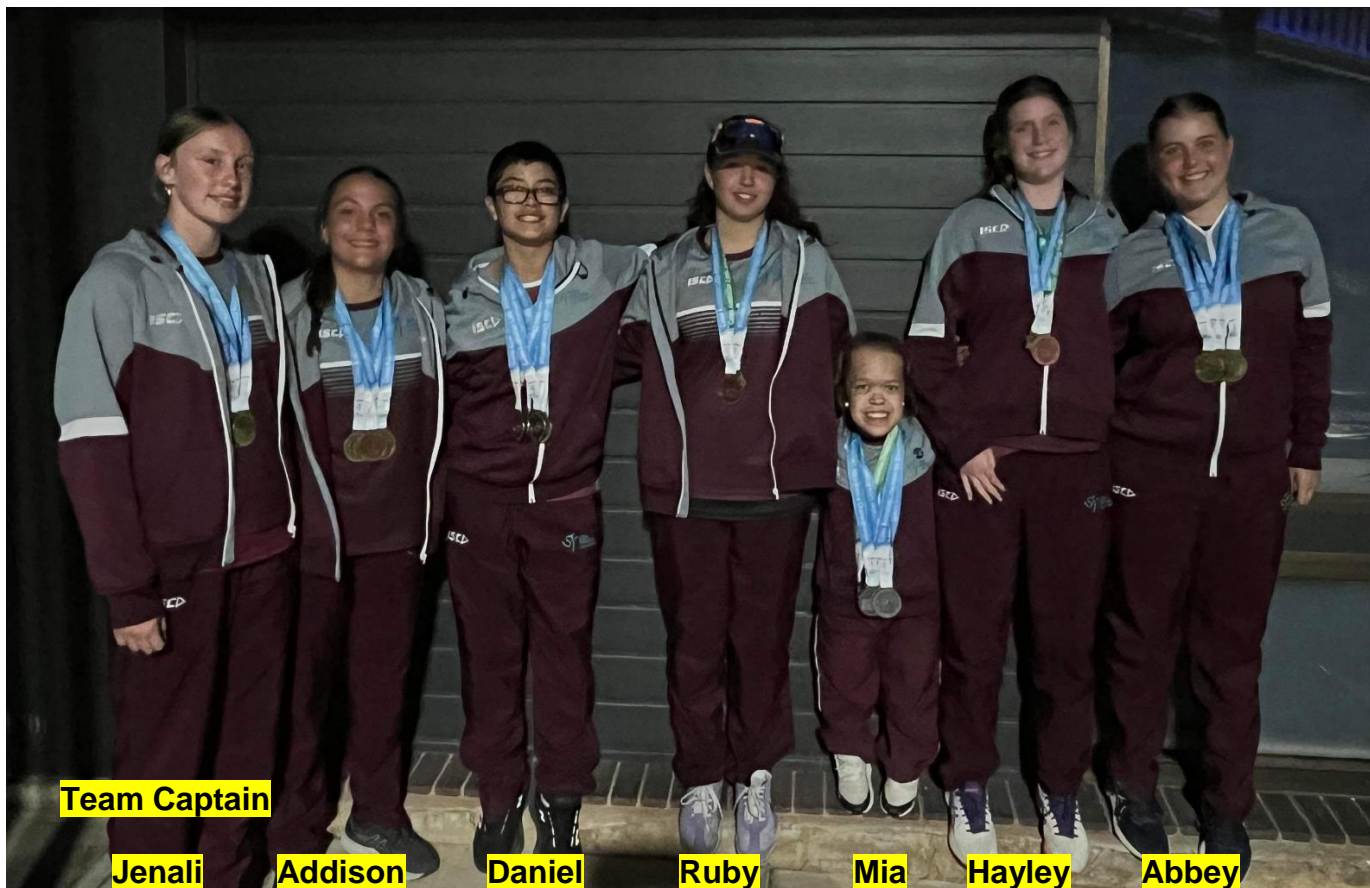
Toby Stolberg	High Jump	1 st	1.82m.	WJQ
Charlize Goody	Discus	1 st	47.87m	
	Javelin	5 th	43.93m	
Kobe Blake	110m Hurdles	3 rd	16.10	
	400m Hurdles	7 th	56.49	Final A
Cooper Blake	400m Hurdles	2 nd	58.47	Final B
	High Jump	14 th	1.80m	
Erin Wright	100m Hurdles	4 th	14.52	

Little Athletics Australian Championships, Adelaide 26-28 April 2024

Some great performances from our club athletes who are the future of our sport, congratulations.

Jenali Bolden	Team Captain	Shot Put	1 st	
		Discus	1 st	
Addison Farinazzo		300m Hurdles	1 st	National Record
		90m Hurdles	1 st	
		Long Jump	3 rd	
Mia Kertesz T/F40		200m	2 nd	National Record
		400m	2 nd	National Record
		100m	2 nd	
		Discus	2 nd	
Abbey Crocker		Discus	1 st	PB
		Shot Put	1 st	PB
		Javelin	1 st	PB
Hayley Windolf		Shot Put	3 rd	
		Discus	4 th	
Harsith Rameshkumar		4 x 100m Relay	3 rd	
		80m Hurdles	5 th	PB
		Triple Jump	5 th	
Ruby Bohan		Javelin	3 rd	
		Discus	7 th	

Photo supplied by Deanne Kertesz.



Team Captain

Jenali

Addison

Daniel

Ruby

Mia

Hayley

Abbey



Les Scott & Associates
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**UNIVERSITY
OF SOUTHERN
QUEENSLAND**

Club Photographers



Jodie-Anne Harlow



Michael Thomas

Club Members, Happy April Birthdays

Theresa (Marty) Stolberg Ryan Gaunt Noah Jonker
Tyler Rundell Viliami Tuli Ezekiel Tusa Teagan Hanlon
Deanne Kertesz Holly-Maree Matthew Benjamin Keen
Michael Berlin Tahlia Noon Christina Tukuafu Hayley Wainwright

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	\$40.00
Ladies shorts/bike pants	\$40.00
Singlet	\$34.00
Men Shorts	\$52.00
Polo – Short Sleeves	\$57.00
Polo – Long Sleeves	\$62.00
Hoodie no zip	\$50.00
Hoodie with zip	\$77.00
Leggings	\$67.00
Tracksuit Pants	\$75.00
Coach Jacket	\$85.00

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

Answer to the Question

The winner of the **March** question were **No Correct Answers.**

The correct answer was: **"12 steaks"**

A new question is as follows:

Which 3 letter word can be placed before all the words in this list, to make 3 new words?

Fish
Hay
Walk

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 \$2,000 who attended the 2024 Junior Australian Athletic Championships, Adelaide.

CLUB BREAKUP

Please note that the Club is to hold its annual **Trophy Breakup** at **10.40am** for an **11.00am start** on **Sunday 26th May 2024** at Brothers Leagues Club, Raceview. Many trophies are given out on this day, so please support all of our members.

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.**

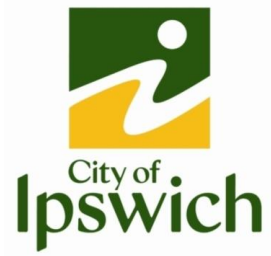
There is an old fridge at the club house which is being given away for free. It is in working order. Please contact Vic.



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