



P O Box 220, Booval Qld 4304

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Website: <http://www.ipswichathletics.org.au>

## Newsletter

29<sup>th</sup> August 2019

### PRESIDENT'S MESSAGE:

With new PB's set by members over the past few meets it was exciting that the 10-12yrs State championships produced even more. Now is the time to train smarter and prepare well for the 10-12ys Australian Championships 18-23 September 2019 in Darwin. With the 13-19yrs All Schools State Championships in 19<sup>th</sup> – 22<sup>nd</sup> October 2019 in Cairns there will be some great results.

Well done to all the Coaches, Brad, Mick, Ted, Darin, Connor and Theresa (Marty).

A special thanks to all the volunteers who helped on our most important fund raising days, the IHF Park2Park, GPS X-Country and the 38<sup>th</sup> Winter Carnival.

The 38<sup>th</sup> Winter Carnival was a great success and I thank all the officials / volunteers for making this Carnival awesome. Without sponsors the event would not happen and I sincerely thank each and every one for their support as all funds help our athletes to meet their future goals.

The new season events start in October and we have to register on-line. The season runs from 1<sup>st</sup> October 2019 to 30<sup>th</sup> September 2020. Reregistering is not open yet but will be soon, affiliation with QA has been completed.

Vic

### Congratulations!



The Park2Park was a successful event for the Ipswich Hospital Foundation as almost 1800 people competed in the **Half Marathon**, **10km**, **5km Run**, **5km Walk** and the **Half Marathon Relay** with funds going to West Moreton Hospital and Health Service..

Our Club supports this amazing event having a food stall on site and a number of runners competing. It was an excellent day for all.



An Amazing Crew



Club members who did well are listed with nett times;

## ½ Marathon

<b>Tamara Carvolth</b>	1.21.51	2 <sup>nd</sup> overall	1 <sup>st</sup> Open Women (Former Club Champion)	
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## 10km Run

<b>Alex Davies</b>	35.45	2 <sup>nd</sup> overall	1 <sup>st</sup> U/18yrs	
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## 5km Run

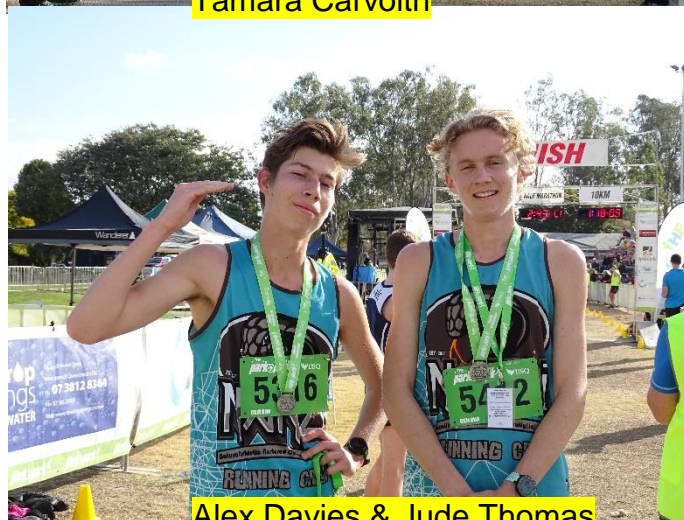
<b>Jude Thomas</b>	15.52 <b>record</b>	1 <sup>st</sup> overall	1 <sup>st</sup> U/18yrs	17 seconds faster than last year
<b>Camryn Novinetz</b>	20.41	7 <sup>th</sup> overall	2 <sup>nd</sup> U/16	53 seconds faster than last year
<b>Rylee Novinetz</b>	22.17	18 <sup>th</sup> overall	1 <sup>st</sup> U/13yrs	
<b>Charlize Goody</b>	28.03	90 <sup>th</sup> overall	10 <sup>th</sup> U/16yrs	still 13yrs
<b>Quin Venz</b>	29.51	125 <sup>th</sup> overall	14 <sup>th</sup> U/16yrs	



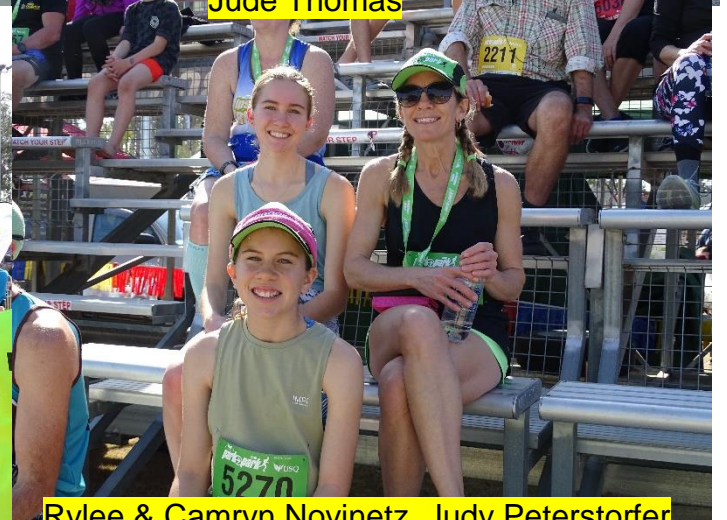
**Tamara Carvolth**



**Jude Thomas**



**Alex Davies & Jude Thomas**



**Rylee & Camryn Novinetz, Judy Peterstorfer**

## Committee Notes

Our next Monthly committee meeting is on **Tuesday 24<sup>th</sup> September 2019** at 7pm. All welcome.

# Happy August Birthdays

*Kacey Walker*

*Tiffany Hubner*

*Amazing Grace Raeli*

*Brad Duxbury*

*Jay Csurhes*

*Zane Paterson*

*Joshua Carrick*

*William Teys*

*Jordan Manteit*

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## QLD Road Walk Championships, Ipswich – 27<sup>th</sup> July 2019

**Cameryn Novinetz**      U/18yrs      5km Walk      1<sup>st</sup>      24.42

This is a totally different scenario to walking in a track meet where everything is even, a marvelous performance, well done.

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## QLD Cross Country Championships

Three athletes ventured to the Maleny Golf Course, Maleny QLD on Saturday 28<sup>th</sup> July 2019. It was a warm winter's day on a grueling hilly course which tested the mettle of all runners.

Holly-Maree Matthew      U/12yrs      3km      5<sup>th</sup>      13.20

Ella Lane      U/16yrs      4km      8<sup>th</sup>      16.10

Harry Wilson      U/20yrs      8km      8<sup>th</sup>      29.55



Holly-Maree Matthew



Harry Wilson

photo needed.

Ella Lane

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*Just a Thought'*

**I've learned that....**

**In all things it is better to hope than to despair.**

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# Track & Field

All Track and Field events are now scheduled on the Queensland Athletics website

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

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

The **Mulgowie Gift** is on Saturday 7<sup>th</sup> September 2019.

Arthur Postle "The Crimson Flash" Gift 14<sup>th</sup> September 2019, Pittsworth

## North Queensland Championships – Townsville

**When:** Friday 27<sup>th</sup> – Sunday 29<sup>th</sup> September 2019

**Entries close:** Wednesday 18<sup>th</sup> September. (Vic Pascoe is going)

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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

Old Stock is on sale at \$10-00 apiece. These can be used for training etc.



## 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.

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# THE 38<sup>th</sup> Winter Carnival

The Club appreciates and wishes to thank all the contributors/donations made out to Ipswich & District Athletic Club Inc. All funds raised assist our athletes in their future endeavours.

The Club also thanks the Queensland Athletics League officials / volunteers for their assistance throughout the day.

The Carnival turned out to be a wonderful day. The weather was excellent and it will go down in history as a memorable day.

A special thanks to **Paul Langton, Troy Smith** and **Melissa Smith** team of the **Ipswich Little Athletics Club** whose photo finish and electric timing was excellent in getting the results quickly to announcer **Graham Bannister**.

The 30<sup>th</sup> running of the **120m Lightning Gift** was sponsored by the **University of Southern Queensland**.

**Fejiro Omuvwie** came off 5.00m to win in superb style. **Fejiro** made sure this year as he ran third in this race last year.



Travis Iles, Samuel McArthur, Shemaiah James, Calab Law, Hayden Shoobridge & Fejiro Omuvwie







Thomas Coe, Oliver Maher, Jin Yoshikawa, Berise Jones & Mathis Limal

## **120m Back Markers Consolation Gift** sponsored by Geoff Jones Family

Geoff Jones was our first Life Member of the Club, a Club President and a wonderful dedicated and committed Coach. Geoff passed away April 2013. It is a magnificent gesture by his wife Berise and family for their ongoing support for this event. Berise Jones did the presentation.

The 120m back-markers gift was won brilliantly by **Jin Yoshikawa** starting off 5.00m.

## **WOMENS 120m Gift** sponsored by **Ipswich Hospital Foundation/Spine Street Studios.**

The 120m 16<sup>th</sup> Ladies Gift was won by **Georgia Harris** and she made full use of her handicap of 9.00m as her excited supporters cheered.



Stephanie Gebert, Elizabeth Melrose, Anastasia Neumann, Tia Guirguis, Beth Underwood & Georgia Harris



SPINE  
STREET  
STUDIOS



**U/18yrs Boys 70m Dash** sponsored by **Leisure Riders Touring Motorcycle Club**.

**Will Lancaster** off 10.00m won the U/18yrs boys 70m Gift in an exciting finish.



Kerryn Ryan, Conor Bowden, Thomas Coe, Alex Innes, Calab Law & Will Lancaster



Will Lancaster support team?







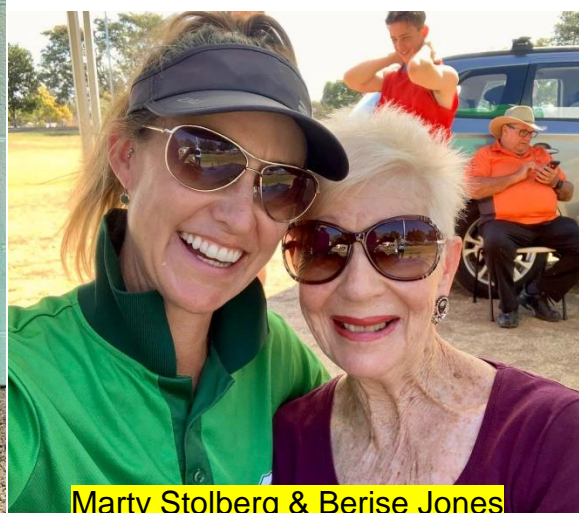
Lily Vine, Taya Beckers, Monique Williams, Ashleigh Caporn, Zara richters & Mikayla Hand

**U/18yrs Girls 70m Dash** sponsored by **Leisure Riders Touring Motorcycle Club.**

**Ashleigh Caporn** off 7.00m won the U/18yrs Girls 70m Gift in a very close finish where 0.004 seconds separated first and second with a further 0.002 back to third place, so exciting to watch.



Lois Kelly & Nargi Clark



Marty Stolberg & Berise Jones





Rochelle Carrick



Kylie Fouracre

Other Winter Carnival events produced 17 new records. This justifies the efforts of athletes to utilize this Carnival as a stepping stone to future endeavours. The results can be viewed at our website [www.ipswichathletics.org.au](http://www.ipswichathletics.org.au) along with videos of the gift races on U-tube. Please subscribe.

## Queensland Athletics Seasonal Fees.

This is a reminder that the 2019-2020 Membership is now open.

1<sup>st</sup> October 2019 – 30<sup>th</sup> September 2020. Just follow the link below, so easy.

<https://memberdesq.onesporttechnology.com/1776/org>



**\*\*\*\* Please note a Club fee is applicable when joining \*\*\*\***



# Australian Cross Country Championships

24<sup>th</sup> August 2019



Jude Thomas



Alex Davies



The winning Queensland Team

The weather was excellent but cold as the day went on at Kembla Grange, Wollongong where the Australian Cross Country Championships were held.

**Jude Thomas** finished with a Silver medal in the U/18yrs over 6km in 18 minutes and 26 seconds and also the Queensland Cross Country Team won the Gold Medal in which Jude Thomas was a member of the 5 x 3km race.

**Alex Davies** finished 43<sup>rd</sup> out of 114 runners in the 6km U/18yrs in a time of 20.00, Alex then ran 3<sup>rd</sup> in the U/18yrs 3km time trial in the good time of 9 minutes and 3 seconds.

The support team of parents and the Nanci running group made it a wonderful memorable occasion.

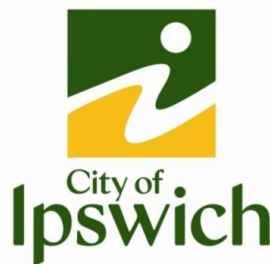
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## Brothers Kindred Club

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.**



IPSWICH | SPRINGFIELD



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### Answer to the Question

The winner of the **July** question was **Lily Vine**

The correct answer was: **"\$18-00"**

**A new question is as follows:**

I'm never there when you need me,  
For me you'll have to wait,  
I'll provide a wealth of knowledge,  
But always just too late,  
What am I?



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)



