



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

Ph: 0409 754 884

## Newsletter

28<sup>th</sup> February 2019

### President's Message:

It was a magnificent day of celebrations, 40yrs of Track & Field of our Club held at Brothers Leagues Club. The setting was excellent along with an amazing sit down meals for all who attended. Theresa (Marty) Stolberg set the tone with FB invitations and power point presentations on the day that lined up perfectly as speakers brought many memories of some great moments. When it comes to decorations and signage Rochelle Carrick is just a marvel. Other Committee members Tracey Biddell, Darin Coombs, Michael and Craig Thomas all contributed to making the day a complete success. Having some Sponsors come along made it an outstanding day.

It was a day of history when our Club announced Captains for Female and Male for the very first time, Elizabeth (Lizzy) Melrose and Benjamin Thomas. Their speeches on accepting the awards were outstanding with an emphasis on now and what the future holds for our Club, leaders in their own right. Well done congratulations. .... See Below for a few photos.

**A Canteen Convener is urgently required** for the GPS Cross Country event scheduled for Wednesday 29<sup>th</sup> May 2019, Park2Park fun run on Sunday 28<sup>th</sup> July 2019, AIC Cross Country and the 38<sup>th</sup> Winter Carnival on Sunday 25<sup>th</sup> August 2019. Please contact myself on 040 9754 884 so all relevant information can be passed on.

On behalf of the committee I thank the Ipswich Parents & Old Boys for sponsoring our juniors attending the Australian Track & Field Championships.

Also planning is underway for the 38<sup>th</sup> Annual Winter Carnival to be held on Sunday 25<sup>th</sup> August 2019. We are looking for potential sponsors who may want to support this Carnival. Please advise me on **0409 754 884** as we can provide information as to what's in it for them.

We are on **Facebook**, look for IDAC and Ipswich & District Athletic Club ..... it is for all our athletes and parents who are on FB. Just ask to join if not already a member.

*Vic.*

---

## Committee Notes

Our next Monthly committee meeting is on **Tuesday 26<sup>th</sup> March 2019** at 7pm. All welcome.

Just a reminder, our **AGM is on May 26th 2019** and all positions are vacant. This is a great opportunity for you put your hand up and be part of the committee. Nomination forms are available on training nights. Please register your name.

The **Awards Presentation** will also be held on this day.



## Queensland 3000m Championships – QSAC

Our club members had excellent results in the 3000m Queensland Championships held at QSAC, Brisbane on Saturday night 9/02/2019.

Age groups of U15, U/16, U/17, U/18yrs and Open were contested at these championships. A record number of over 185 athletes competed at this championship, a marvelous sight when you see at least 15 or more athletes in each race going for gold. Strategies and fitness are so important in achieving a great result, well done to all.

<b>Jude Thomas</b>	U/18yrs	3000m	<b>1<sup>st</sup></b>	8.42.68	<b>PB</b>
--------------------	---------	-------	-----------------------	---------	-----------

<b>Alex Davies</b>	U/18yrs	3000m	<b>3<sup>rd</sup></b>	8.45.40	<b>PB</b>
--------------------	---------	-------	-----------------------	---------	-----------

Jude raced well with a perfectly judged pace (his first time at this distance), looking very comfortable, but the way he kicked in the last lap was sensational going on to win the gold medal.

However his club mate and training partner Alex grabbed the bronze medal in a magnificent performance over the last 150m of the race after sitting on the pace throughout, this was an 18 second improvement on last year championships, a very exciting race.

Jude and Alex have now qualified for the Australian Athletics Championships in Sydney from the 1<sup>st</sup> to 7<sup>th</sup> April 2019 where the qualifying mark is 9.00.00 making them very competitive.

Jude and Alex run almost every Saturday morning in the 5km Ipswich Parkrun where they are regular place getters. Lots of fun is had at this event.

Both of these athletes have a bright future in middle distance running.

<b>Tamara Carvolth</b>	Open	3000m	<b>3<sup>rd</sup></b>	9.39.83	<b>PB</b>
------------------------	------	-------	-----------------------	---------	-----------

Having won this race two years ago it was still sensational as Tamara stormed home over the last 200m after sitting on the pace for much of the race setting a new **PB**.

Tamara has now qualified for the Australian Athletics Championships in Sydney from the 1<sup>st</sup> to 7<sup>th</sup> April 2019 where the qualifying mark is 9.55.00 making her very competitive.

Tamara was Club champion way back in 2007-08 when she competed at World X-Country championships. Her longevity in the sport is absolutely amazing.

Videos of both races are on Utube.

**Harry Wilson** ran superbly when he claimed 2<sup>nd</sup> position in the Open 3000m “C” division with a time of 9.29.11 after being well down in the placings during the early part and middle parts of the race. He is another young athlete (18yrs old this year) with a bright future in middle distance running. He would have learnt a lot from the experience in his first season of racing.

**Kiir Kiir** (20yrs) also ran in the Open “C” Division race and was placed 11<sup>th</sup> in a time of 10.08.13. Kiir is another who has to adapt to pace for this type of event. He has the ability.

**Quin Venz** (16yrs) was 14<sup>th</sup> in the U/17yrs Girls 3000m Championships with a time of 13.13.26, expect much improvement as she gains a better understanding of pace.



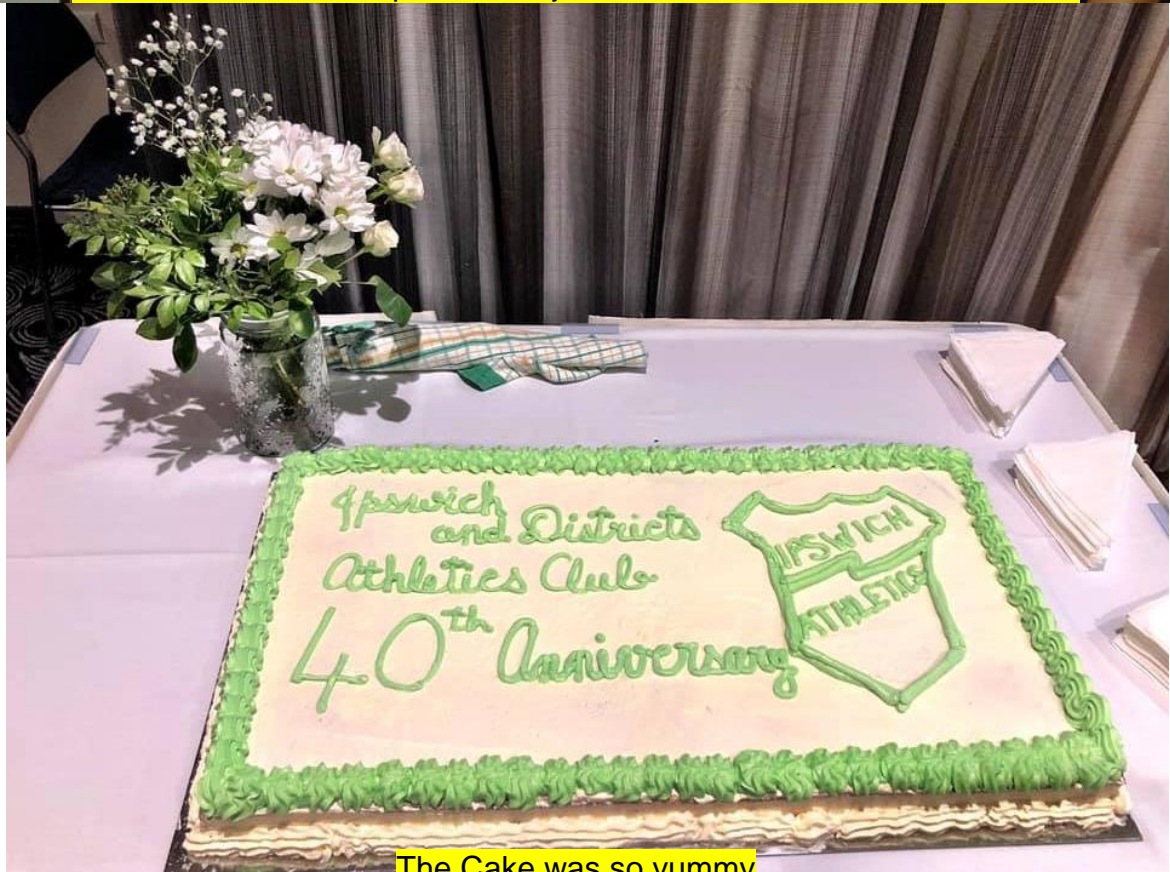
This team of athletes all have a wonderful future in the sport as the camaraderie really came to light over the competition. The support of parents and friends was absolutely marvelous and this goes a long way to make a great team, especially the cheering and screaming by family and friends.

Extraordinary performances inspired the Ipswich team when assisted by Coaches Peter Reeves and Connor O'Leary.





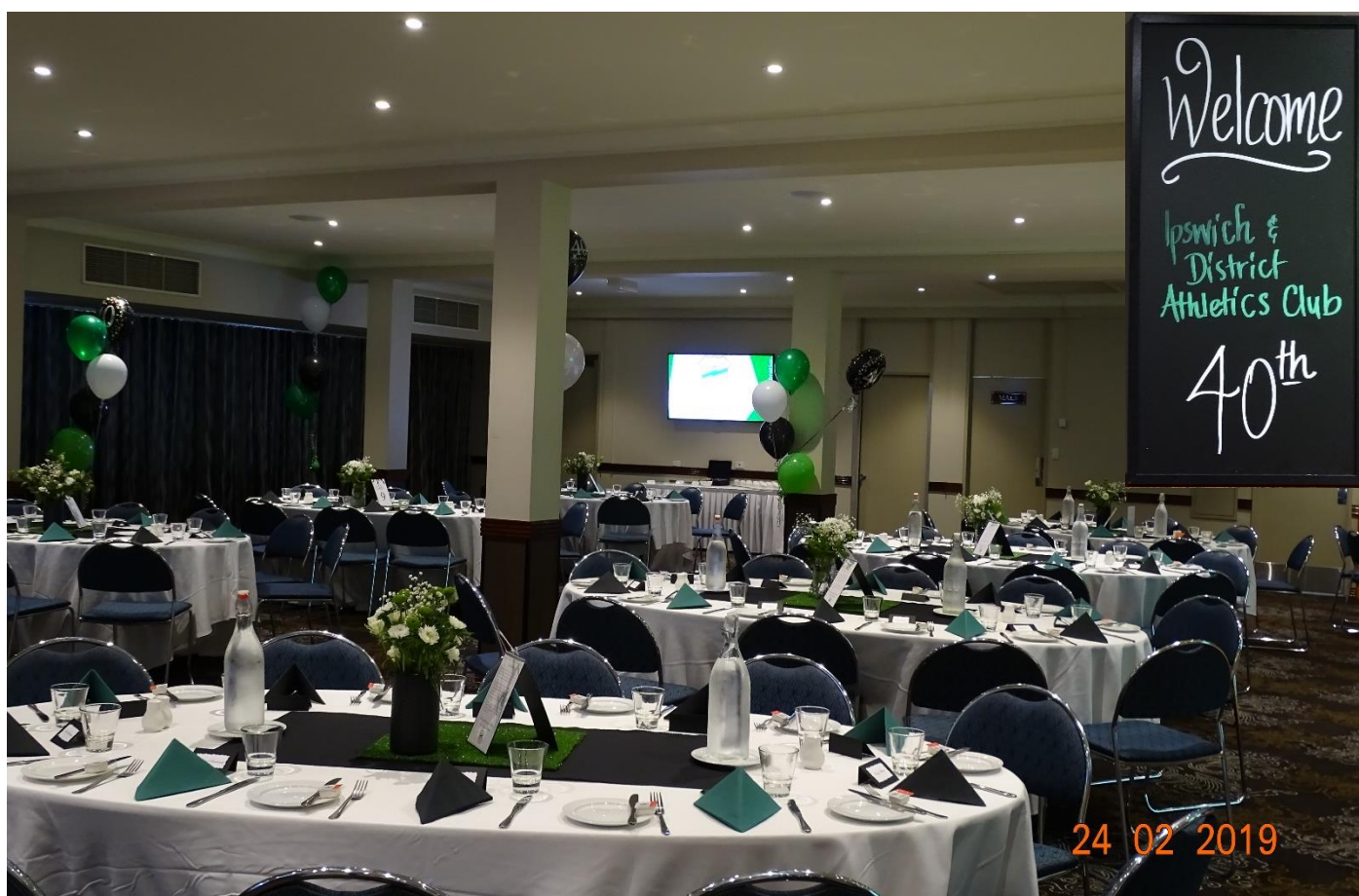
# Celebrating 40 years of Club History.







Souvenir Cups for sale, get yours at the Clubhouse on training nights, cost \$10.00



Wonderfully setup seating arrangements for the 40<sup>th</sup> IDAC celebrations at Brothers Leagues Club





Glenda Brown

Irene Dobbie

Ann Bell



Modeling old uniforms, Ben Thomas, Andrew Wheeler & Jude Thomas





Andrew McLean, Jason Jackman, Mark Sills, Arthur Rowe, Darin Coombs & Lynten Johnson



Carol & Geoff Price, Corrie, Belinda Kingston nee Hoonhout & Jerry Hoonhout & Helen Beckman nee Price





Joshua & Rochelle Carrick



Trish Kinnane & Kerrie Michel nee Kinnane



Rodney Wheeler, Theresa Stolberg & Andrew Wheeler



Lucie and Ted Ruben



Patrick McCarthy, Liz Melrose & Larissa Chambers



Brad Robinson and Tricia Armstrong



Lynette Stewart, Judy Peterstorfer, Rylee & Camryn Novinetz



Jude, Maree and Michael Thomas

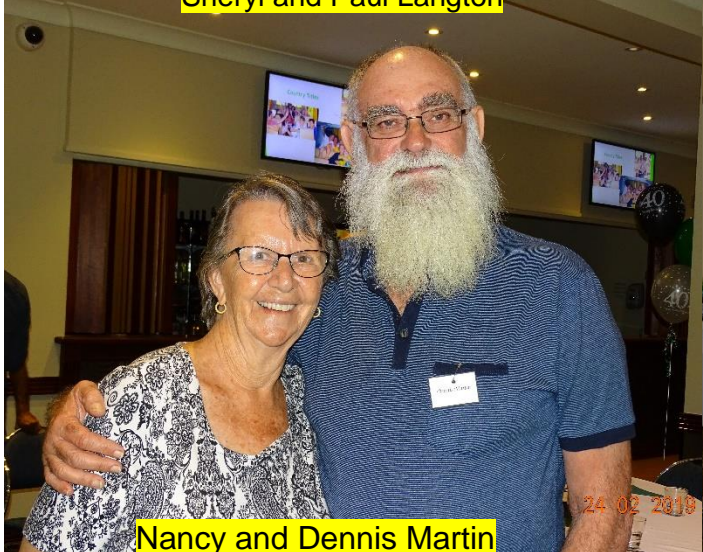




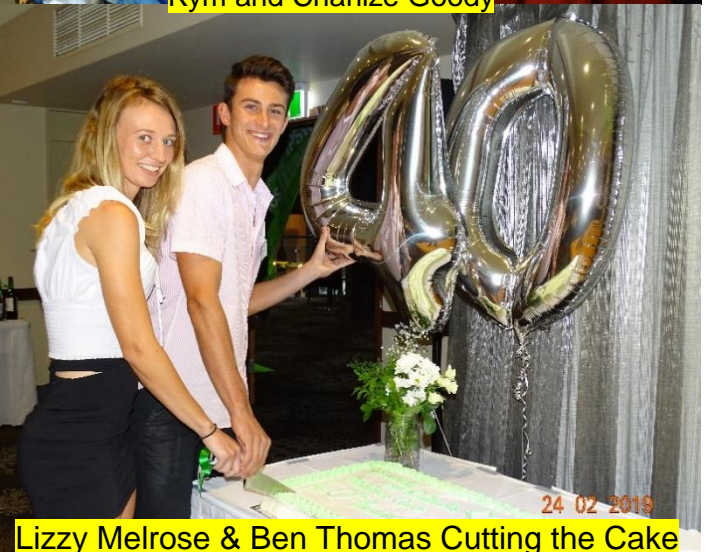
Sheryl and Paul Langton



Kym and Charlize Goody



Nancy and Dennis Martin



Lizzy Melrose & Ben Thomas Cutting the Cake



Lynten Johnson, Megan Hayne, Ted Ruben, Belinda Kingston, Andrew Wheeler, Theresa Stolberg, Helen Beckman & Rodney Wheeler





**BIG MILESTONE:** At the Ipswich and District Athletics Club 40-year lunch are Tim Blair, Mark Sills, Andrew Wheeler, Darin Coombs and Jason Jackson.

PHOTOS: CORDELL RICHARDSON

## Celebrating 40 years



Tori, Sheryl and Paul Langton.

[BUY PHOTOS ipswichadvertiser.com.au/photos/buy](https://www.ipswichadvertiser.com.au/photos/buy)



Theresa Stolberg, Nancy and Dennis Martin.



Hazel and Mark Sills.



Jude Thomas and Ben Thomas.



Theresa Stolberg, Megan Hayne, Nicky Jones and Kerri Michel.



Louise McLoughlin, Neil Harding and Andrew Spark.

**The Ipswich Advertiser Photos of the 40yrs of Track and Field Celebrations**



ENTRIES ARE  
**\$110**  
(PLUS A SPORT ENTRY FEE)  
DURING THE  
**GOLD ENTRY**  
PERIOD

**XVII AUSTRALIAN  
MASTERS GAMES  
ADELAIDE**  
5-12 OCTOBER 2019

**ENTER NOW  
AND GUARANTEE GOLD  
BEFORE YOU GET  
TO ADELAIDE**

YOUR  
**GOLD ENTRY**  
INCLUDES:

- **PRIORITY ACCESS** AT THE ACCREDITATION CENTRE
- A **GOLD ACCREDITATION PASS**
- A **COMMEMORATIVE PIN** – NOT AVAILABLE IN THE MERCHANDISE LINE

**BETTER  
WITH AGE**  
VINTAGE 2019

**CLICK HERE TO ENTER**

[www.AustralianMastersGames.com](http://www.AustralianMastersGames.com)



walkerpendergroup  
LAWYERS



**Les Scott & Associates**  
A.B.N 34 404 377 930  
Australian Credit Licence 385281



*Just a Thought'*

I have learnt ..... Every great journey starts with  
a single step.

---

## Track & Field InterClub Competition

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)**

---

## 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.**

---

## Members: Happy February Birthdays

Hayley Condon

Zac Caterson

Tara Chaplin

Tavia Jensen

Glen Yarham

Erin Wright

Michael Moore

Kirra Csurhes

Clare Bellingham

---

## Club Training Nights

**Training nights on Monday and Wednesday nights 6.30pm to 8.30m.**

\$3.00 for training under lights.

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

---



## Answer to the Question

The winner of the **January** question was **Rory Smith**

The correct answer was: *"Practice makes perfect."*

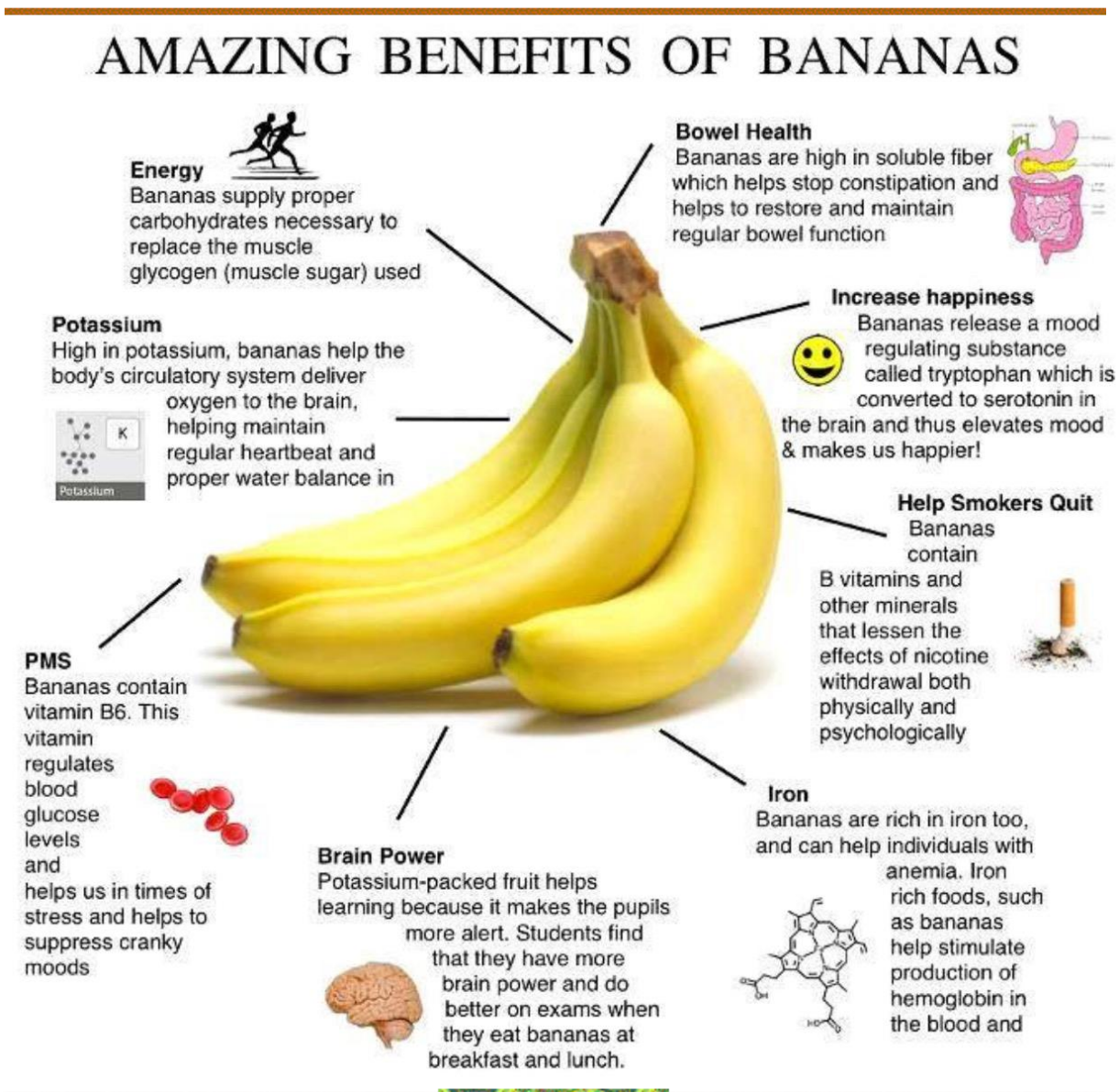
A new question is as follows:

*I'm on the tip of your tongue.  
I can't be tasted nor chewed.  
I may be noisy, I may be rude  
And yet I still may be shrewd.*

*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)





## One Mile Gift

**When:** Saturday 4<sup>th</sup> May 2019  
**Where:** Bundamba Racecourse



Events: One Mile Gift  
300m Open Gift

Be sure to enter when registrations become available.

**These races help raise money for the Ipswich Hospital Foundation.**

---

## 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.**

The age for both Awards is 11yrs to 17yrs.

---

## Much appreciated support for our juniors attending Australian Championships



**Ipswich Parents and Old Boys Association supporting our junior athletes with a \$1,000 Contribution**



# Bremer Chiropractic

 walkerpendergroup  
LAWYERS



UNIVERSITY  
OF SOUTHERN  
QUEENSLAND

