



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

Ph: 0409 754 884

Newsletter

28<sup>th</sup> February 2023

## President's Message:

It is an honour and a privilege for me to win the 2022 QLD Volunteer of the Year Award. Without our Secretary Theresa (Marty) Stolberg nominating me, this would not have happened.

It is great to see club members being invited to the various International Track Classics being held around the country, namely Adelaide, Melbourne, Sydney and hopefully the Brisbane Track Classic on Saturday 25<sup>th</sup> March 2023.

Also planning is underway for the 40<sup>th</sup> Annual Winter Carnival to be held on Sunday 20<sup>th</sup> August 2023. We are looking for potential sponsors who may want to support this Carnival. Maybe to sponsor the 120m Lightning Gift or 120m Ladies Gift along with the 300m, 70m U18yrs Junior boys and girls gifts along with many Track & Field events. Please advise me on **0409 754 884** as we can provide information as to what's in it for them.

It's been a long time but we have done it by having 178 members within the Club surpassing an all-time record for the Club for this time of the season.

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

*Vic.*

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## Committee Notes

Our next Monthly committee meeting is on **Tuesday 28<sup>th</sup> March 2023** at 7.30pm. All welcome.

Just a reminder, our **AGM is on May 28<sup>th</sup> 2023** 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 at the Brothers Leagues Club, Raceview.

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## Club Uniform

The Club uniform **must** be worn at all interclub meets, e.g. QSAC, 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.** **Have you got pride in our Club?**



# Congratulations

The Beachside Gift in Mentone, Victoria on Saturday 4<sup>th</sup> February 2023

Club members Jude Thomas, Patrick McCarthy and Liz Melrose competed with results below.

**Jude Thomas** (Club Captain) enjoyed the Beachside Gift in Mentone, his first handicapped race and first time over the 3200m distance on grass. After rain in the morning, the day cleared up but was cold and extremely windy. He ran third in the race, results and handicapping below:

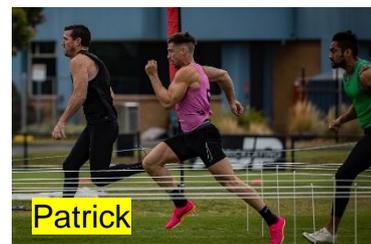
Stewart McSweyn passed Jude Thomas with 300m to go and created a gap, but Jude chased hard to almost catch the Australian Olympic and World Championships representative, falling short by 0.13 of a second. So great handicapping between Stewart and Jude given their respective 3000m PBs of 7:28.02 (current Oceania Record Holder) and 7:47.26 to give the crowd a thrilling finish.

Logan Janetski	1st	8:36.535	220m
Stewart McSweyn	2nd	8:40.105	0.0m
Jude Thomas	3rd	8:40.239	105m

12 in the race overall, with the balance of competitors running off 240m.

<b>Patrick McCarthy</b>	70m heats	4 <sup>th</sup>	7.98	8.75m
	100m Masters	5 <sup>th</sup>	11.97	4.00m

<b>Liz Melrose</b>	70m heats	3 <sup>rd</sup>	8.93	9.50m
	100m heats	4 <sup>th</sup>	12.20	13.50m
	400m	7 <sup>th</sup>	62.68	40.00m



**Patrick**



**Liz**



**Jude Thomas**

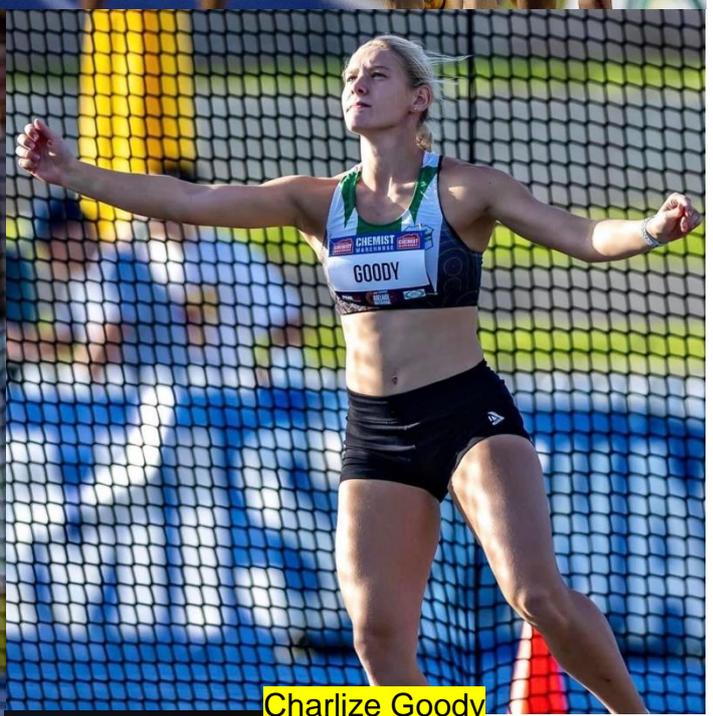
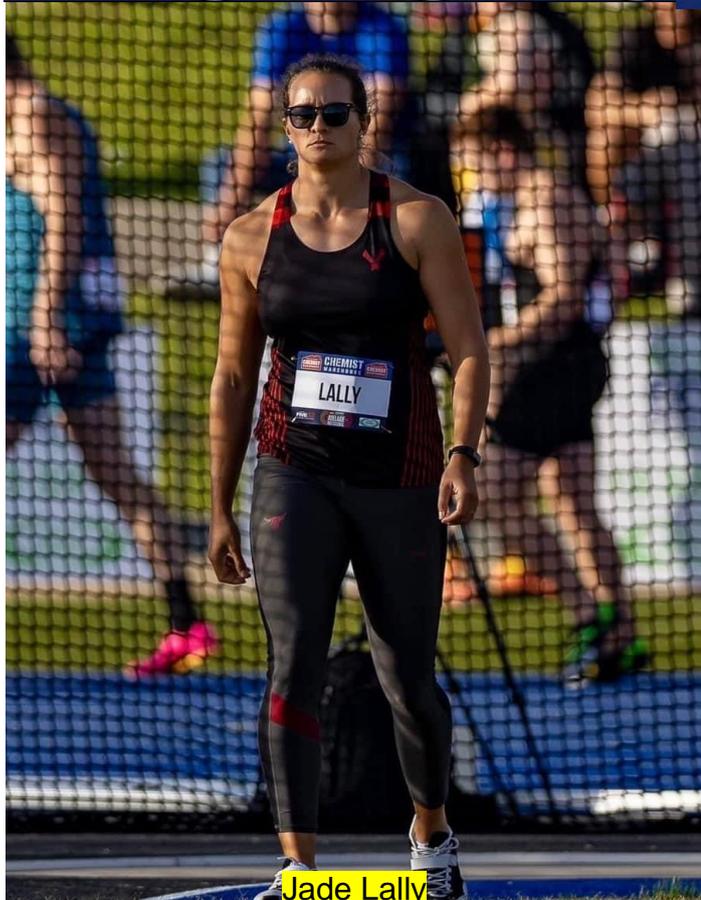
**Stewart McSweyn**

## Adelaide Invitational Meet – 11/02/2023

Last year current Club Champion **Jude Thomas** 20yrs ran 7<sup>th</sup> in the Open 5000m where Jude was the youngest, but this time Jude ran a greatly improved tactical race to win in 13.48.33. His dad Michael could be seen punching the air in delight after a great win on **TV 7 plus**.

**Jade Lally**, the Ipswich Sports star of 2022 proved once again that age is just a number when she won the Open Discus again being consistent with a great throw of 60.28m whilst fellow club member and competitor on the rise **Charlize Goody** (17yrs) threw a **PB** of 47.97m.

Congratulations, you have done us all proud, well deserved after all the hard work training.





The **Rebel Sport store** at Riverlink Ipswich supports our Club by way of kickbacks. This works when you purchase something, please let their staff know that you would like the kick back to go to the Ipswich & District Athletic Club.



Good Sports media team is very keen to promote Ipswich & District Athletics Club & President Vic Pascoe's achievements in our media release to QLD-based media.

### **QLD Good Sports Volunteer of the Year – Winner: Vic Pascoe from Ipswich & District Athletics Club**

Ipswich & District Athletics Club President, Vic Pascoe, was announced 2022 *QLD Good Sports Volunteer of the Year*.

“Not only is Vic our President but he is also a Sprints and Hurdles Coach, Newsletter Writer, PR Person, Photographer, and Bunnings BBQ Sausage Chef. He attends regular shield meets and films track races, so that he can put them on You Tube for others to view,” said Club Secretary, Theresa Stolberg.

“Vic is the backbone of our club. He is loved and admired by all who meet him. He is at every single function, event and presentation without fail. Not only does he attend all local meets, he self-funds himself to all National and International meets, to support our local athletes in action. Even a recent knee replacement hasn't stopped Vic from attending track and field events.”

“If one of our club members has won a medal, Vic will be there to proudly get their photo and show support to them and their family. He is also there to inspire those who may not win a medal but have achieved a Personal Best performance,” Mrs Stolberg said.

The club says that the 73-year-old spends hours of his time dedicated to producing the club's monthly Newsletter, which includes a trivia question.

“The first person who emails him with the right answer, wins a box of chocolates, which Vic purchases out of his own money,” said Mrs Stolberg.

Ipswich & District Athletics Club is a Gold Medal Good Sports club, which means it has progressed through the whole program.

Carmel Green (Media Manager)



## 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.



Ipswich News Today



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*Just a Thought'*

I have learnt.....Believe in miracles but don't depend on them

## 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 Members: - Happy February Birthdays

Hayley Condon

Daniel Williams

Ethan Heyward

Sarah Mawer

Roxann Blake

Houstand Paea

Sebastien Sills

Acacia Wohlsen

Sashia Josipovic

Ruby Mudd

Chatta Peiris

Connor Shaw

Lachlan Skull

Skye Houston

## 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.

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### Answer to the Question

The winner of the **January** question was **Emmeline Sio.**

The correct answer was: **“Side”.**

**A new question is as follows:**

*Take off my skin - I won't cry, but you will!  
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)



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## Congratulations

**QLD Masters Championships**

**18/02/2023**

It is great to see at least 4 Club members who are now mature athletes competing in the masters events along with many others.

<b>Jade Lally</b>	35-39yrs	Discus	1 <sup>st</sup>	58.67m
<b>Varian Platen</b>	40-44yrs	60m	4 <sup>th</sup>	6.20
		100m	3 <sup>rd</sup>	13.19
		200m	1 <sup>st</sup>	27.00

<b>Andrew McLean</b>	45-49yrs	60m	3 <sup>rd</sup>	7.70	
		Long Jump	1 <sup>st</sup>	5.82m	
		Triple Jump	1 <sup>st</sup>	11.35m	
<b>Michael Berlin</b>	50-54yrs	60m		7.40	
		100m	1 <sup>st</sup>	11.86	
		200m	1 <sup>st</sup>	14.00	
		400m	1 <sup>st</sup>	56.93	
		High Jump	1 <sup>st</sup>	1.60m	
Champion of Champions		100m	1 <sup>st</sup>		
<b>Arthur Rowe</b>	75-79yrs	100m	1 <sup>st</sup>	NT	(former Club President)
		200m	1 <sup>st</sup>	33.70	
		400m	1 <sup>st</sup>	80.95	
Champion of Champions		100m	5 <sup>th</sup>		
<b>Darrin Norwood</b>	40-44yrs	Shot Put	1 <sup>st</sup>	12.27m	(former athlete)
		Discus	2 <sup>nd</sup>	33.83m	
		Hammer Throw	2 <sup>nd</sup>	40.23m	
		Weight Throw	2 <sup>nd</sup>	13.04m	

## Maurie Plant Classic, Melbourne

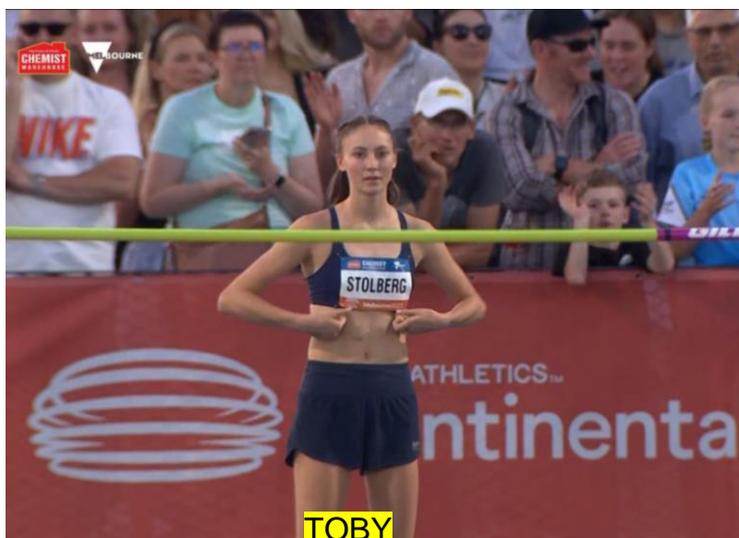
23<sup>rd</sup> February 2023

**Toby Stolberg** competed in the High Jump and cleared 1.80m but then just missing 1.84m to finish 7<sup>th</sup> in the competition, a remarkable performance and experience when you consider the Olympic medalist was in the event.

**Toby** will be competing in the High Jump at the Sydney Track Classic on Saturday 11<sup>th</sup> March 2023, we wish her good luck.

**Jude Thomas** ran in the One Mile to finish with a massive **PB** of 3.56.87 to finish 6<sup>th</sup> in the event with a split of 3.41.18 for the 1500m, a wonderful performance when you compete against the best in the international meet.

**Jude** is now heading to the Sydney Track Classic on Saturday 11<sup>th</sup> March 2023 to compete in the 3000m Australian Title, we wish him good luck.



**TOBY**



**JUDE**

# World X-Country Championships, Bathurst 18/02/2023

**Conor Mathewson** at the tender age of 11yrs, Conor competed in 10-14yrs 2000m World Cross-Country Championship to finish 5<sup>th</sup> in a time of 8 minutes and 7 seconds, a marvelous performance considering it was hot and a tough course to run on. Congratulations Conor.



**Conor Mathewson**



**Park2park Fun Run**

# RUN FOR RESEARCH



***MAIN EVENT: SUNDAY 30 JULY 2023 /  
BILL PATERSON OVAL, LIMESTONE  
PARK***

***VIRTUAL EVENT: 22 JUL – 5 AUG | ANYWHERE  
SUPPORTING LOCAL RESEARCH BY  
LOCAL RESEARCHERS***

Early bird registration is now open.

To register, simply go to the website.

Our Club supports this great event by having a BBQ to feed the runners & friends.

