



P O Box 220, Booval Qld 4304

Ph: 0409 754 884

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

## Newsletter

31<sup>st</sup> July 2023

## President's Message:

Many PB's have been set at the various school districts with a good number of club athletes making it to regionals, well done everyone.

The 40<sup>th</sup> Winter Carnival is almost upon us, get your registrations in, whether it's for the professional races i.e. 32<sup>nd</sup> lightning Gift or the other events available on the day. You can get entry forms at the clubhouse or you can download from our website. We will be needing assistance on this day, so please advise of your availability even if it is for a short period.

Thanks to the Park2Park helpers in the canteen, Jo, Mark, Darin, Gabriel, Ted and Varian for making it a successful event.

Having athletes competing at the Commonwealth Youth Championships and World Dwarf Games as well as competing in Europe and England is a fantastic achievement by Toby Stolberg, Charlize Goody, Mia Kertesz, Jude Thomas and Jade Lally. Good luck everyone.

Vic

## Committee Notes

Our next Monthly committee meeting is on **Tuesday 22<sup>nd</sup> August 2023** at 7.30pm. All welcome.



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*apar*  
Hair Studio

## Track & Field

All Track and Field events are scheduled on the [Queensland Athletics website](http://Queensland Athletics website)

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

QAL have events scheduled on their website [www.qal.org.au](http://www.qal.org.au)



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*Just a Thought'*

I've learned that .... Never underestimate your rivals,  
you never know what cards they are hiding up their sleeves.

## Happy July Birthdays for Club members

**Tamara Carvolth**

**Miranda Ramsden**

**Sophie Schutz**

**Rylee Novinetz**

**Jack Thomas**

**Liam Muir**

**Tallen Piantoni**

**Kallum Dwyer**

**Lily Yarrow**

**Riley Wainwright**

**Addison Hayne**

**Shaun Crowley**

**Daniel Harlow**

**Vic Pascoe**

**Jacob Mico**

**Gilbert Barrett**

**Ashton Maguire**

## 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.**

## Juniors Representing Australia

Having three Club athletes representing Australia virtually at the same time is absolutely amazing.

Mia Kertesz starts the ball rolling when competing at the World Dwarf Games in Cologne Germany from 28<sup>th</sup> July to 5<sup>th</sup> August 2023 competing in several sports, Swimming, Soccer, Athletics, Basketball and Boccia. How does she do it, a wonderful inspiration for any athlete to be motivated?

Charlize Goody and Toby Stolberg compete in the Commonwealth Youth Championships in Trinidad /Tobago from the 4<sup>th</sup> – 11<sup>th</sup> August 2023 in the Discus and High Jump respectively.

We wish them all the best of luck and enjoy the experience.



Mia Kertesz



Charlize Goody & Toby Stolberg

## Club Training Nights

**Training nights on Monday & Wednesday nights 6.30pm to 8.30pm.**

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

COVID protocols are in place where social distancing and use of sanitizers is advisable.



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### Answer to the Question

The winner of the **June** question was **Adelaide Bailey**.

The correct answer was: "The letters L-O-S-T

Blank 1: LOST, Blank 2: LOTS, Blank 3: SLOT"

### A new question is as follows:

If I dropped a bowling ball in a bucket of water which is 45 degrees F, and dropped another bowling ball of the same weight, mass, and size in a bucket at 30 degrees F, both of them at the same time, which ball would hit the bottom of the buckets first?

**Think carefully!!!**

The **first** club member **who has not won in the past two months** to reply by email with the correct answer wins a prize.

**Email:** - [vgpascoe1@bigpond.com.au](mailto:vgpascoe1@bigpond.com.au)

## 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.**





# Cross Country Brisbane Winter Series

Congratulations to all of the club athletes who competed in the X-Country over 7 events in Brisbane area.

Athletes who won medals are as follows;

Gilbert Barrett Bronze Medal.

Hayden White T38 Silver Medal.

Elke McAuley Silver Medal.



## European Athletic Tour

Club Captain **Jude Thomas** who has raced in Japan and then Europe for the past 2 and a half months racing in Sweden, Norway, France, Luxemburg and Italy to do a PB of 3.39.12 in the 1500m in Lugano, Italy, on the 14<sup>th</sup> July 2023 is a superb performance.

Jude is continuing to improve his times and learning what life's like as a professional athlete. What an experience for a young man who learnt his trade running laps around Limestone Park as part of the Nanci Crew.

Jude has improved his 1500m PB time to 3.38.63 at the Tootbeck British Milers Club in London on 28<sup>th</sup> July 2023 with one more race in Luxemburg before heading back to Australia.



## Congratulations

Club Champion **Jade Lally** won the Gold medal at the Great Britain Track & Field Championships held in Manchester 8<sup>th</sup> – 9<sup>th</sup> July 2023 with a great throw of 60.13m in the final round beating 2<sup>nd</sup> place getter by 2.83mm, a wonderful performance.



## USCAC Winter Carnival on Sunshine Coast

Club members ventured to compete on the Sunshine Coast 8/07/2023 and had some great results in the blustery conditions, a great opportunity to get some competition in before Districts.

Houstand Paea 12yrs	100m	13.84	
	200m	28.93	
	Long Jump	4.73m	
	Shot Put	9.05m	
Leah Leembruggen 13yrs	80m Hurdles	14.12	
	100m	14.35	
	200m Hurdles	32.37	
	Long Jump	4.25m	
Larissa Chambers 28yrs	100m	13.39	
Joseph Bergin 14yrs	100m	12.89	
	100m Hurdles	16.62	
	200m Hurdles	29.98	<b>PB</b>
	Long Jump	5.14m	<b>PB</b>
Owen Martin 15yrs	3000m	11.07.84	
Daniel Harlow 15yrs	100m	12.24	
	200m Hurdles	28.50	
	400m	53.78	
Kobe Blake 17yrs	100m	13.08	
	200m	25.20	
	110m Hurdles	16.62	
	400m Hurdles	59.20	
	Long Jump	5.12m	
Cooper Blake 17yrs	200m	25.60	
	400m	57.61	
	High Jump	1.75m	

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## Coast2Coast Carnival, Runaway Bay 15<sup>th</sup> July 2023

It's great to see club athletes improving, especially with Districts and Regionals approaching. Several PB's were set and this is an indication on all that hard work is now paying off

Addison Hayne 13yrs	High Jump	1.60m	<b>PB</b>
Tamika Ritchie 14yrs	200m	28.27	<b>PB</b>
	90m Hurdles	19.01	
Addison Farinazzo 14yrs	200m Hurdles	29.82	
Adelaide Bailey 15yrs	Triple Jump	9.94m	<b>PB</b>
Allira Takau 16yrs	Shot Put	16.23m	<b>PB</b>
	Discus	40.12m	
Charlize Goody 17yrs	Discus	44.18m	
	Javelin	45.44m	

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## QLD X- Country Championships, Toogoolawah

29/07/2023

Several athletes ventured a little west to compete at these Championships and the results were fabulous as several has made it to the Queensland Team whether it is through Schools or Club to compete in Canberra for the Australian X-Country Championships on 26<sup>th</sup> August 2023 in Stromlo Forest, ACT Canberra.

Sasha Josipovic	13yrs	3km	16 <sup>th</sup>	11.35
Tahnee Beckers	13yrs	3km	43 <sup>rd</sup>	12.58
Olivia Temete	14yrs	4km	14 <sup>th</sup>	16.38
Elke McAuley	15yrs	4km	14 <sup>th</sup>	17.09
Tamara Carvolth	33yrs Open	8km	1 <sup>st</sup>	37.27
Charlie Wellings	10yrs	2km	3 <sup>rd</sup>	7.51
Darcy Maguire	10yrs	2km	5 <sup>th</sup>	8.15
Tyler Rundell	11yrs	3km	12 <sup>th</sup>	13.01
Conor Mathewson	12yrs	3km	2 <sup>nd</sup>	10.13
Gilbert Barrett	12yrs	3km	4 <sup>th</sup>	10.27
Ashton Maguire	13yrs	3km	11 <sup>th</sup>	10.51
Luca Gigliotti	14yrs	3km	16 <sup>th</sup>	15.07
Joshua Lehmann	15yrs	3km	7 <sup>th</sup>	14.13
Ethan Heyward	16yrs	6km	5 <sup>th</sup>	20.49
Bailey Farrell-Thomas	17yrs	6km	32 <sup>nd</sup>	26.00
Connor Whittet	18yrs	8km	10 <sup>th</sup>	28.10
Connor Shaw	19yrs	8km	19 <sup>th</sup>	29.46



Tamara



Conor



Charlie





Elke

Olivia



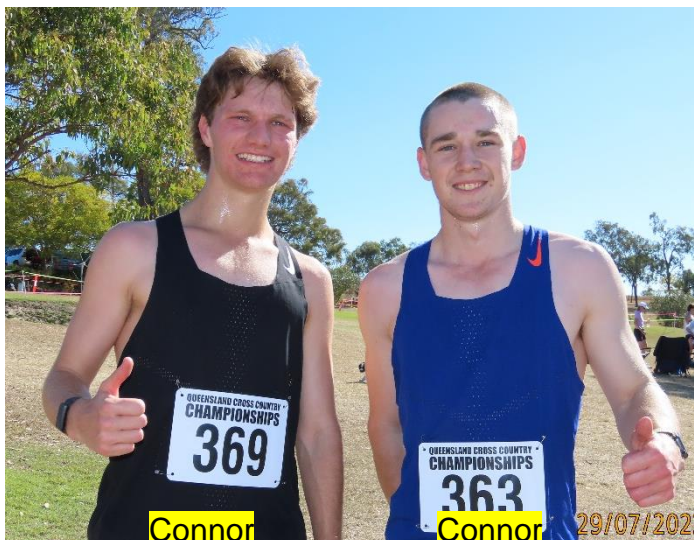
Sasha



Tahnee



Bailey



Connor

Connor



Ethan





Darcy

Conor

Gilbert

Ashton

## Park2Park Limestone Park 30/07/2023

Several Club runners achieved excellent results, a list is as follows for the 5km.

Connor Shaw	18-29	1 <sup>st</sup>	17.15	overall	1 <sup>st</sup>
Joshua Lehmann	U16	1 <sup>st</sup>	17.32	"	2 <sup>nd</sup>
Conor Mathewson	U13	1 <sup>st</sup>	17.43	"	3 <sup>rd</sup>
Dakota Stewart	U16	2 <sup>nd</sup>	18.56	"	5 <sup>th</sup>
Olivia Ahiannitis	U16	1 <sup>st</sup>	22.50	"	17 <sup>th</sup>
Latisha Wilson	U16	2 <sup>nd</sup>	23.20	"	19 <sup>th</sup>
Jo Compson	50-59	1 <sup>st</sup>	28.29	"	50 <sup>th</sup>



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