



P O Box 220, Booval Qld 4304

Ph: 0409 754 884

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

## Newsletter

31<sup>st</sup> July 2024

## 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 41<sup>st</sup> Winter Carnival is almost upon us, get your registrations in, whether it's for the professional races i.e. 33<sup>rd</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, Cheyanne, Tina, Kym, Charlize, Richard, Mark, Darin, Gabriel, and Ted for making it a successful event.

Having athletes competing at the World U20 Athletic Championships in Lima as well as competing in Europe and England is a fantastic achievement by Toby Stolberg, Jude Thomas and Jade Lally. Good luck everyone.

Vic

## Committee Notes

Our next Monthly committee meeting is on **Tuesday 6<sup>th</sup> August 2024** at 7.30pm.



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



*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)



**exp** Australia

## *Just a Thought'*

I've learned that .... Always prefer to believe the best in everybody ..... It saves so much trouble.

---

## Happy July Birthdays for Club members

Tamara Carvolth Sophie Schutz Olivia Davis Jack Thomas

Riley Wainwright Noah Vincent Addison Hayne Vic Pascoe

Gilbert Barrett Delinda Brown Joseph Deng Manraj Singh Dhillon

Daniel Masunungure

---

## 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.**

---

## Junior to Represent Australia

**Toby Stolberg** will compete in the World U20 Athletic Championships in Lima, in the National Stadium of Peru from the 27<sup>th</sup> – 31<sup>st</sup> August 2024 in the High Jump.

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



Her mum **Theresa (Marty)** will be the Australian Team Jumps Coach, an amazing journey.



**North Queensland Championships** will be is from 27<sup>nd</sup>–29<sup>th</sup> September 2024 in Townsville.

It has come to be a great opportunity for our athletes to compete before the new season starts. As a club, we have been very successful over the years.

There is even events for masters, younger athletes i.e. U10yrs as well as the usual age groups.

Entries are now open. Early bird registrations close 31<sup>st</sup> August 2024.

---

## Club Training Nights

**Training nights on Monday & Wednesday nights 6.15pm to 8.30pm.**

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



University of  
**Southern  
Queensland**

### Answer to the Question

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

The correct answer was: **"Four"**

### A new question is as follows:

What costs nothing, but is worth everything, weighs nothing, but can last a lifetime,  
that one person can't own, but two or more can share?

What am I?

**Another easy one!!!**

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)

---

## 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.**



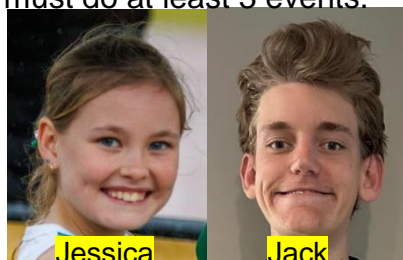
## Cross Country Brisbane Winter Series

Congratulations to all of the club athletes who competed in the X-Country over 8 events in Brisbane area. To be in medal contention athletes must do at least 3 events.

Athletes who won medals are as follows;

Jessica Gorham U11 Silver Medalist

Jack Schodde U20 Bronze Medalist



IDAC finished 9<sup>th</sup> overall, well done to all those who competed throughout the series.

---

## European Athletic Tour

**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 3.37.01 in the 1500m in Norway 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.



---

## Congratulations

**Jade Lally** won the Bronze medal at the Great Britain Track & Field Championships held in Manchester 29<sup>th</sup> – 30<sup>th</sup> June 2024 with a throw of 52.75m after throwing the discus in the Oklahoma USA with a 63.15m just short of qualifying for the Olympics by 5cm, a wonderful performance.





## USCAC Winter Carnival on Sunshine Coast

Club members ventured to compete on the Sunshine Coast 6/07/2024 and had some great results in the blustery wet conditions with rain galore, a great opportunity to get some competition in before Districts.

|                   |       |              |                  |          |           |
|-------------------|-------|--------------|------------------|----------|-----------|
| Isla Adams-Wright | U11   | 100m         | 6 <sup>th</sup>  | 15.87    |           |
|                   |       | Long Jump    | 10 <sup>th</sup> | 3.51m    |           |
|                   |       | Shot put     | 9 <sup>th</sup>  | 6.63m    |           |
|                   |       | Discus       | 5 <sup>th</sup>  | 20.42m   |           |
| Jessica Gorham    | U11   | 100m         | 9 <sup>th</sup>  | 16.43    |           |
|                   |       | 200m         | 8 <sup>th</sup>  | 35.80    |           |
|                   |       | 800m         | 5 <sup>th</sup>  | 2.59.37  | <b>PB</b> |
|                   |       | 1500m        | 7 <sup>th</sup>  | 6.15.54  |           |
|                   |       | Long Jump    | 12 <sup>th</sup> | 3.20m    |           |
| Grace Hanley      | U11   | 100m         | 12 <sup>th</sup> | 17.53.   |           |
|                   |       | Long Jump    | 12 <sup>th</sup> | 3.12m    |           |
| Lily Handley      | U12   | 100m         | 7 <sup>th</sup>  | 16.06    |           |
|                   |       | 200m         | 7 <sup>th</sup>  | 35.05    |           |
| Liliana Titley    | U12   | 200m         | 4 <sup>th</sup>  | 32.59    | <b>PB</b> |
|                   |       | 800m         | 2 <sup>nd</sup>  | 2.33.30  | <b>PB</b> |
|                   |       | 1500m        | 2 <sup>nd</sup>  | 5.13.41  | <b>PB</b> |
| Mila Josipovic    | U13   | Discus       | 1 <sup>st</sup>  | 30.00m   |           |
| Sophie Lehmann    | U14   | 3000m        | 1 <sup>st</sup>  | 12.35.07 | <b>PB</b> |
| Elizabeth Melrose | 30-34 | 100m         | 1 <sup>st</sup>  | 14.25    |           |
| Leanne Hilton     | 55-59 | Shot Put     | 2 <sup>nd</sup>  | 9.01m    |           |
|                   |       | Discus       | 1 <sup>st</sup>  | 21.40m   |           |
|                   |       | Hammer       | 2 <sup>nd</sup>  | 23.71m   |           |
|                   |       | Weight Throw | 1 <sup>st</sup>  | 8.76m    |           |
| Heath Rotbauer    | U12   | Shot Put     | 2 <sup>nd</sup>  | 9.67m    | <b>PB</b> |
|                   |       | Discus       | 1 <sup>st</sup>  | 21.56m   | <b>PB</b> |
|                   |       | Javelin      | 2 <sup>nd</sup>  | 10.07m   |           |
| Jackson Bray      | U18   | Discus       | 3 <sup>rd</sup>  | 41.65m   |           |
| Hans Rotbauer     | 30-39 | Shot Put     | 2 <sup>nd</sup>  | 11.15m   |           |
|                   |       | Discus       | 2 <sup>nd</sup>  | 30.81m   |           |
| Tyson Elisaia     | 30-39 | Shot Put     | 1 <sup>st</sup>  | 12.22m   | <b>PB</b> |
|                   |       | Discus       | FOUL             |          |           |
|                   |       | Hammer       | 1 <sup>st</sup>  | 31.90m   | <b>PB</b> |
|                   |       | Weight Throw | 1 <sup>st</sup>  | 12.30m   | <b>PB</b> |
| James Sedman      | 40-49 | 100m         | 2 <sup>nd</sup>  | 15.12    |           |
|                   |       | 200m         | 2 <sup>nd</sup>  | 33.06    |           |
|                   |       | 400m         | 2 <sup>nd</sup>  | 77.32    |           |
|                   |       | High Jump    | 1 <sup>st</sup>  | 1.25m    |           |

## Gold Coast Marathon 6-7/07/2024

Club Athletes **Tamara Carvolth** and **Conor Mathewson** can hold their heads high after competing in the Gold Coast Airport 5km and Gold Coast 4km Junior Dash respectively.

**Tamara** finished 52<sup>nd</sup> overall but was 6<sup>th</sup> fastest female and was 2<sup>nd</sup> in her age group of 30-34 in a time of 17 minutes and 7 seconds, a wonderful performance where 3,022 athletes ran, well done.



**Conor** finished 7<sup>th</sup> overall but 4<sup>th</sup> in his age group with a time of 13 minutes and 48 seconds, an incredible performance where 439 athletes ran in this event, well done



## Coast2Coast Carnival, Runaway Bay 12<sup>th</sup> – 14<sup>th</sup> July 2024

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 Farinazzo 15yrs | 90m Hurdles   | 1 <sup>st</sup> | 14.01  |
|                         | 200m Hurdles  | 1 <sup>st</sup> | 29.32  |
| Allira Takau 16yrs      | Shot Put      | 1 <sup>st</sup> | 15.04m |
|                         | Open Shot Put | 1 <sup>st</sup> | 14.05m |
| Toby Stolberg 18yrs     | High Jump     | 2 <sup>nd</sup> | 1.80m  |
| Charlize Goody 18yrs    | Discus        | 1 <sup>st</sup> | 46.27m |
|                         | Javelin       | 2 <sup>nd</sup> | 45.35m |
|                         | Open Discus   | 2 <sup>nd</sup> | 45.37m |
|                         | Open Javelin  | 1 <sup>st</sup> | 47.00m |

|                       |              |                  |          |           |
|-----------------------|--------------|------------------|----------|-----------|
| Claire Gouws 19yrs    | Triple Jump  | 1 <sup>st</sup>  | 12.61m   | <b>PB</b> |
| Joel Jakimowicz 16yrs | 60m          | 10 <sup>th</sup> | 8.17     | <b>PB</b> |
|                       | 200m         | 13 <sup>th</sup> | 25.80    | <b>PB</b> |
|                       | 110m Hurdles | 5 <sup>th</sup>  | 16.57    |           |
|                       | 300m Hurdles | 2 <sup>nd</sup>  | 44.75    | <b>PB</b> |
| Connor Whittet 19yrs  | Open 5000m   | 1 <sup>st</sup>  | 15.21.98 | <b>PB</b> |

## QLD X- Country Championships, Victoria Park

27/07/2024

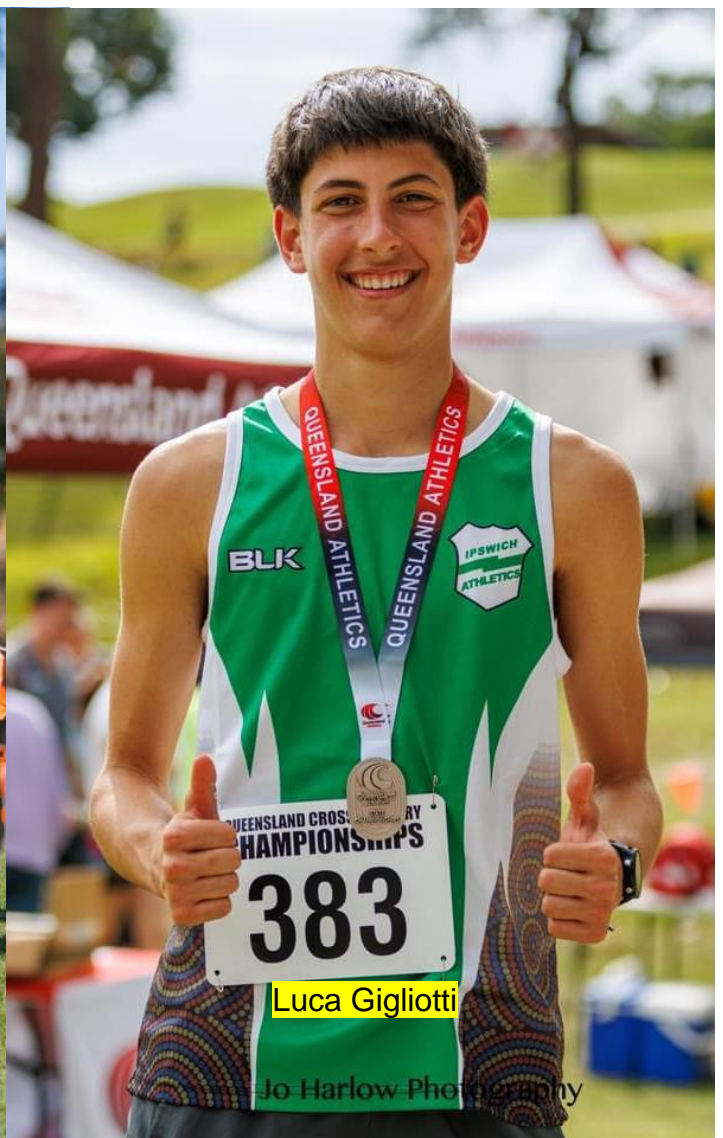
Several athletes ventured to compete at these Championships and the results were fabulous as several have made it to the Queensland Team whether it is through Schools or Club to compete in Canberra for the Australian X-Country Championships on 26<sup>th</sup> August 2023 in Stromlo Forest, ACT Canberra.

Photos courtesy of Jo Harlow Photography.

|                     |       |      |                  |          |
|---------------------|-------|------|------------------|----------|
| Jessica Gorham      | 10yrs | 2km  | 11 <sup>th</sup> | 7.55.22  |
| Liliana Titley      | 11yrs | 3km  | 6 <sup>th</sup>  | 11.16.99 |
| Olive Barrett       | 11yrs | 3km  | 8 <sup>th</sup>  | 11.23.62 |
| Sasha Josipovic     | 14yrs | 4km  | 5 <sup>th</sup>  | 14.55.33 |
| Sophie Lehmann      | 14yrs | 4km  | 29 <sup>th</sup> | 19.51.53 |
| Delinda Brown T/F01 | 14yrs | 3Km  | 1 <sup>st</sup>  | 19.00.84 |
| Mia Kertesz T/F40   | 14yrs | 3km  | 2 <sup>nd</sup>  | 25.25.88 |
| Elke McAuley        | 16yrs | 4km  | 13 <sup>th</sup> | 15.25.00 |
| Tamara Carvolth     | 34rs  | Open | 2 <sup>nd</sup>  | 35.51.01 |
| Taylor Hudspith     | 27yrs | Open | 5 <sup>th</sup>  | 37.58.53 |
| George Creedy       | 9yrs  | 1km  | 11 <sup>th</sup> | 3.52.83  |
| Samuel Taylor       | 10yrs | 2km  | 9 <sup>th</sup>  | 7.11.95  |
| Tyson Brown         | 11yrs | 3km  | 30 <sup>th</sup> | 16.40.18 |
| Charlie Wellings    | 11yrs | 3km  | 3 <sup>rd</sup>  | 9.57.92  |
| Tyler Rundell       | 12yrs | 3km  | 18 <sup>th</sup> | 10.33.27 |
| Conor Mathewson     | 13yrs | 3km  | 3 <sup>rd</sup>  | 9.36.07  |
| Gilbert Barrett     | 13yrs | 3km  | 10 <sup>th</sup> | 9.47.50  |
| Leo Riby            | 14yrs | 4km  | 7 <sup>th</sup>  | 12.58.72 |



|                 |       |     |                  |          |
|-----------------|-------|-----|------------------|----------|
| Luca Gigliotti  | 15yrs | 4km | 2 <sup>nd</sup>  | 12.16.38 |
| Hugo Grainger   | 15yrs | 4km | 30 <sup>th</sup> | 14.40.56 |
| Dakota Stewart  | 16yrs | 6km | 8 <sup>th</sup>  | 19.08.48 |
| Cullen Grainger | 16yrs | 6km | 14 <sup>th</sup> | 20.31.70 |
| Joshua Lehmann  | 16yrs | 6km | 21 <sup>st</sup> | 22.01.15 |
| Cadel Bennie    | 17yrs | 6km | 10 <sup>th</sup> | 19.43.13 |
| Jack Schodde    | 18yrs | 8km | 31 <sup>st</sup> | 40.02.28 |
| Connor Whittet  | 19yrs | 8km | 4 <sup>th</sup>  | 24.3.87  |



**exp**<sup>TM</sup> **Australia**



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





Jessica Gorham



Sasha Josipovic



Delinda Brown

Gilbert Barrett

Tyson Brown

Jo Harlow Photography





Connor Whittet



Dakato Stewart



Jo Harlow Photography  
Mia Kertesz



Jo Harlow Photography  
Elke McAuley





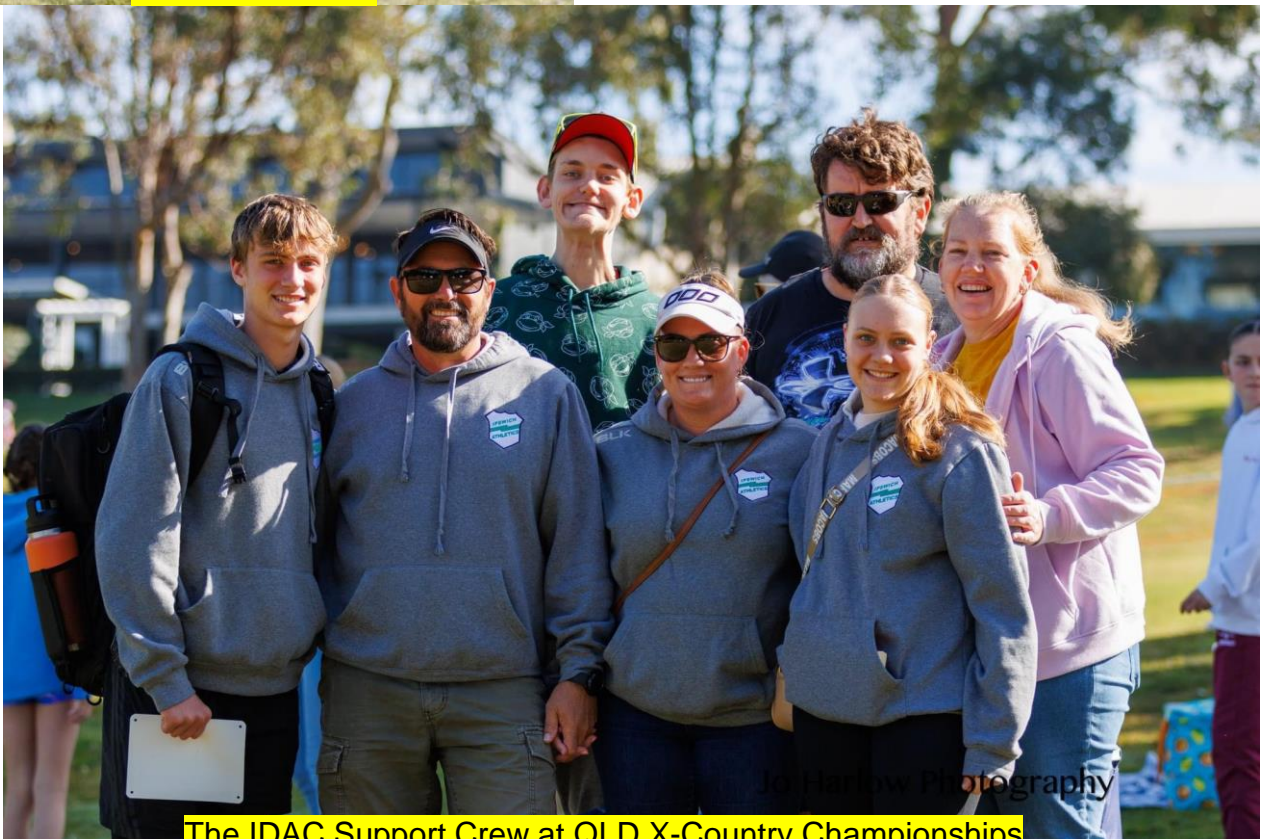
Jo Harlow Photography

Joshua Lehmann



Paul, Jack & Bobbi Schodde

All photos courtesy of Jo Harlow Photography



Jo Harlow Photography

The IDAC Support Crew at QLD X-Country Championships



## Park2Park, Limestone Park 28/07/2024

This year more than 1300 participants took part in a 10km and 5km including kids challenge and the mascot race, our club provided great food for the hungry hordes. At least \$30,000 was raised for research.



Rochelle Stewart

Seli Taufua



Grace Hanley



Liliana Titley



The Canteen workers, a great service indeed, well done everyone.



Charlize and Kym Goody, Cheyanne Stewart and Tina Schutz



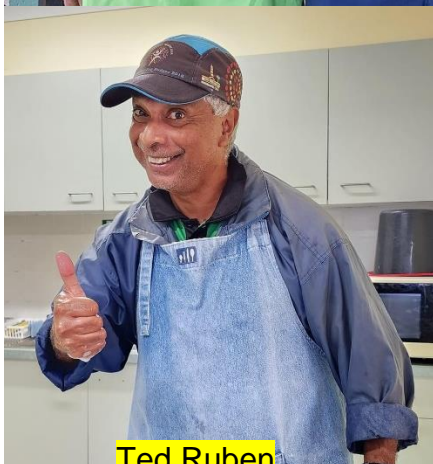
Vic Pascoe

Darin Coombs

Richard Wood

Gabriel Stewart

Mark Sills



Ted Ruben

A great team provided a variety of food, congratulations.

## QLD Road Walking Championships

28/07/2024

Jessica Gorham walked in the U12yrs 2km walk and finished 3<sup>rd</sup>, a wonderful performance..



Jessica