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Newsletter

29th March 2023

President's Message:

The Australian Track and Field Athletics Championships are now for 30th March – 2nd April 2023. A photo shoot of team members will occur, watch for postings on FB.

The AGM and Awards presentation is to be held on Sunday 28th May 2023 at Brothers Leagues Club at 11.00am.

The 40th Winter Carnival is scheduled to run 20th August 2023, planning is underway.

The QAL Little A's Championships In Townsville were amazing to watch and to just being there was a great way for athletes to meet up and make new friends. Having five athletes also registered with our club making the Queensland team to compete at the Nationals in Melbourne from 21st -23rd April 2023. We wish them all the best, Daniel Harlow, Elyse Rolison, Hayley Windolf, Archer Crowley and Leah Leembruggen.

Hopefully have some photos of Australian Championships next month.

Stay safe everyone and be healthy.

Vic

Committee Notes

Our next Monthly committee meeting is on **Thursday 27th April 2023** at 7.30pm. All welcome.

Just a Thought'

**I've learned that You get out of your
life what you put in – so take risks.**



QLD 3000m Championships 1st March 2023, QSAC-SAF Brisbane

Several Athletes qualified for the Australian 2023 Track & Field Championships to be staged in Brisbane. Seeing so many PB's from this Championship indicates a lot of hard work has been done over the past few months, congratulations everyone, well deserved.

Tahnee Beckers	U15yrs	3000m	26 th	12.06.12	PB	
Sasha Josipovic	U15yrs	3000m	22 nd	11.14.00	PB	
Luca Gigliotti	U15yrs	3000m	2nd	9.27.45	PB	National Qualifier
Elkle McAuley	U16yrs	3000m	7 th	10.51.94	PB	
Charlotte Parsons	U16yrs	3000m	10 th	11.01.20	PB	
Tiana Parsons	U16yrs	3000m	11 th	11.01.21	PB	
Sophie Schutz	U16yrs	3000m	12 th	11.06.67	PB	
Dakota Stewart	U16yrs	3000m	1st	9.10.08	PB	National Qualifier
Joshua Lehmann	U16yrs	3000m	14 th	9.56.09	PB	
Hayden White T/F38	U16yrs	3000m	19 th	11.04.05	PB	
Owen Martin	U16yrs	3000m	20 th	11.22.44		
Ethan Heyward	U17yrs	3000m	5 th	8.58.15	PB	National Qualifier
Lauren Brown	U18yrs	3000m	9 th	10.42.56	PB	National Qualifier
Connor Whittet	U20yrs	3000m	15 th	9.06.91		



Dakota Stewart



Luca Gigliotti

Congratulations

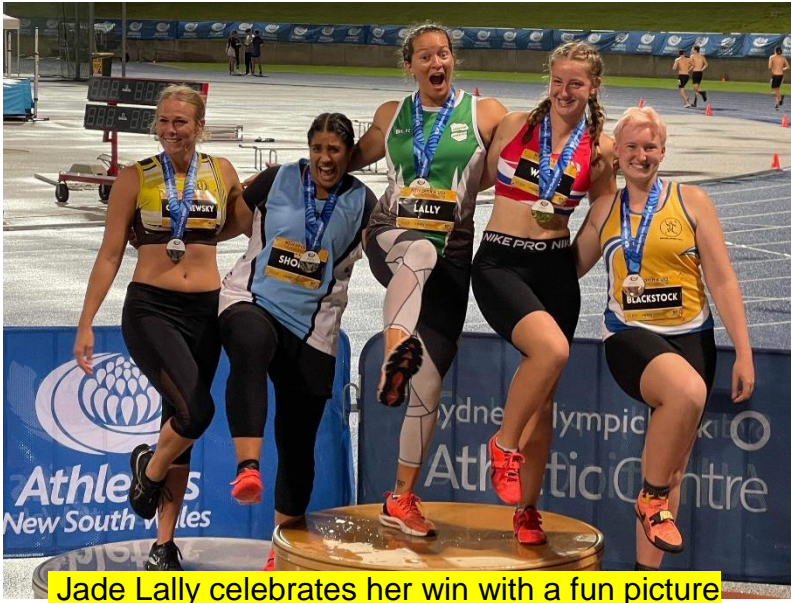
The NSW Track & Field Open & U23 Championships were held in Sydney 3-5th March 2023 where Jade Lally and Charlize Goody competed in the Open Women's Discus on the Friday night.

Jade Lally Discus 1st 58.93m

Charlize Goody 17yrs Discus 1st 46.96m

The Victorian Track & Field Championships were held in Melbourne 3-5th March 2023.

A flight by Charlize Goody the next morning saw her win the U20yrs Women's Discus on Saturday night with a great throw of 47.21m. A remarkable performance over two nights of competition.



Jade Lally celebrates her win with a fun picture



Charlize Goody

Congratulations, well deserved

Club Secretary **Theresa (Marty) Stolberg** has now an extra duty added to her already busy schedule.

Just being in this elite group of Coaches is a great honour to be selected by the Australian Institute of Sport.

AIS ELEVATE COACH PROGRAM



Larissa
Markovina
Taekwondo



Laryssa
Biesenthal
Rowing



Lyn Gilroy
Gymnastics



Nick Such
Basketball



Rhian
Jamieson
Gymnastics



Ross Young
Triathlon



Shane
McDonald



Theresa (Marty)
Stolberg



Will Stoyles
Skateboarding

The Sydney Track Classic was held Sat 11th March 2023 along with the Australian Open 3000m Championships.

Toby Stolberg 16yrs

Open High Jump

4th 1.76m

Jude Thomas 20yrs

Open 3000m Championship

1st 7.48.25



QLD Track & Field Championships 9th March - 12th March 2023

Many of the athletes have qualified for the Australian 2023 Track & Field Championships will do their best at QSAC, Brisbane, a team should be announced within a few days.

To gain a place into the final ten is a marvelous achievement for our athletes. They are a wonderful group of youngsters. Some photos follow the results.

Abbey Crocker	U13yrs	Javelin	1 st	34.63m	
		Discus	1 st	31.80m	
		Shot Put	1 st	10.97m	
Ka'Mya Duncan	U13yrs	Javelin	3 rd	22.29m	PB
		Discus	3 rd	21.19m	
		Shot Put	3 rd	8.30m	PB
Tahlia Noon	U13yrs	100m	12 th	15.37	
		Long Jump	9 th	3.91m	
Houstand Paea	U13yrs	100m	2 nd	13.55	
		Long Jump	1 st	4.71m	
Izabella Snymann	U13yrs	200m	7 th	30.32	heats 29.76 PB
		80m Hurdles	3 rd	14.42	PB

Olivia Agiannitis	U14yrs	400m	8 th	69.47	PB
		1500m	17 th	5.25.34	
Tahnee Beckers	U14yrs	400m	7 th	68.83	PB
		800m	17 th	2.43.06	PB
		1500m	15 th	5.18.42	PB
Ruby Bohen	U14yrs	Discus	2 nd	29.60m	
		Shot Put	3 rd	10.19m	
		Javelin	2 nd	29.81m	
Addison Hayne	U14yrs	High Jump	4 th	1.47m	
Skye Houston	U14yrs	100m	11 th	14.30	
		400m	4 th	68.66	PB
		Long Jump	6 th	4.43m	PB
Elyse Rolison	U14yrs	100m	5 th	13.32	PB
		200m	3 rd	27.68 heats	27.49 PB
		High Jump	8 th	1.35m	
Leah Leembruggen	U14yrs	100m	9 th	13.95	
		80m Hurdles	3 rd	13.75	
	U15yrs	200m Hurdles	12 th	33.97	
Isla Mawer	U14yrs	Triple Jump	4 th	9.37m	PB
Christina Tukuafu	U14yrs	100m	16 th	14.97	PB
		200m	10 th	30.77	
		80m Hurdles	5 th	15.41	
		Long Jump	7 th	4.39m	PB
		High Jump	9 th	1.30m	
		Discus	4 th	26.22	
		Shot Put	4 th	10.01m	PB
		Javelin	3 rd	28.69m	PB
Hayley Windolf	U14yrs	Javelin	4 th	28.46m	
		Discus	1 st	31.42m	
		Shot Put	1 st	11.21m	
Sasha Josipovic	U14yrs	Javelin	6 th	23.17m	
		Discus	5 th	20.16m	
		1500m	12 th	5.14.03	PB
	U15yrs	2000m Steeplechase	10 th	8.05.98	PB
Tulsi Bhatt	U15yrs	100m	20 th	14.05	PB
		Long Jump	7 th	4.42m	
Jorja Crocker	U15yrs	Javelin	9 th	28.00m	=PB

Mia Kertesz T/F40	U15yrs	100m	3 rd	33.50	57.91%	AUST REC
		200m	1 st	70.23	61.40%	AUST REC
		400m	2 nd	2.42.26	56.19%	AUST REC
		Shot Put	1 st	2.68m	28.66%	PB
		Discus	2 nd	5.37m	21.22%	PB
Acacia Wohlsen	U15yrs	100m	8 th	12.83	heats 12.78	PB
Addison Farinazzo	U15yrs	100m	7 th	12.82	heats 12.81	
		200m Hurdles	2 nd	29.82		PB
		200m	6 th	26.33	heats 26.06	=PB
		400m	6 th	60.25		
Lily Graves	U15yrs	100m	17 th	13.63		PB
		200m	19 th	28.31		PB
		400m	13 th	67.54		PB
Adelaide Bailey	U16yrs	Triple Jump	8 th	9.89m		PB
		90m Hurdles	12 th	15.06		PB
Saskia Josipovic	U16yrs	Shot Put	2 nd	13.48m		PB
		Discus	2 nd	42.85m		
		Javelin	3 rd	37.40m		
Mackenzie Crowley	U16yrs	Javelin	6 th	30.85m		
		Shot Put	3 rd	13.05m		PB
		Discus	FOUL			
		3kg Hammer Throw	2 nd	46.04m		PB
Indiana Platen	U16yrs	200m	15 th	27.78		PB
		90m Hurdles	6 th	14.33		PB
		200m Hurdles	5 th	31.74		PB
		Long Jump	5 th	5.03m		PB
		High Jump	5 th	1.50m		
Olivia Windolf	U16yrs	Shot Put	4 th	11.68m		
		Javelin	2 nd	42.30m		PB
		Discus	4 th	37.38m		
Sophie Schutz	U16yrs	800m	10 th	2.21.57		PB
		1500m	10 th	4.57.68		
		2000m Steeplechase				
Charlotte Parsons	U16yrs	400m	7 th	61.11		
		800m	6 th	2.20.49	heats 2.19.96	
		1500m	5 th	4.51.17		
Tiana Parsons	U16yrs	400m	6 th	60.87		
		800m	7 th	2.21.13	heats 2.20.14	
		1500m	7 th	4.52.43		PB
Elkle McAuley	U16yrs	800m	9 th	2.27.19	heats 2.20.51	PB
		1500m	11 th	5.03.79		
		2000m Steeplechase	3 rd	7.36.96		PB

Rylee Novinetz	U17yrs	800m	11 th	2.28.94	
Hayley Condon	U/17yrs	Shot Put	3rd	12.53m	
		Discus	6 th	34.31m	
		3kg Hammer	3rd	41.44m	
		Javelin	7 th	28.89m	PB
Abbie Severinsen	U17yrs	100m Hurdles	DQ		
		400m	14 th	66.04	PB
		Javelin	4 th	32.15m	PB
		Long Jump	10 th	4.74m	
Maddie Newham	U17yrs	200m	17 th	27.70	PB
		Long Jump	14 th	4.61m	PB
		Shot Put	11 th	5.68m	
		Javelin	9 th	15.27m	
Kiera Proctor	U17yrs	Shot Put	10 th	7.89m	
		Javelin	FOUL		
Allira Takau	U17yrs	Shot Put	1st	14.46m	
		Discus	4 th	36.96m	
Coevinar Tukuafa	U17yrs	Shot Put	4 th	12.19m	PB
		Discus	8 th	29.35m	
Monique Williams	U17yrs	Long Jump	1st	5.42m	PB
		Shot Put	2nd	13.06m	PB
Charlize Goody	U/18yrs	Discus	1st	48.52m	CYGG
		Open Discus	3rd	48.13m	PB
		Shot Put	2nd	13.84m	
		Javelin	1st	48.14m	
		Open Javelin	3rd	41.85m	PB
Denika Murray	U18yrs	100m	7 th	12.99	
		200m	10 th	27.41	
Jessica Rowe	U/20yrs	Hammer	1st	50.83m	PB
		4kg Open Hammer	2nd	50.18m	PB
Aldora Tuilaepa	U20yrs	Hammer	4 th	39.52m	
		Discus	4 th	35.25m	PB
Laylani Va'ai	Open	Discus	6 th	43.16m	
Jade Lally	Open	Discus	2nd	57.37m	
Gilbert Barrett	U13yrs	800m	7 th	2.29.49	
Boden Ritchie	U13yrs	80m Hurdles	3rd	17.01	
		Triple Jump	7 th	9.43m	PB
		Discus	2nd	22.36m	PB

Conor Mathewson	U13yrs	1500m	2 nd	4.33.48	
Harsith Rameshkumar	U13yrs	100m	10 th	14.24	
		Long Jump	4 th	4.43m	PB
		Triple Jump	2 nd	10.01m	PB
		High Jump	=4 th	1.25m	PB
Archer Crowley	U14yrs	90m Hurdles	3 rd	14.30	PB
		400m	4 th	60.13	PB
		Long Jump	3 rd	5.06m	
		High Jump	5 th	1.58m	PB
		Discus	2 nd	35.26m	PB
		Javelin	2 nd	40.02m	PB
		Shot Put	3 rd	11.64m	PB
Aviu Rakei	U15yrs	Shot Put	4 th	13.65m	PB
Luca Gigliotti	U15yrs	1500m	8 th	4.40.09	
Luke Majendie	U15yrs	800m	8 th	2.15.58	PB
		Triple Jump	9 th	10.06m	
Joseph Bergin	U15yrs	100m Hurdles	4 th	16.52	
		200m Hurdles	7 th	31.07	PB
Simeon Anstey	U15yrs	200m	2 nd	23.93	heats 23.90 PB
		400m	1 st	53.02	
Daniel Harlow	U16yrs	200m Hurdles	1 st	26.40	
		High Jump	4 th	1.70m	
Sean Majendie	U16yrs	100m	3 rd	11.54	PB
		200m	3 rd	23.54	
		400m	4 th	54.03	PB
Chatta Peiris	U16yrs	100m	21 st	12.86	PB
Dakota Stewart	U16yrs	800m	3 rd	2.02.53	
		1500m	1 st	4.09.72	PB
		2000m Steeplechase	1 st	6.29.34	
Hallam Cooper	U16yrs	Triple Jump	ND		
Joel Jakimowicz	U/16yrs	100m Hurdles	7 th	14.66	PB
		200m Hurdles	10 th	30.90	
		Triple Jump	10 th	10.43m	
Joshua Lehmann	U16yrs	1500m	10 th	4.38.67	PB
Lachlan Wendt	U17yrs	Javelin	1 st	56.34m	PB

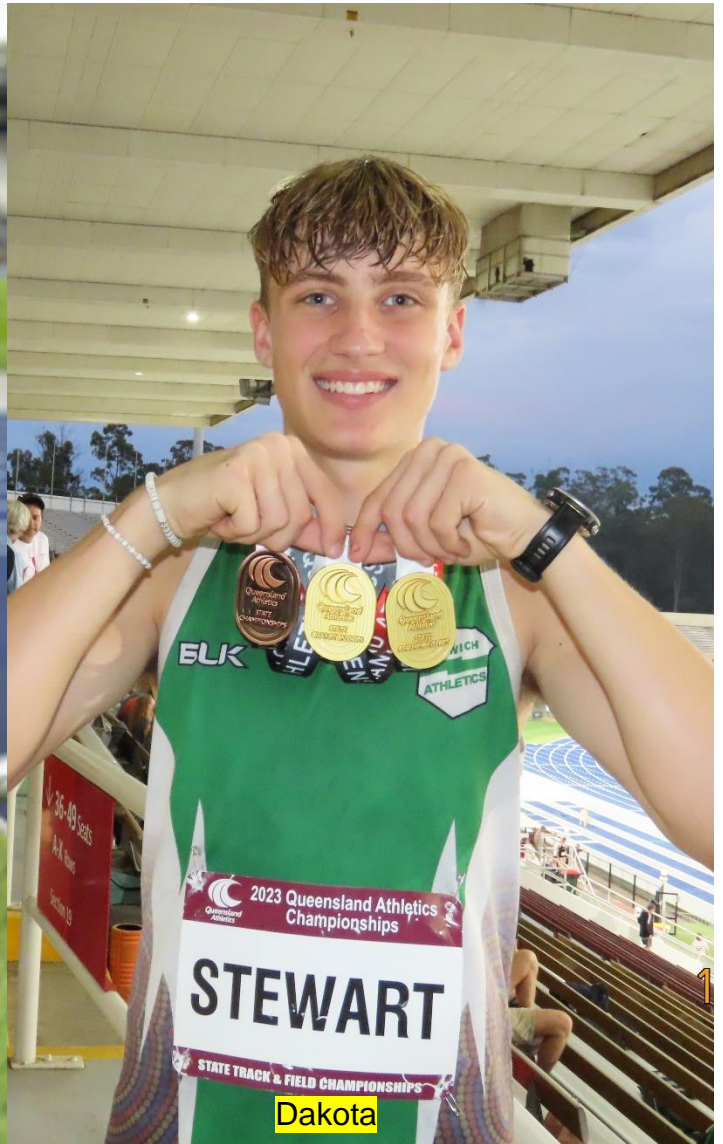
Benjamin White	U17yrs	400m 800m	9 th 11 th	56.03 heats 55.40 2.08.90	PB PB
Hayden White T/F38	U17yrs	400m 800m 1500m	1st DQ 1st	62.83 78.51% 4.56.37 76.89%	PB PB
Riley Wainwright	U17yrs	Long Jump Triple Jump	ND 5 th	11.55m	
Lachlan Ebrington	U18yrs	200m	6 th	23.91 heats 23.80	
Mitchell McNiven	U18yrs	400m	2nd	50.92	PB
Ethan Platen	U18yrs	400m	8 th	53.51 heats 53.18	
Kobe Blake	U/18yrs	110m Hurdles 400m 400m Hurdles	2nd 10 th 3rd	15.15 54.46 56.73	PB PB PB
Cooper Blake	U/18yrs	High Jump 400m	6 th 7 th	1.80m 53.20	PB PB
Stefan Brits	U18yrs	Shot Put Discus	4 th 3rd	12.96m 43.93m	
Ky Dalby	U20yrs Open	Discus Discus Shot Put Javelin	4 th 18 th 6 th 4 th	35.85m 30.70m 9.30m 31.47m	
Maharu Wickramasinghe	U20yrs	100m	DQ		
2020	10 Gold	13 Silver	14 Bronze		
2021	7 Gold	10 Silver	10 Bronze		
2022	24 Gold	10 Silver	16 Bronze		
2023	20 Gold	22 Silver	25 Bronze		

Excellent results this year with heaps of PB's and wonderful support by families, friends and Coaches. Many of our athletes have their sights on representing Australia in the near future, the Commonwealth Youth Games will be staged in Trinidad and Tobago from 4-11 August 2023, some of our athletes have qualified for these Games, team announcements later on, will keep you posted.





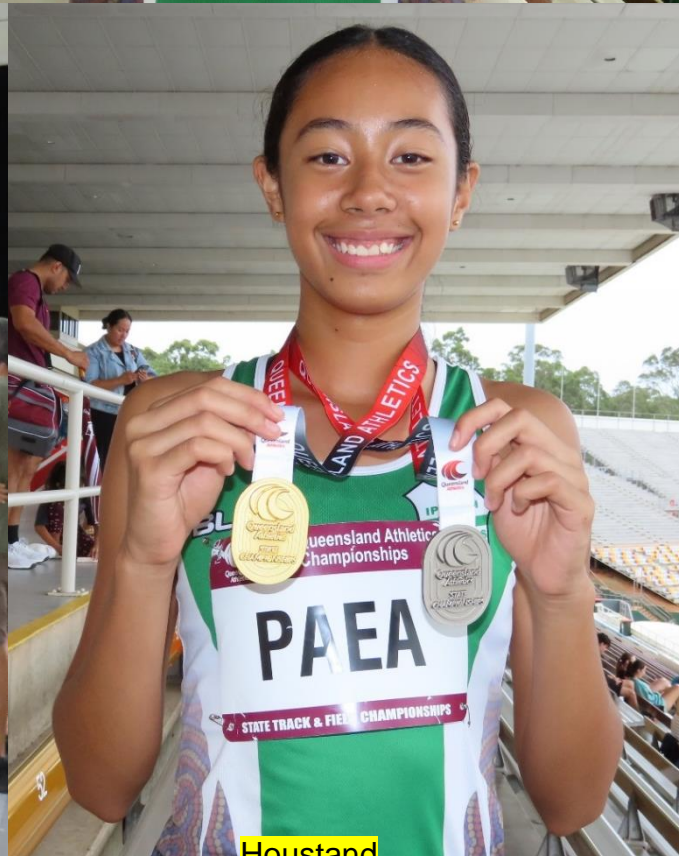
Charlize



Dakota



Monique



Houstand



Kobe



Boden Ritchie





Archer



Mackenzie



Simeon



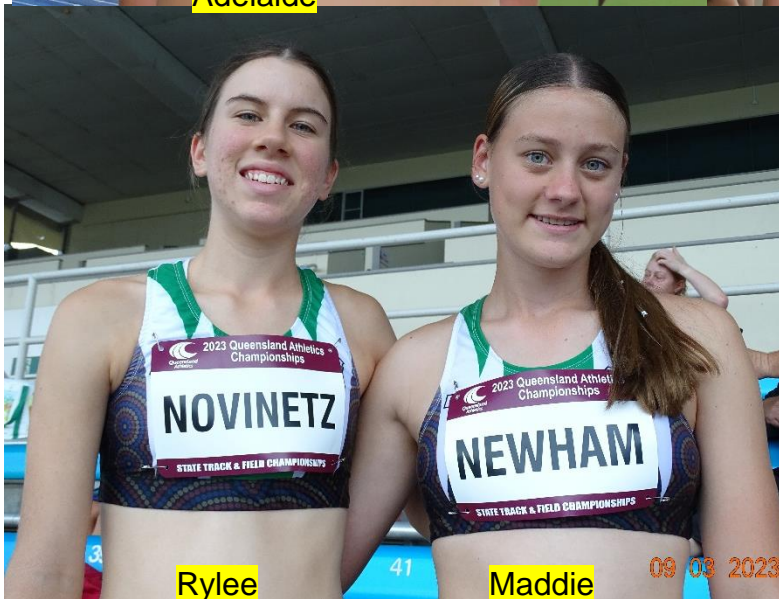
Leah



Adelaide



Abbie



Rylee

Maddie



Benjamin



Izabella



Tulsii



Ethan

Mitchell

11/03/20



Olivia



Christina & Coeviner



Elyse



Cooper



Joel



Kiera



Lily



Tahnee



Maharu



Chatta



Archer

Sophie

Charlotte

Tiana

Mackenzie

Eikle

09 03 2023



It was a fabulous performance by all Club members along with their parents and supportive friends.

The coaches did a fantastic job in getting athletes to do amazing numbers of PB's, an excellent effort.

Club Members Happy March Birthdays

Olivia Agiannitis

Isabella Willshire

Olivia Windolf

Jorja Crocker

Tahnee Beckers

Owen Martin

Elyse Rolison

Jade Lally

Dakota Stewart

Joseph Bergin

Jordyn Reid

Jude Thomas

Michael Thomas

Sean Majendie

Paramveer singh Batth,

Mia Kertesz T/F40

Hunter Roadley

Samuel Wainwright

Connor Whittet

Nathan Windolf

Track & Field InterClub Competition

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

www.qldathletics.org.au

QAL now has several events scheduled on their website www.qal.org.au

Answer to the Question

The winner of the **February** question was **Jodie-Ann Harlow**

The correct answer was: **“an Onion”**

A new question is as follows:

What is one thing that is lighter when it's full, but heavier when it's empty?

The **first** club member to reply by **email** with the correct answer wins a prize.

Email: - vgpascoe1@bigpond.com.au



Congratulations to Coaches **Michael Moore** and **Theresa (Marty) Stolberg** for getting **Charlize Goody** and **Toby Stolberg** to such high standards where they have been granted a Scholarship with the QLD Academy of Sport for the next two years to be part of Talent Support Plan Program, well done.

Club Training Nights

Training sessions on a Monday and Wednesday night at the Bill Paterson are on from 6.30pm to 8.30pm.

Any other extra fitness sessions can be arranged with your Coach.

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

Club Uniform

The Club uniform **must** be worn at all interclub meets, e.g. All comers at St. Lucia, QSAC and Gold Coast etc. **If the uniform is not worn, no points or performances will be recorded at inter club meets.**

CLUB BREAKUP

Please note that the Club is scheduled for its annual **Trophy Breakup** on Sunday 28th May 2023 at Brothers league Club, Raceview. Many trophies are given out on this day, **so please wait for further announcements.**

Club Champion award

Achiever of the Year award

Les Scott Encouragement Award

Bremer Chiropractic U/20yrs award male & female

Rookie of the year award male and female

Most Club Participation award

Highest points for X-Country, Track and Field, male and female and many more.

A guest speaker will be commencing the breakup, be ready with your questions! Watch this space.

At the breakup our Club's **Annual General Meeting** will be held. **All positions** are declared vacant and this is your opportunity to become part of the Committee. Nomination forms for positions are available. **Ph. 0409 754 884.**

Congratulations

Our Club Secretary **Theresa (Marty) Stolberg** has been selected for the role of Team Coach for the Australian Team at the 2023 European U20 Tour in the United Kingdom and Germany ("the event") from 11th June to 26th June 2023.

An excellent opportunity providing support athletes and team members, well deserved.

Marty has also been selected to be the Queensland Jumps Coach at this weekend Australian Athletics Championships.



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