



President's Message:

The Australian Track and Field Athletics Championships are now for 11th – 19th April 2024.

The AGM and Awards presentation is to be held on Sunday 26th May 2024 at Brothers Leagues Club at 11.00am. Club Treasurer **Jo Compson** is not standing for reelection at the AGM, very much appreciated for everything she has done, now looking for someone to take the position, now advertised on FB.

The 41st Winter Carnival is scheduled to run 18th August 2024, planning is underway.

Hopefully have some photos of Australian Championships next month.

Stay safe everyone and be healthy. Happy Easter everyone.

Vic

Committee Notes

Our next Monthly committee meeting is on **Tuesday 23rd April 2024** at 7.30pm.

Just a Thought'

**I've learned that Believe those you love
will always be with you.**

QLD 3000m Championships 2nd March 2024, UQAC 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.

Sasha Josipovic	U15yrs	3000m	12 th	10.56.27	PB
Elkle McAuley	U17yrs	3000m	6 th	10.54.75	
Latisha Wilson	U18yrs	3000m	9 th	11.01.67	PB
Tamara Carvolth	Open	3000m	6 th	10.12.42	
Luca Gigliotti	U16yrs	3000m	6 th	9.15.41	PB
Hugo Grainger	U16yrs	3000m	18 th	10.34.85	PB
Dakota Stewart	U17yrs	3000m	1st	9.14.23	
Ethan Heyward	U18yrs	3000m	5 th	9.02.98	

Cadel Bennie	U18yrs	3000m	10 th	9.15.66	PB
Jack Thomas	U20yrs	3000m	9 th	9.51.04	
Connor Whittet	U20yrs	3000m	5 th	8.46.66	PB
Connor Shaw	Open Ht4	3000m	1st	9.17.93	PB
Connor O'Leary	Open Ht3	3000m	18 th	9.36.40	



Connor Shaw



Jack Thomas

Connor

Jo Harlow Photography



Sasha Josipovic

Jo Harlow Photography



Elke McAuley

Jo Harlow Photography



Luca Gigliotti

Jo Harlow Photography



Tamara Carvolth

Jo Harlow Photography



Dakota Stewart

Jo Harlow Photography



Latisha Wilson

Jo Harlow Photography

Amazing action photos by Jo Harlow Photography

Congratulations

The Victorian Track & Field Championships were held in Melbourne 2-3 March 2024 where Charlize Goody competed in the U20 and Open Women's Discus.

Charlize Goody	U20yrs Discus	1 st	49.47m	WJQ
	Open Discus	2 nd	50.35m	WJQ

A flight by Charlize Goody saw her win the U20yrs Women's Discus on Saturday and then on Sunday in the Open Discus. A remarkable performance over two days of competition.



Charlize Goody

South Australian Athletics Championships – 10-12 March 2024

Heatwave conditions in Adelaide over the weekend made it an extremely tough challenge for our Club members competing.

Jade Lally	Open	Discus	2nd	54.76m
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Charlize Goody	18yrs	Open	Discus	3rd	49.07m	WJQ
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Toby Stolberg	17yrs	Open	High Jump	3rd	1.75m
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Charlize Goody & Jade Lally



Toby Stolberg

NSW Athletic Championships 15/03/2024

It's wonderful to see Club athletes competing at these championships with amazing results especially when both of these ladies had competed at the QLD Athletics the night before.

Jade Lally Open Discus 1st 58.10m

Charlize Goody Open Discus 3rd 50.91m **PB WJQ**



QLD Track & Field Championships 14^h March - 17th March 2024

Many of the athletes have qualified for the Australian 2024 Track & Field Championships to be staged in Adelaide, 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.

Olive Barrett	U13yrs	800m	3rd	2.41.56	
Sophie Allen	U13yrs	Long Jump	5 th	4.56m	PB
		100m	3rd	13.10	PB
		400m	2nd	67.20	
		200m	4 th	27.43	PB
Mila Josipovic	U13yrs	Javelin	2nd	27.55m	PB
		Discus	1st	33.02m	PB
		Shot Put	2nd	9.17m	
Abbey Crocker	U14yrs	Javelin	1st	37.71m	
		Discus	1st	34.69m	
		Shot Put	2nd	10.22m	
Emily Bolden	U14yrs	Hammer Throw	3rd	24.17m	
		Discus	4 th	25.09m	PB
		Shot Put	4 th	9.10m	PB
Diva Ejembi	U14yrs	High Jump	2nd	1.63m	PB
Sophie McGeehan	U14yrs	High Jump	5 th	1.50m	=PB
Ka'Mya Duncan	U14yrs	Javelin	5 th	30.68m	
		Discus	3rd	32.65m	PB
Tahlia Noon	U13yrs	Long Jump	7 th	4.24m	PB
Izabella Snymann	U14yrs	80m Hurdles	4 th	14.37	PB
Tahnee Beckers	U15yrs	High Jump	12 th	1.30m	=PB
		800m	15 th	2.39.37	PB
		1500m	11 th	5.37.07	
Ruby Bohen	U15yrs	Discus	3rd	34.67m	
		Shot Put	4 th	10.88m	PB
		Javelin	1st	38.68m	
Addison Hayne	U15yrs	Long Jump	4 th	4.86m	PB
		High Jump	5 th	1.55m	
Skye Houston	U15yrs	100m	16 th	13.63	=PB
		200m	17 th	28.34	PB
		Long Jump	7 th	4.61m	PB

Elyse Rolison	U15yrs	100m	13 th	13.34	
		200m	10 th	27.17	
Isla Mawer	U15yrs	Long Jump	11 th	4.12m	
		Triple Jump	8 th	9.69m	
Christina Tukuafu	U15yrs	Discus	1 st	35.61m	PB
		Shot Put	3 rd	11.41m	
		Javelin	3 rd	35.02m	
Hayley Windolf	U15yrs	Javelin	5 th	29.84m	
		Discus	2 nd	34.70m	
		Shot Put	1 st	11.83m	PB
Sasha Josipovic	U15yrs	Javelin	6 th	27.79m	
		1500m	4 th	4.56.96	PB
		2000m Steeplechase	1 st	7.19.07	PB
Tulsi Bhatt	U16yrs	100m	17 th	13.50	PB
		Long Jump	11 th	4.63m	PB
Mia Kertesz T/F40	U15yrs	100m	3 rd	31.28	
		200m	1 st	67.86	PB
		400m	DQ		
		Shot Put	1 st	2.80m	
		Javelin	1 st	6.41m	PB
		Discus	2 nd	5.67m	PB
Jenali Bolden	U16yrs	Shot Put	4 th	10.08m	
		Discus	1 st	38.60m	
	U18yrs	Discus	3 rd	39.23m	PB
Hayley Wainwright	U16yrs	Long Jump	10 th	4.70m	
		100m	20 th	13.58	
		Triple Jump	10 th	9.73m	
Addison Farinazzo	U16yrs	200m Hurdles	1 st	28.98	PB
		Long Jump	2 nd	5.32m	
		90m Hurdles	2 nd	13.29	
Tamika Ritchie	U16yrs	200m Hurdles	7 th	33.40	
		90m Hurdles	10 th	15.46	PB
		400m	12 th	65.66	
Lily Graves	U16yrs	100m	15 th	13.38	
		200m	15 th	27.94	
Adelaide Bailey	U17yrs	Triple Jump	7 th	10.39m	PB
Saskia Josipovic	U17yrs	Shot Put	2 nd	14.25m	
		Discus	2 nd	45.27m	
	U20yrs	Discus	3 rd	47.24m	PB

Indiana Platen	U17yrs	100m Hurdles	4 th	14.98	PB	
		400m	8 th	62.80	PB	
		Long Jump	7 th	5.07m		
		High Jump	6 th	1.50m		
Sophie Schutz	U17yrs	800m	12 th	2.31.31		
Charlotte Parsons	U17yrs	400m Hurdles	5 th	1.15.87		
Tiana Parsons	U17yrs	400m Hurdles	1st	1.06.60	PB	
Elke McAuley	U17yrs	800m	4 th	2.18.89	PB	
		1500m	5 th	4.54.05		
		2000m Steeplechase	6 th	7.47.50		
Katelyn Pretorius	U17yrs	100m Hurdles	5 th	15.77	PB	
Hayley Condon	U/18yrs	Shot Put	4 th	12.74m		
		Hammer	2nd	44.35m		
Abbie Severinsen	U18yrs	100m Hurdles	7 th	15.70	PB	
		Javelin	6 th	31.31m		
		Long Jump	6 th	4.76m		
Maddie Newham	U18yrs	100m	13 th	13.91		
		200m	14 th	29.41		
		Triple Jump	5 th	9.67m		
		Long Jump	8 th	4.58m		
Latisha Wilson	U18yrs	800m	9 th	2.30.27		
		1500m	11 th	4.59.02	PB	
Allira Takau	U18yrs	Shot Put	1st	16.32m	WJQ	
	U20yrs	Shot Put	1st	14.60m		
Coevinar Tukuafa	U18yrs	Shot Put	2nd	14.43m	PB	
	U20yrs	Shot Put	2nd	12.85m	PB	
Monique Williams	U18yrs	Long Jump	1st	5.71m	PB	
		Shot Put	5 th	12.66m		
		High Jump	2nd	1.60m	PB	
		Javelin	2nd	39.63m	PB	
		100m Hurdles	1st	14.48	PB	
Charlize Goody	U/20yrs	Discus	1st	50.18m	WJQ	
	Open	Discus	4 th	50.34m	PB	WJQ
Claire Gouws	U20	Triple Jump	3rd	11.90m	PB	
		Long Jump	7 th	5.38m	PB	
Toby Stolberg	U20yrs	High Jump	1st	1.83m	PB	WJQ
	Open	High Jump	2nd	1.83m	PB	WJQ
Jessica Rowe	U/20yrs	Hammer	1st	52.86m		
	4kg Open	Hammer	1st	53.16m	PB	

Aldora Tuilaepa	U20yrs	Discus	6 th	38.66m	PB
		Hammer	5 th	38.32m	
Erin Wright	Open	100m Hurdles	6 th	14.78	
Jade Lally	Open	Discus	1st	58.90m	SB
Janet Webber	Open	Javelin	10 th	27.78m	=PB
		High Jump	6 th	1.45m	
Taylor Hudspith	Open	800m	9 th	2.24.50	PB
		1500m	6 th	4.48.59	
Jonte Tukuafu	U13yrs	Shot Put	1st	13.02m	PB
		Discus	1st	43.30m	
		Javelin	1st	26.97	
Hudson Severinsen	U13yrs	Shot Put	2nd	11.56m	
		Discus	2nd	34.13m	
		Javelin	4 th	21.46m	
Gilbert Barrett	U14yrs	800m	11 th	2.19.80	PB
		1500m	5 th	4.38.84	PB
Boden Ritchie	U14yrs	400m	7 th	66.33	PB
Harsith Rameshkumar	U14yrs	100m	8 th	13.65	PB
		90m Hurdles	3 rd	14.50	
		Long Jump	6 th	4.93m	
		Triple Jump	2nd	10.76m	
Aviu Rakei	U16yrs	Shot Put	4 th	14.54m	PB
Hugo Grainger	U16yrs	800m	12 th	2.14.75	
		1500m	16 th	4.39.45	
Viliami Tuli	U16yrs	Shot Put	2nd	15.33m	PB
Jackson Bray	U17yrs	Discus	7 th	38.94m	
Cullen Grainger	U17yrs	800m	11 th	2.03.66	
		1500m	7 th	4.10.10	
Dakota Stewart	U17yrs	800m	9 th	2.02.24	
		1500m	6 th	4.08.52	
		2000m Steeplechase	1st	6.19.67	
Sebastien Arnold	U18yrs	Triple Jump	1st	13.38m	PB
Lachlan Wendt	U18yrs	Javelin	2nd	59.60m	PB
Hayden White T/F38	U17yrs	400m	1st	62.30	PB
		800m	1st	2.24.26	PB
		1500m	1st	4.56.96	

Ethan Heyward	U18yrs	1500m	7 th	4.08.64	
Riley Wainwright	U18yrs	Long Jump Triple Jump	7 th 4 th	6.01m 11.89m	PB
Cadel Bennie	U18yrs	1500m	5 th	4.05.63	PB
Stefan Brits	U20yrs	Discus	2nd	45.88m	PB
Chris Costello	U20yrs	High Jump	3rd	1.85m	PB
Kobe Blake	U/20yrs	110m Hurdles 400m Hurdles	5 th 2nd	15.49 55.30	PB
Cooper Blake	U/20yrs	High Jump 400m 400m Hurdles	4 th 12 th 4 th	1.85m 55.20 59.50	PB
Ky Dalby	U20yrs Open	Discus Discus Javelin	9 th 11 th 7 th	36.89m 34.33m 33.56m	PB PB

2023 20 Gold 22 Silver 25 Bronze

2024 29 Gold 25 Silver 11 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 Oceania Athletic Championships will be staged in Suva, Fiji from 4-8 June 2024, some of our athletes have qualified for these Games, team announcements later on, will keep you posted.



Olive Barrett



Gilbert Barrett



Coach Darin and Hudson Severinsen



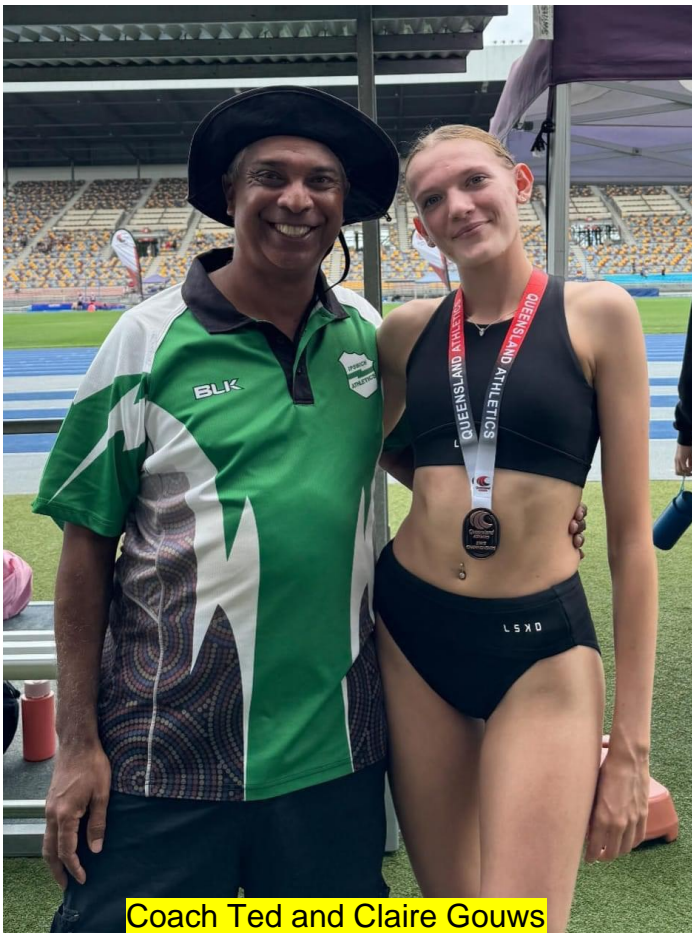
Abbie and Hudson Severinsen



Koby, Craig, Roxann & Cooper Blake



Charlize Goody



Coach Ted and Claire Gouws



Sophie Allen



Erin Wright



Toby Stolberg



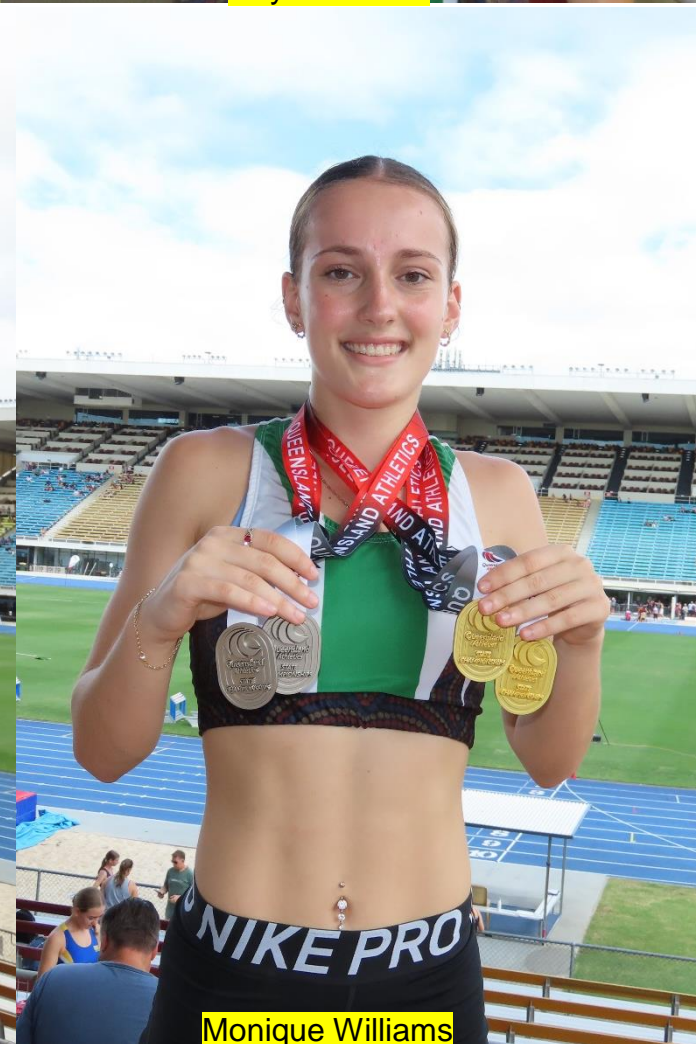
Dakota Stewart



Hayden White



Maddie Newham



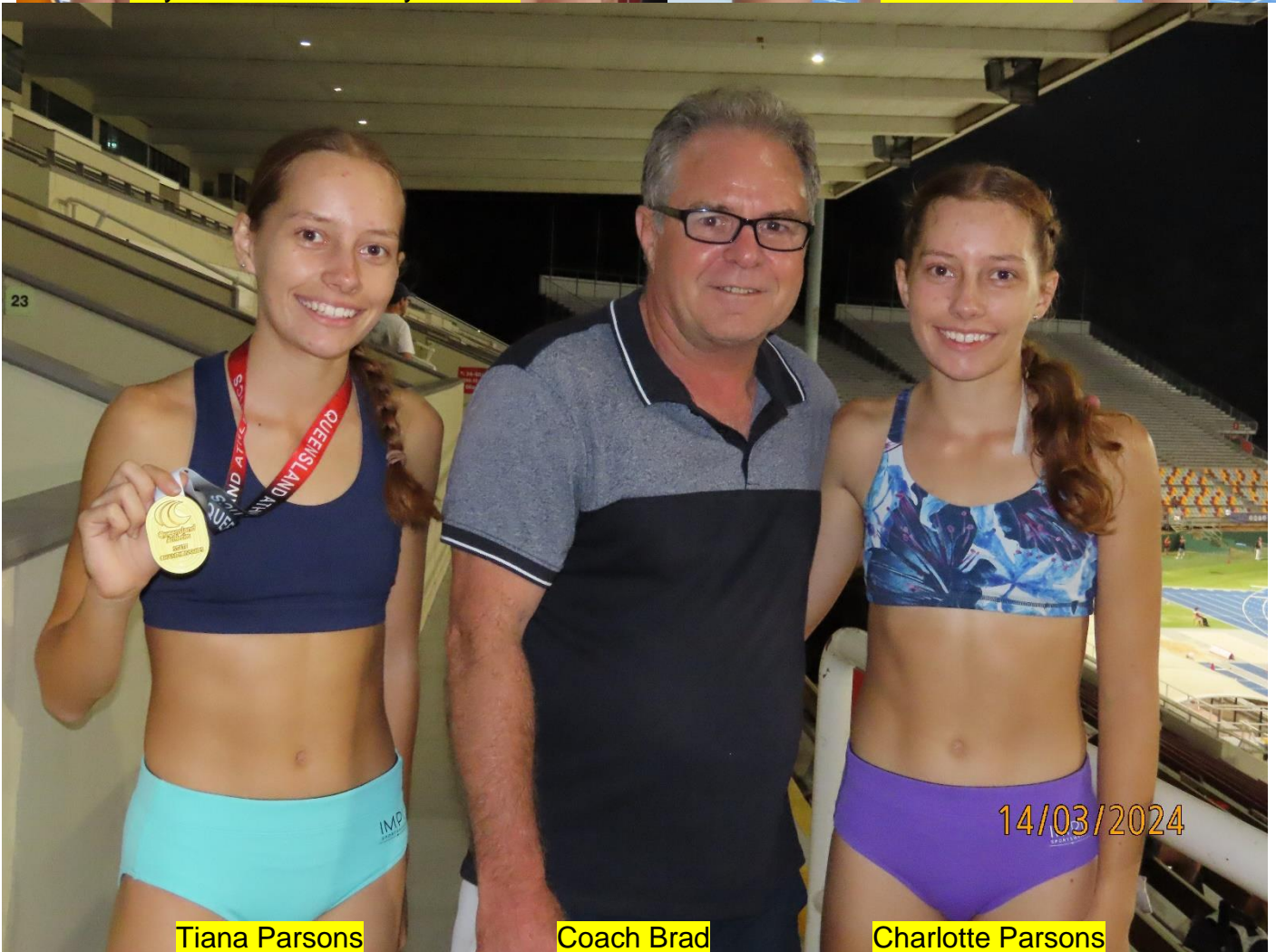
Monique Williams



Skye Houston and Lily Graves



Tamika Ritchie



Tiana Parsons

Coach Brad

Charlotte Parsons



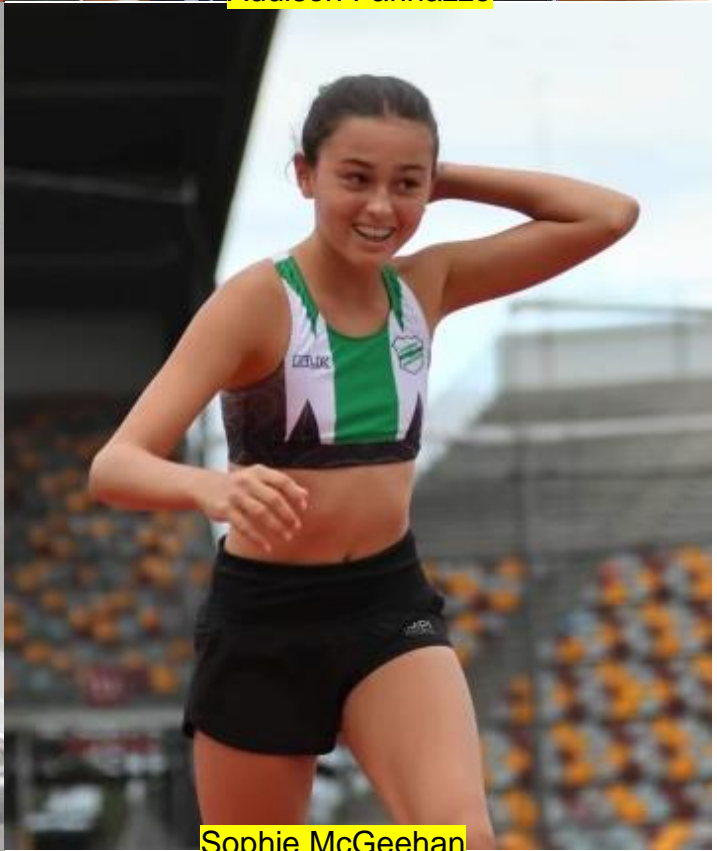
Harsith Rameshkumar



Addison Farinazzo



Photographer Jo Harlow



Sophie McGeehan

It was a fabulous performance by all Club members along with their parents and supportive friends along with the amazing action photographers Jo Harlow and Michael Thomas. The coaches did a fantastic job in getting athletes to do amazing numbers of PB's, an excellent effort.

Canberra Track Classic

Jude Thomas ran in the 3000m Steeplechase where he finished 6th in 8.53.10, a new **PB**.

The **Sydney Track Classic** was held Sat 23rd March 2024 along with the Australian Open 3000m Championships.

Toby Stolberg 16yrs	Open High Jump	=3 rd ^h	1.80m
Jude Thomas 20yrs	Open 3000m Championship	DNF	Nasty fall.

Club Members Happy March Birthdays

Isabella Willshire Olivia Windolf Jorja Crocker
Tahnee Beckers Owen Martin Elyse Rolison
Jade Lally Dakota Stewart Sebastien Arnold
Jude Thomas Michael Thomas Isla Adams-Wraight
Jenali Bolden Mia Kertesz T/F40 Mila Josipovic
Haivyn McConnachie Olivia Stewart Layla McGeehan
Jonte Tukuafu Khyden Rye 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

No correct answers

The correct answer was: **“The words are:** capillaries
couplet
chaplain”

A new question is as follows:

If 3 men can eat 3 steaks in three days, how many steaks can 6 men eat in 6 days?

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

Email: - vgpascoe1@bigpond.com.au

Club Training Nights

Training sessions on a Monday and Wednesday night at the Bill Paterson are on from 6.15pm 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 26th May 2024 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.**

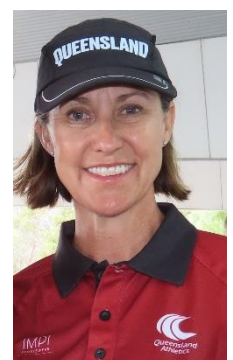
Congratulations

Club Vice President **Theresa (Marty) Stolberg** has been selected for the role of Team Coach for the Australian Team at the World Junior Championships in Lima, Peru from 27th – 31 August 2024.

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



Les Scott & Associates
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Australian Credit Licence 385281



Congratulations

Montanna McAvoy celebrated graduating with a Double Degree BA Arts majoring in Politics and International Relations along with a BA Business Majoring in Management.

Montanna is a former Club Champion, an Australian Representative and a Kindred Club Sports Star winner in 2017.

Montanna managed to condense a 4 year program to 3 years by overloading her academic calendar every semester as well as working to support herself whilst committing to her many sporting trainings and opportunities. She has pushed herself beyond expectations and always challenged herself to aim higher.

Well done Montanna as we look forward to your next chapter commencing at the QLD Police Academy in April.

We wish you well in all your future endeavours as I'm sure your achievements on the track and Cross Country will only continue at an amazing level.



Club Support

Many thanks to one of our sponsors, the **Ipswich Parents and Old Boys** for supporting our junior athletes to the tune of \$2,000 who attend the 2024 Australian Athletic Championships being staged in Adelaide from the 11th-19th April 2024.

This association has been in operation for 50 years and supports many sporting clubs in the Ipswich district.



L-R are Theresa & Toby Stolberg, John Williamson, Sophie Schutz, Vic Pascoe & Tina Schutz.
President

X-Country Competition

Our club will be hosting a **Brisbane X-Country series 5 meet** in Limestone Park on the 25th May 2024 with the first event scheduled for 2.00pm and the last to start at 3.40pm.

We need volunteers to support this event and numbers suggested as course marshals is approximately 8-10 people. We are also running a canteen where another four / five to assist. A roster will be written up, even for an hour or so is appreciated. An 11am start in the canteen would suffice.

Also the **GPS X-Country** meet is being held on Thursday 16th May 2024 and we need as many volunteers to run the canteen to feed the hungry athletes and supporters. A 6am start in the canteen as we have to prepare breakfast for the GPS staff.

Please contact our Club Secretary Tina at tshutz75@gmail.com to let us know when and where you can assist.

