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Newsletter

27th May 2019

President's Message:

It was an excellent day at the Award presentation at Brothers Leagues Club as it was wonderful to see so many supporters coming along to applaud the winners of the different categories. It was special to show off our talented athletes to the visiting guests and sponsors.

Guest speakers Mark Sills, former High Jump champion and Theresa (Marty) Stolberg, Heptathlon champion spoke of their past and present experiences along with what does the future hold. It was inspirational stuff.

Having Des Johnston Chairman of QLD Athletics, Ashton Greaves Acting CEO of the Ipswich Hospital Foundation, Gavin Maxwell of LRTMC and Les Scott at the awards was wonderful with their words of encouragement and motivation to our athletes.

Sponsors Ipswich Hospital Foundation, Leisure Riders Touring Motor Cycle Club, and Les Scott & Associates Home Loan Specialists were well represented.

The AGM was held and all positions were filled but we need a Canteen convenor. Many thanks to the outgoing crew, well done.

The GPS X-Country Carnival will be held on Wednesday 29th May 2019 and I ask each and every one of you to find some time to help on this day in the canteen from 6am to 1.00pm.

Whether it is X-Country or Track & Field, hopefully the athletes will train even harder to achieve even better PB's. Looking forward to an exciting season for 2019/2020.

Vic.



Like us on Facebook, please search for Ipswich and District Athletic Club and request to join. It is for members, family and sponsors

Committee Notes

Our next Monthly committee meeting is on **Tuesday 25th June 2019** at 7pm. All welcome.

The new structure for our Club is as follows;

President	Vic Pascoe
Vice President	Theresa (Marty) Stolberg
Secretary / Registrar	Michael Thomas
Treasurer	Rochelle Carrick
Canteen Convenor	We need someone please.
Committee	Craig Thomas
	Darin Coombs
	Brad Robinson
Head Coach	Mark Sills
Patron	To be decided

ONE MILE GIFT 4th May 2019



The Ipswich Hospital Open One Mile Gift had a character winner in Chris Woulahan just ahead by a small margin from Wayne Adams and Patrick Hagan in a time of 4.17.29.

Well done by all.

Club Presentation of Awards – 26th May 2019

We had a fabulous day with more than 70 supporters attending the presentation of Awards and AGM at Brothers League Club, Raceview Ipswich. The photos are available plus more if you want.



Les Scott presented the Les Scott Encouragement Award to Haley Webber and Aldora Tuilaepa (apology). He praised all the athletes on a wonderful achievements throughout the season and wished them all the best.



Elizabeth Melrose a Club Captain of our Club, presented Volunteer of the Year Award to David Wright for outstanding work throughout the season.



Ashton Greaves acting CEO of the Ipswich Foundation presented the Club Champion Award to Montana McAvoy for marvelous achievements during the season.



Les Scott presented on behalf of Bremer Chiropractic - U/20yrs Award to Kirra Csurhes and Ben Thomas (apology).

 **Bremer Chiropractic**



Club Captain Elizabeth Melrose presented the Rookies of the Year Male Award – Harry Wilson



Club Captain Elizabeth Melrose presented the Rookies of the Year Female Award – Mikaela Doneley



Gavin Maxwell of LRTMC Presented an Australian Title award to Camryn Novinetz



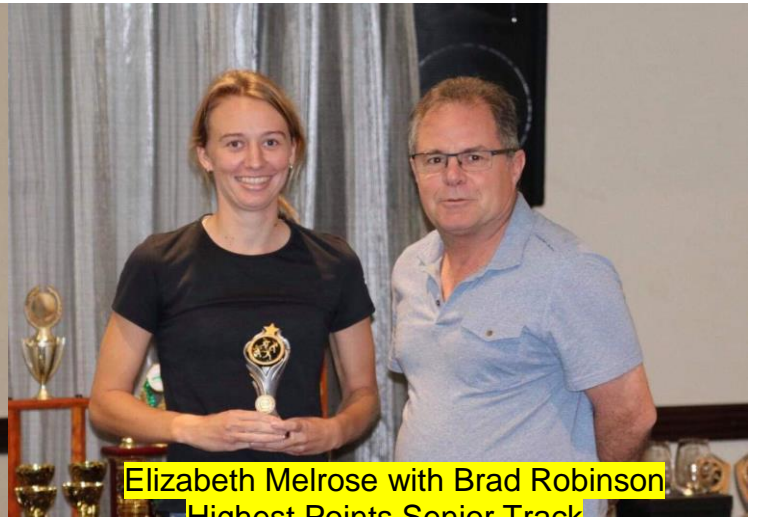
Gavin Maxwell of LRTMC Presented an Australian Title award to Jude Thomas



Vic Pascoe receiving a cheque from Gavin Maxwell of the LRTMC sponsoring the Club to the tune of \$500-00, a magnificent gesture from a long term sponsor



Brad Robinson with Dahniella Pedroni
Highest Points Senior Field



Elizabeth Melrose with Brad Robinson
Highest Points Senior Track



Darin Coombs with Charlize Goody
Highest points Junior Field



Darin Coombs with Leah Clark
Highest points Junior Track



Darin Coombs with Cooper Farnsworth
Highest points Junior Track



Darin Coombs with Ky Dalby
Highest points Junior Field



Brad Robinson with Jude Thomas
Highest Points for X-Country



Guest Speakers Theresa (Marty)Stolberg and Mark Sills



Des Johnston and Berise Jones, great supporters of our club



Harry Wilson and Jude Thomas, distance runners on the rise



Erin Wright receiving the Club Development Certificate from Theresa Stolberg



Hayley Wright receiving the Club Development Certificate from Theresa Stolberg

Ipswich & District Athletic Club Inc.

Presentation Awards 2018/2019

Club Champion of 2018 / 2019	Montanna McAvoy	
Club Achiever of the year	Montanna McAvoy / Rochelle Vidler	
President’s Award	Montanna McAvoy	U/20yrs 3000m Steeplechase 9.59.67 WJC & PB
Les Scott Encouragement	Haley Webber / Aldora Tuilaepa	
U/20yrs Male	Bremer Chiropractic	Benjamin Thomas
U/20yrs Female	Bremer Chiropractic	Kirra Csurhes
Interclub Participation of 2018/2019	Leah Clark	
Australian Title Holders 2018/19	Camryn Novinetz U17yrs	5000m Walk
	Jude Thomas U/18yrs	3000m
Club Captains Recognition Award	Patrick McCarthy	
Volunteer of the Year 2018/2019	David Wright	
Club Rookies M & F of 2018 / 2019	Harry Wilson & Mikaela Doneley	
Club Development Squad	Rochelle Vidler, Montanna McAvoy, Erin Wright, Zac Caterson, Camryn Novinetz, Kyra Domrow F12, Hayley Wright, Kiara Condon, Jude Thomas, Laylani Va’ai, Alexander Gough, Benjamin Thomas, Kirra Csurhes.	
Highest Points for X-Country Male	Jude Thomas	
High Points for X-Country Female	Tamara Carvolth	
Highest Points for Track Senior Male	Alex Davies	
Highest Points for Field Senior Male	Zac Caterson	
Highest Points for Track Senior Female	Elizabeth Melrose	
Highest Points for Field Senior Female	Dahniella Pedroni	
Highest Points for Track Junior Male	Cooper Farnsworth	
Highest Points for Field Junior Male	Ky Dalby	
Highest Points for Track Junior Female	Leah Clark	
Highest Points for Field Junior Female	Charlize Goody	

Club Recognition at National Championships

Who competed?

Charlize Goody	U/14yrs	Kyrstal Smith	U/14yrs
Toby Stolberg	U/14yrs	Mikaela Doneley	U/15yrs
Sophie Wilkins	U/15yrs	Jessica Rowe	U/15yrs
Kiara Condon	U/16yrs	Erin Wright	U/16yrs
Camryn Novinetz	U/17yrs	Dahniella Pedroni	U/17yrs
Laylani Va'ai	U/17yrs	Hayley Wright	U/20yrs
Kirra Csurhes	U/20yrs	Theresa Stolberg	Masters 45-49yrs
Alex Davies	U/18yrs	Jude Thomas	U/18yrs
Zac Caterson	U/18yrs	Benjamin Thomas	U/20yrs
Tamara Carvolth	Open	Patrick McCarthy	Masters 35-39yrsrs

Club recognition of International Athletes

Theresa Stolberg	45-49yrs	Pan Pacific Games
Darin Coombs	45-49yrs	Pan Pacific Games
Benjamin Thomas	U/18yrs	Melanesian Games
Alexander Gough	U/18yrs	Melanesian Games
Rochelle Vidler	U/18yrs	Melanesian Games & Youth Olympics
Montanna McAvoy	U/20yrs	World Junior Championships

Just a Thought'

I've learned that Tell someone you love them; it is a priceless gift to give.

Track & Field InterClub Competition

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

www.qldathletics.org.au

Happy Birthday to our Club Members during May

Toby Stolberg Alexander Gough Jessica Rowe Ky Dalby

Elizabeth Melrose Kiir Kiir Matthew Learoyd

Scarlett Long Kyan Paterson Sean Armstrong Alex Davies

Connor O'Leary Charlotte Parsons Tiana Parsons

Sophie Wilkins Kyran Williams Rory Smith

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

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 club meets.**

Club Training Nights

Monday and Wednesday nights from 6.30pm to 8.30pm.

That's right through winter we train two nights a week.

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

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

Congratulations!

Queensland Short Course Cross Country Championships were held at Rivermount College, Yatala, Brisbane on 4th May 2019 as well as the QLD All Schools.

Tamara Carvolth won the gold medal in the Open Women 4000m Championships in a time of 14.00.00. Well Done.

Jude Thomas won the gold medal at the Queensland All Schools Cross Country Championships over 6000m in a time of 19.18.00 for 17yrs.

Alex Davies ran 4th Queensland All Schools Cross Country Championships over 6000m in a time of 20.19.00 for 17yrs.

Harry Wilson won the bronze Queensland All Schools Cross Country Championships over 8000m in a time of 28.07.00 for 18-19yrs.

Answer to the Question

The winner of the **April** question was: **Elizabeth Melrose**

The correct answer was: **"Funny farm"**.

A new question is as follows:

I can be huge, or I can be small.
I can be long like a sausage, or round like a ball.
I might stay with you, or I might travel for miles.
For those of few years, I always bring smiles.

What am I?

Think Carefully!!!

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

Email: - vgpascoe1@bigpond.com.au



The 17th annual Somerset Rail Trail Fun Run or Ride will be held on Sunday, 14 July 2019. This event will take place on what is now Australia's longest rail trail at a length of 161 kilometres.

This annual event, an initiative of Somerset Regional Council, is about enjoying the great outdoors with family, friends or work colleagues and most of all, having fun.

Participants will have the choice of participating in either an 8km/3km run or a bicycle event which will allow them to take in the breathtaking views of the Brisbane Valley, Brisbane River and historic rail trail.

Join us on Facebook and stay tuned for more details to come – [Somerset Rail Trail Fun Run or Ride](#).

Race Information

8km Run/Walk Event

The 8km event meanders through the beautiful Brisbane Valley, along the historic rail corridor. Starting at 9am, this event will start at Clock Park, Peace Street, Lowood and finish at the Fernvale Sports Park, Brouff Road, Fernvale.

3km Run/Walk Event

Also starting at 9am, the start point for this shortened course is located along the Brisbane Valley Rail Trail off Old Fernvale Road, between Fernvale and Lowood. Please note that there is no parking at the 3km start, participants will be required to catch a shuttle service to the start point.

Bicycle Event

Starting at 8am from Clock Park, Peace Street, Lowood, the bicycle ride will allow riders to experience the Brisbane Valley Rail Trail whilst observing the undisturbed nature with native vegetation and bird life on display.

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. (11yrs to 17yrs)



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 Park2Park in Ipswich on Sunday, 28 July 2019 is proud to be known as one of the most challenging, hilly courses in Queensland.

The event offers a distance for everyone, from a family challenge, 100 metre Mascot Marathon and 2.5km run/walk through to a 21.1km half marathon which can be run solo or in a 4 person team relay. These events run multiple laps of a 5km course, starting and ending at Bill Paterson Oval and taking in Limestone and Queen's Park.

The Ipswich Park2Park attracts elite international, national and local athletes; people wanting to conquer one of the most challenging courses in Queensland; and those who just want to be a part of a healthy and fun event raising money for a local community organisation, the event has a wide appeal.

Organiser

[Ipswich Hospital Foundation](http://www.ipswichhospitalfoundation.org.au)

Distances/Events

Family Challenge

2.5km

5km

10km

21.1km Solo/Relay

For more information please visit www.park2park.com.au

Registrations are now open.

“FLASH BACK in Time”



Do you recognize our young stars of the past and present?

I'm sure you will, it's from a 2014 seminar with Australian Junior Sprint Coach Jackie Byrnes.

Three of them are now or have been international athletes.

Let me know if you do know, which ones?

Hopefully there will be future editions of “Flashback”.



WORLD'S LARGEST FUN RUN
AUGUST 11, SYDNEY ENTER NOW

Registrations are now open.

DownUnder Championships – Gold Coast

Event date: 12/07/2019 - 14/07/2019

ON-LINE ENTRIES

Entries can be made on-line through the Sports Credentials website. **On-line entry is now open.** It is your responsibility to ensure that you enter the correct event, in the correct age group, and in the correct gender. Online entries close at 11:59 p.m. on Tuesday, 2nd July 2019.

PAYMENT

Payment occurs at the time of entry online and requires a credit card. Any requests for payment of entries other than via the on-line system must be received by Sports Credentials **(0411 454 840)** NO LATER than 3pm on Monday, 1st July 2019.

ENTRY FEES

Early bird (closes at 11.59pm Tuesday 18th June): \$25.00 (GST inclusive) per event.

Standard entry (closes at 11.59pm Tuesday 2nd July): \$30.00 (GST inclusive) per event L

For more information and to enter online, visit www.sportscredentials.com.au

