



P O Box 220, Booval Qld 4304

Ph: 0409 754 884

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

Newsletter

30th October 2019

"President's Message":

I really enjoyed watching the 13-19yrs Secondary Schools State Track & Field championships staged in Cairns from 19 - 22/10/2019. The performance of our athletes was outstanding and the support of the parents was exceptional. Congratulations to all who competed.

The Australian Secondary School Championships will be held in Perth from the 6th – 8th December 2019. The Queensland team has been announced and I am proud of the members who made this team. See below.

Congratulations to our coaches, Mick, Brad, Ted, Theresa (Marty), Darin Coombs and Connor for preparing our athletes for this championship.

The Ipswich City Sports Awards acknowledge our sporting greats. Jude Thomas and Vic Pascoe are finalists at these awards, congratulations. See below.

It is worth becoming familiar with the Queensland Athletics website which has the full calendar of events from now until April 2020.

Vic



Committee Notes

Our next Monthly committee meeting is on **Tuesday 26th November 2019** at 7pm. All welcome.

We need parents to put forward ideas for our Christmas breakup party in December, see below for more information.

Just a Thought'

I've learned that..... Every day you should reach out and touch someone. People love that human touch – holding hands, a warm hug or just a friendly pat on the back.



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



Somerset Gift at Somerset College, Mudgeeraba 12/10/2019

Well the day started with rain whilst travelling to Somerset College, but by the time the first heat start of 2.15pm it was only a few light showers that fell and after that turned out to be excellent afternoon weather wise.

The last finals was held at 7.30pm for the Open Women and Open men, both 100m gifts with \$5,000 to the winner of each race.

Patrick McCarthy (35yrs) was our most successful athlete attending by winning his heat and semi-final but was just run down in the final when he was off 9.50m, he finished 4th, beaten less than a metre, one exciting race to behold. The six finalists were spaced over one metre, fabulous handicapping. The final was won in 10.49 seconds.

Lily Vine won the 13yrs Girls 100m when off 12.50m, but unfortunately no time was given. One excited young girl winning her first professional race after several attempts. She was run out in the heats of the Open women 100m when off 12.00m.

Mikaela Doneley was off 10.50m to run 2nd in the 14yrs girls 100m final and was off 30m when knocked out in the heats of the Open women 300m.

Jack Vine was off 10.50m to run 3rd in the 15yrs boys 100m final. Jack was 3rd in the Open men 100m heat but missed out running in the semi-final due to inexperience, not fully aware of proceedings as this was only his 2nd attempt at professional running.

Erin Wright was off 10.00m to run 3rd in the 16yrs Girls 100m final after being knocked out in the heats of the Open women 100m when off 10.00m.

Hayley Wright was off 7.25m winning her heat in the Open women 100m in 12.09 but was knocked out in the semi-final and did not proceed to the final, which was won by Bree Masters of Victoria in 11.72 when off 1.75m.

Kerryn Ryan was off 3.50m running 3rd in the 16yrs Boys final and was 3rd in his heat in the Open Men 100m when off 7.75m, but was knocked out in the semi-final of the open men 100m.

Dahniella Pedroni was off 10.50m running 3rd in the 17yrs girls 100m final and was knocked out in the heats of the Open women 100m when off 12.00m.

Madison Wells was off 22.00m running 4th in the Open women 300m heats to qualify for the final but did not run due to injury and was knocked out of the open women 100m heats when off 7.00m.

Leah Clark was off 11.00m in the heats of the open women 100m but proceeded no further. Leah was off 9.00m in the 15yrs girls' final where she finished 6th.

Savannah Bucknell was off 6.00m in the 12yrs girls 100m but unable to make final, also knocked out in the heats of the Open women 100m when off 11.00m.

Athletes who came home with cash are as follows in pictures.

If you would like to have one, please contact me on 0407 754 884.



100m Open Men Finalists

Patrick McCarthy



16yrs Girls Presentation

Erin Wright



Dahniella Pedroni 12 10 2019



Mikaela Doneley



Lily Vine

12 10 2019



12 10 2019

Jack Vine



16yrs Boys presentation

Kerryn Ryan

Congratulations!

Secondary School State Championships – 13 to 19yrs

Barlow Park, Cairns 19/10/19 - 22/10/19, I saw a number of **registered** club athletes do extremely well.

There were some marvelous performances. Just to watch these amazing performances was just magic as getting to this level is a wonderful achievement and I have added a few pictures and hopefully all the results including PB's.

Some of the highlights is as follows; **also a story appeared in the QT Newspaper 29/10/2019.**



Madison Wells, after a heart issue from running in the heats of the 200m on the Sunday was rushed to hospital for a multitude of tests where she did not get to bed until 1.00am Monday. Doctors urged her not to compete in any more events, however she withdrew from the 200m final but ran in the heats of the 17yrs 100m Hurdles on Monday at 2.37pm which she won but severely gashed her trail leg knee on the second last hurdle of the race.

Immediately after the race, when talking to officials, she was quickly told her leg was profusely bleeding by her mum Sharyn because Madison did not know. Another trip to first aid, where a series strip bandage was applied, first aid advised that she needed stitches, but she refused to go to hospital. The final was on Tuesday 11.35am and Madison was determined to run in the final. A truly inspired athlete with lots of guts and focus, I saw Madison win the final with a new PB by over half a second, truly amazing.

The First Aid staff again bandaged her knee so she could fly back home to arrange to get treatment for her heart and knee. First Aid quoted **"from a death bed to a gold medal, amazing"**.

Dahniella Pedroni won the Gold medal on her last Jump, so exciting, Coached by Ted Ruben.

Laylani Va'ai won two Gold medals in the Discus and Shotput was classy enough to win even though she has done slightly better in the past, Coached by Mick Moore.

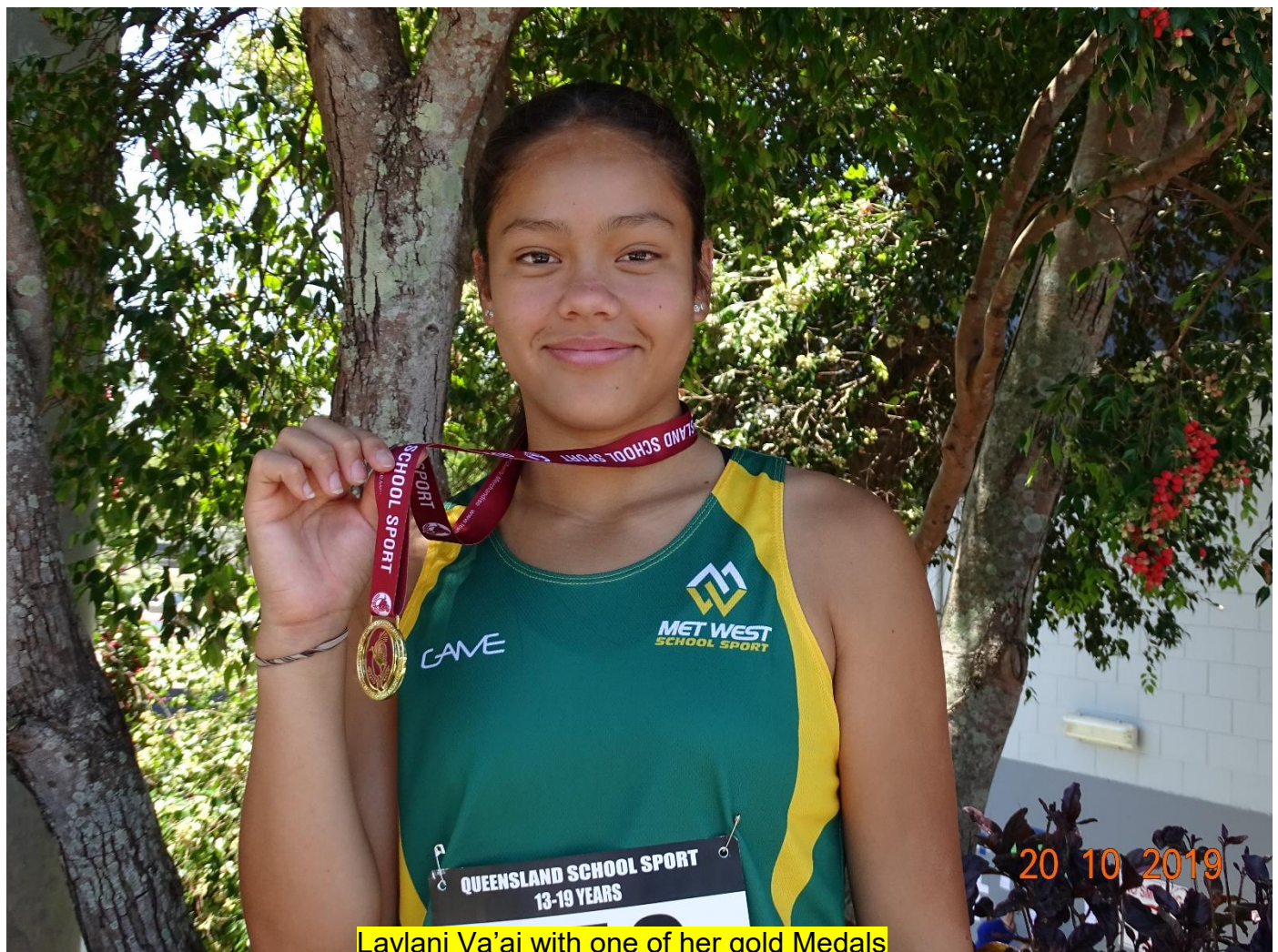
Jessica Rowe just keeps on getting better with PB's in all her events, absolutely sensational as she travels from Clifton each week to train with Throws coach Mick Moore.

There were 16 new PB's set by a wonderful group of athletes. Without the support of parents and Coaches Mick Moore, Darin Combs, Marty Stolberg, Ted Ruben, David Wright and Vic Pascoe and friends, this batch of extremely talented athletes results would not happen.

Gold 5 Silver 3 Bronze 6

Grace Bamford	13yrs	80m Hurdles	8 th	23.20 (Fell in final), H 13.41	PB
Sienna Coulson	13yrs	High Jump	5 th	1.59m	PB
Toby Stolberg	13yrs	80m Hurdles	10 th	13.68	PB
		High Jump	3rd	1.62m	
		Javelin	13 th	24.17m	
		Triple Jump	9 th	9.87m	
Charlize Goody	13yrs	Shot Put	4 th	11.64m	
		Javelin	2nd	41.00m	PB
		Discus	4 th	32.33m	
		Hammer Throw	3rd	42.03m	PB
		High Jump	11 th	1.47m	
Jessica Rowe	14yrs	Discus	4 th	36.42m	PB
		Javelin	2nd	35.80m	PB
		Shot Put	4 th	11.91m	PB
		Hammer	1st	47.66m	PB
Sophie Wilkins	14yrs	Discus	11 th	25.72m	
		Javelin	3rd	32.14m	PB
		Shot Put	11 th	10.44m	
		90m Hurdles	17 th	15.46	
Mikaela Doneley	14yrs	High Jump	---	NH	
		90m Hurdles	16 th	15.02	
		200m Hurdles	11 th	35.23	
Erin Wright	15yrs	90m Hurdles	3rd	13.23	
	13-15yrs	200m Hurdles	3rd	30.21	
Kiara Condon	15yrs	90m Hurdles	6 th	14.00	PB
		High Jump	18 th	1.47m	
		Shot Put	2nd	12.74m	PB
Leah Clark	15yrs	400m	13 th	1.03.20	
Dahniella Pedroni	15yrs	Triple Jump	1st	11.44m	PB
Laylani Va'ai	16yrs	Discus	1st	39.75m	
		Shot Put	1st	12.63m	

Madison Wells	17yrs	200m 100m Hurdles	26.33 Heat 1st	Finalist, withdrew due to illness 14.49	PB
Haley Webber	17yrs	Triple Jump 4 x 100m Relay	8 th 3rd	10.47m 49.95	PB
Casey Bell	17yrs	Discus Triple Jump Shot Put	11 th 5 th 6 th	27.38m 10.68m 11.17m	
Jet Nunez	13yrs	100m	13 th	12.34	PB
Ryan Stewart	17yrs	Discus	9 th	40.84m	



Laylani Va'ai with one of her gold Medals





Jessica Rowe with her Gold & Silver Medals



Sharyn & Madison Wells



Dahniella Pedroni & Coach Ted Ruben



Janet & Haley Webber



Sophie Wilkins



Toby Stolberg



Kiara Condon



Charlize Goody

20 10 2019



Erin Wright

20 10 2019



Casey Bell



Sienna Coulson & Toby Stolberg



Vic Pascoe

Dahniella Pedroni

Haley Webber

Ted Ruben

19 10 2019

Congratulations to **Jude Thomas** for winning the Junior Sports Star Award at the Ipswich City Sport Star Awards for 2019. A marvelous achievement and a positive future ahead for this young man.

Well done **Vic Pascoe** for winning the Volunteer of the Year at the Ipswich City Sport Star Awards for 2019.



City of Ipswich City of Ipswich Sports Awards	
JUNIOR SPORTSPERSON	
2010	THOMAS RICHARDS Cycling
2011	LEAH NEALE Swimming
2012	ASHLEIGH BARTY Tennis
2013	LEAH NEALE Swimming
2014	LARISSA CHAMBERS Athletics
2015	LOUIS DOBBELAAR Golf
2016	ENRIQUE BERRIOS Karate
2017	BLAKE MURRAY Haidong Gumbo & Taekwondo
2018	TAMZIN CHRISTOFFEL Taekwondo
2019	JUDE THOMAS Athletics



Maree, Jude & Michael Thomas

The honour board demonstrates how talented our youngsters have been over the years and hopefully inspire others, as I am sure this will happen.

CLUB REGISTRATION

Members may now renew their registration for the **2019 - 2020**.

The season runs from 1st October 2019 to 30th September 2020.

To join/renew your registration, you will have to go online at the **Queensland Athletics website**. If you need any assistance with your membership renewal, please contact Queensland Athletics on 07 3343 0900 or email info@qldathletics.org.au

www.qldathletics.org.au

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

A Free Membership for Someone

A points system has been in place for many years and this determines who wins what at the club awards day. This is usually held in April/May of each year.

A free platinum membership is offered for any athlete, who gains the highest points and participation throughout the year and this is possible by competing in X-Country and or Track and Field events. It is calculated from the start of the X-Country season 2019 to Australian Open Track & Field Championships 2020.

In others words, the more you compete and do well, the better chance there is of winning the free membership for one year.

Leah Clark won the free membership for 2019 / 2020 season.

Will you be next? Just give it a go.

All athletes wishing to be in the club, please register online at Queensland Athletics.

Club Training Nights

Training nights on Monday and Wednesday nights 6.30pm to 8.30pm.

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

The Club Christmas Party



The Club is making arrangements for our Xmas breakup party to be held at the club house on **Monday 16/12/2019 starting at 6.30pm**, please **RSVP** by Monday 10/12/2019.

Theme costumes this year are prizes for best male and female starting with the letters "I" or "D".

Noosa Gift

So it's on again soon and the entries are now open for the 10th Annual Noosa Gift!!

We run on **23rd November 2019**, Saturday afternoon with evening Finals under lights.

The Noosa Gift is an important event for our club and it combines athletes from QA, QAL, Little Athletics and Beach Sprint Stables.

We've had some tremendous finals over the last decade and we are keen to make sure that you are part of our 10th Noosa Gift.

The gift that puts the 'carnival' back into athletics carnivals!!

Please find the attached Senior QAL Events Entry Form and Noosa Gift Flyer 2019.

Please feel free to forward this email onto your athlete's friends.

(There is a new start time of midday for Little A's Events with the first QAL 70m heats to commence at 2:30pm as per normal.)

Open QAL Main Events (total \$12000 in prize purses)

Noosa Surf Club Supporters Gift over 110m \$7500

Murray Surveyors 300m Gallop \$2500

Accom Noosa Ladies 110m Invitation Final \$1000

Pacific Ford 70m Dash \$1000

Little A's Events total \$600 in prizes.

Check out the web sites for Details or to download entry forms

<https://thenoosagift.com/>

https://littleathleticsnoosa.com/website-coming-soon/my-calendar/?cid=my-calendar&mc_id=12

Ian K Smith

Noosa Gift Track Events Organiser

Noosa Athletics & Noosa Little Athletics

MB: 0409 547401

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.**

The cost of the uniform is as follows:

Girls Crop Tops	\$50-00
Girls Singlet's	\$37-00
Girls Shorts	\$30-00
Boys Singlet's	\$37-00
Boys Shorts	\$30-00

Old Stock is on sale at \$10-00 apiece. These can be used for training etc.

Answer to the Question

The winner of the **September** question was **Benjamin Thomas**

The correct answer was: "Blue, Green, Red, Yellow".

A new question is as follows:

Every time you try to move ahead I'm bent on pulling you back instead.

Is this struggle for mobility or an exercise in futility?

Either level or somewhat inclined with progress feedback I am designed.

Whether you choose to walk or to run you always end up where you've begun.

What am I?

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

Email: - vgpascoe1@bigpond.com.au

The Queensland Relay Championships will be held at the State Athletics Facility, Kessels Road, Nathan, on Sat 30th November 2019.

Ted Ruben, Marty Stolberg and **Mark Sills** is our Jumps Coaches and will be the managers of these teams.

Congratulations

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.**



Track & Field InterClub Competition

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

www.qldathletics.org.au

Happy October Birthdays

Kamara Stewart

Aeysha Granzien

Taya Beckers

Camryn Novinetz

Haley Webber

Abbie Severinsen

Sam Morris

Rhys Jensen



Friday 6th – 8th December 2019

Perth, Western Australia

The QLD team has been announced and it's all go for our well credentialed athletes.

The list is as follows;

Charlize Goody U/14 Javelin Sophie Wilkins U/16 Javelin Kiara Condon U/16 Shot Put

Madison Wells U/18 100m Hurdles Dahniella Pedroni U/18 Triple Jump

Laylani Va'ai U/18 Discus & Shot Put Haley Webber U/18 Triple Jump

Congratulations on your selection.



IPSWICH | SPRINGFIELD