



# IPSWICH & DISTRICT ATHLETIC CLUB INC.

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## Newsletter

14<sup>th</sup> January 2010

Welcome to 2010, I certainly enjoyed my new year's break and I hope the same can be said for you.

**HAPPY NEW YEAR.**

## Congratulations

The Coomera Gift was held on New Year's Eve and club member Lachlan Greentree finished a gutsy 4<sup>th</sup> in the 90m gift off 9.75m in a time of 9.18. Lachlan's enthusiasm saw him then finish 3<sup>rd</sup> in the 70m off 7.75m in a time of 7.35. It was a great effort.



**Lachlan**

Three of our members have been nominated for the Sport Person's Award at various Councils. The list is as follows:-

Melissa Hamer nominated for the Somerset Council Region awards.

Larissa Chambers nominated at the Ipswich City Council awards.

Jacqueline Griffin nominated for the Scenic Rim Council awards.

Good luck to all.



**Larissa**

**Melissa**

**Jacqueline**

## Committee Notes

Due to the Australia Day Holiday our next Monthly meeting is on Thursday 28<sup>th</sup> January 2010 at 7pm. All welcome.

*Just a Thought'*

*Welcome the unexpected!*

*Opportunities rarely come in neat, predictable packages.*

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## Track & Field

All Track and Field events are now scheduled on the [Queensland Athletics website](http://www.qldathletics.org.au)

[www.qldathletics.org.au](http://www.qldathletics.org.au)

### **2009-10 TRACK & FIELD CALENDAR - UPDATED**

An updated version of the 2009-10 Queensland Athletics track and field calendar is now available. A few of the dates are still to be added or confirmed at this stage.

All Comers meets are also now available at St Lucia, Brisbane.

- **Denise Boyd Shield** 16<sup>th</sup> January 2010, on line entries close 12noon 15<sup>th</sup> January 2010.
- **QLD Combined U/16 - Open** 23 - 24 January 2010, on line entries close 17<sup>th</sup> January 2010.
- **Relay Championships U/14 – Open** 23 – 24 January 2010. If you to compete please advise our Secretary Sam **0416 046 099** so teams can be arranged and then nominated. The Club will pay the nomination for each Relay team. 4 x 100m and 4 x 400m for all age groups. If possible an athlete may be required to run up an age group to enable a team to compete. Come on give it a go!
- **QLD U/14 & U/18 Championships** 6-7 February 2010, on line entries close 24th January 2010.
- **2010 Australian Junior Athletics Championships**  
11-14 March - Sydney Olympic Park, Homebush. **(Draft timetable now available).**

**QAL now has several events scheduled on their website [www.qal.org.au](http://www.qal.org.au)**

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## Happy January Birthdays

Toni Jesberg

Aaliyah Chambers

Liam Henry

Thaiday "Ted" Ruben

Andrew Wheeler

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## Club Uniform

The Club uniform must be worn at all interclub meets, e.g. All comers at St. Lucia and Gold Coast etc.

The cost of the uniform is \$40-00.

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## Answer to the Question

The winner of the **December** question was *Emily Beston*.

The correct answer was: The letter “J”

*A new question is as follows:*

**Which of the following minerals is the top defender for our immune system?**

*Magnesium      Zinc      Calcium      Iron      Phosphorous*

*Think Carefully!*

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

**Email:** - [vgpascoe1@bigpond.com.au](mailto:vgpascoe1@bigpond.com.au)

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