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Newsletter

20th December 2015

President's Message:

Having seven athletes going to the Australian Secondary School Track & Field Championships and two going to the Australian Primary Schools T & F Championships makes one feel proud of their accomplishments. Just being part of our club it is wonderful to imagine that these young athletes are the future in their various events. Well done.

Sincere thanks to all who represented the Club at the State Relay Championships. It was excellent results and a lot of the credit must go to Team manager Ted Ruben as he made sure all teams feel at home and ready to compete. Thanks to Coaches Marty, Brad, Mick and Ted.

The Xmas party was exciting with a lot of fun had by all.

Now is the time to celebrate the Festive Season in your own special way and I wish you a Merry Christmas and a prosperous New Year.

Vic

A Note for New Members

At the end of the season the club has a Trophy Presentation. Trophies are awarded to athletes on a points system. There is a scale of points for all performances at a QA competition. These are accumulated over the club season. So it will pay to compete regularly for your club at any track.

Committee Notes

Our next Monthly committee meeting is on **Tuesday 19th January 2016** at 7pm. All welcome.

Just a Thought'

*I've learned that....
Make it a habit to do nice things for people who'll
never find out.*

Congratulations!

Over the same weekend, club athletes have performed exceptionally well at the Australian Primary School Track & Field Championships at Woden Park Athletics Field, Canberra 5th - 8th December 2015 and the Australian Secondary School Track & Field Championships at Lakes Stadium, Melbourne 4th – 6th December 2015

A magnificent result gave a total of three Gold, two Silver and three Bronze medals from just eight athletes.

Casey Bell	U/14yrs	Long Jump	5.29m	3 rd	PB
		Triple Jump	11.56m	1st	PB
Breeanna Betzold	U/14yrs	3000m Walk	16.09.17	5th	PB
Hayley Wright	U/16yrs	90m Hurdles	13.81	10th	
Rochelle Vidler	U/14yrs	Discus	36.69m	7th	
		Hammer	53.12m	1st	
Tara Chaplin	U/16yrs	200m	26.54	12th	
(100m, 300m, 200m & 400m)		Swedish Relay	2.18.54	3rd	
Tori Langton	U/18yrs	Discus	44.79m	4th	PB
Zac Caterson	U/14yrs	Discus	50.62m	2nd	
		Shot Put	14.80m	3rd	
		Javelin	47.56m	1st	PB
Erin Wright	11yrs	Long Jump	4.44m	4th	PB
Tetrathlon Multi event		100m	14.28	7th	246pts PB
		Long Jump	4.33m	3rd	249pts
		800m	2.40.12	5th	301pts PB
		Shot Put 2kg	9.90m	2nd	<u>302pts</u> PB
				4th	1098Pts PB
Joshua Carrick	12yrs	200m	25.76	10th	
(200m, 200m, 100m & 300m)		Medley Relay	1.47.42	2nd	

A marvellous effort by all club members winning 3 gold, 2 silver and 3 bronze medals. Having achieved a **PB** at this level of competition does not happen unless the hard lead up work is done along with improving technique and strength. A credit to the athletes and supportive parents along coaching staff to make it all happen.

The next goal is the State Junior Championships on 11 – 14 February 2016 followed by the Australian Youth Championships being held in Perth from 8 - 13 March 2016.



Relay Championships

A combination of Little Athletics and Queensland Athletics produced a busy if not a hectic schedule for dual athletes competing for both Associations on Saturday 12th – 13th December 2015.

It provided a day where the younger athletes get to meet the Australian representatives and also an opportunity to be competing at the same venue.

2014 Queensland Relay Championships – Summary by Team manager, Ted

The 2015 Queensland Relay Championships are done and dusted for this year.

The club entered 15 teams/events, we medaled in 10 of those events as follows:

- Open Female
 - 4 x 100 (4th), 4 x 200 (4th), 4 x 400 (7th), 3 x LJ (2nd),
- U/20 Female
 - 3 x LJ (1st),
- U/18 Female
 - 4 x 400 (2nd), 3 x Discus (1st)
- U/16 Female
 - 4 x 100 (4th), 4 x 200 (5th), 3 x Discus (3rd)
- U/14 Male
 - 4 x 100 (2nd), 4 x 200(2nd), 3 x LJ (1st) , 3 x Shot (1st), 3 x Discus (2nd)

I would like to commend all of those athletes who competed for IDAC as follows:

- Liz Melrose,
- Larissa Chambers,
- Miriam Peni,
- Erika Berlin
- Chevelle Kurth
- Ella Taylor
- Rochelle Vidler,
- Indira Rakuita,
- Tori Langton,
- Clare Sullivan,
- Tara Chaplin,
- Ryan Stewart,
- Anthony Buhse
- Sony Vukelic,
- Calab Law.



Clare Sullivan, Rochelle Vidler & Tori Langton

Some of these athletes competed above their age group and some competed in events which were out of their comfort zone.

There were a number of athletes who were also "super subs" - Calab Law, Rochelle Vidler, Erika Berlin, Tara Chaplin, Ella Taylor, Chevelle Kurth, Miriam Peni.

There were two athletes who literally threw themselves into their events, one in particular who has battle scars to prove it...hey Ella and Anthony !! 😊

I wish to sincerely thank the athletes, coaches and parents who participated and contributed to this weekend. 😊

Yours in track and field,

Ted Ruben.



Ted Ruben



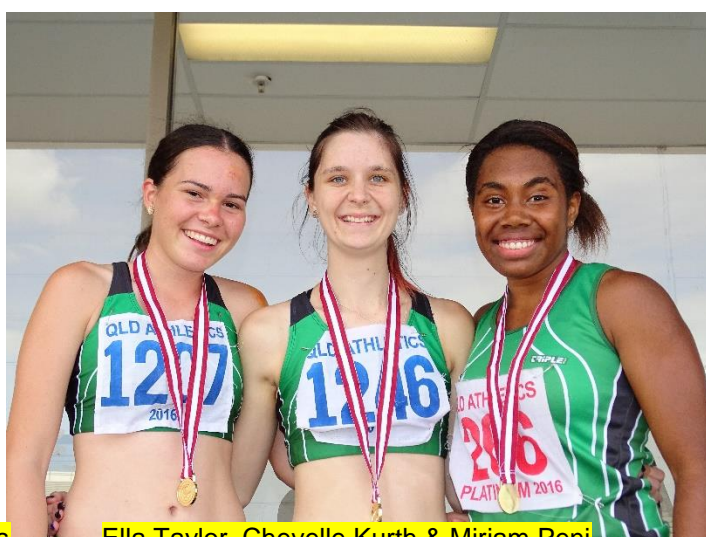
Miriam Peni, Tara Chaplin, Indira Rakuita & Ella Taylor



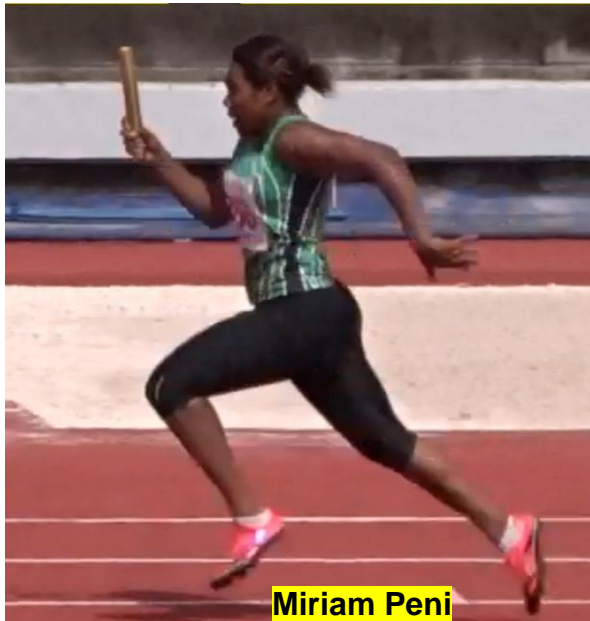
Ryan Stewart, Sony Vukelic, Anthony Bushe & Calab Law



Indira Rakuita, Erika Berlin, Miriam Peni & Larissa Chambers



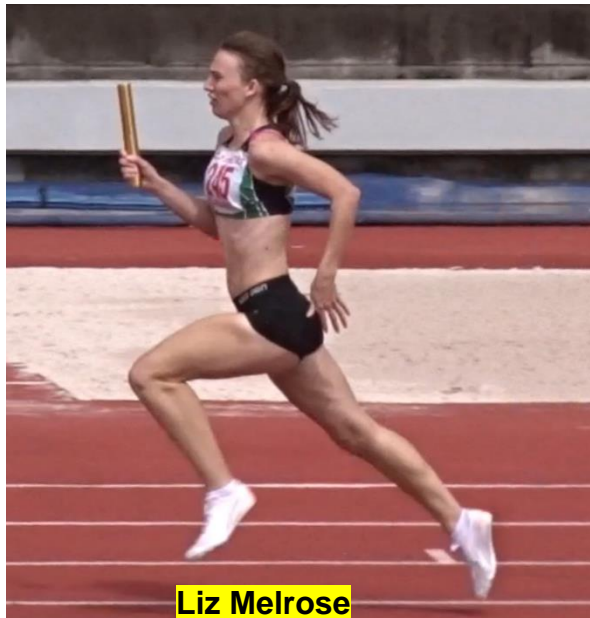
Ella Taylor, Chevelle Kurth & Miriam Peni



Miriam Peni



Chevelle Kurth



Liz Melrose



Larissa Chambers

Open Women 4 x 200m Relay

Track & Field InterClub Competition

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

www.qldathletics.org.au

Happy December Birthdays

**Leah Clark
Patrick McCarthy**

**Renae Mitchell
Braydon Jones
Nicholas Grant**

**Micheelie Johnson
Calab Law
Joshua Peni**

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 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	\$52-00
Boys Singlet's	\$37-00
Boys Shorts	\$57-00

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

Answer to the Question

The winner of the **November** question was ***Aeysha Granzien***

The correct answer was: **“R”**

A new question is as follows:

You will know that I am coming from the jingle of my bell, but exactly who I am is not an easy thing to tell.

Children, they adore me for they find me jolly, but I do not see them when the halls are decked with holly.

My job often leaves me frozen, I am a man that all should know, but I do not do business in times of sleet, ice or snow.

I travel much on business, but no reindeer haul me around, I do all my traveling firmly on the ground.

I love the time of Christmas, but that's not my vocational season, and I assure that is because of a sound economic reason. Who am I?

The **first** two members to reply by email with the correct answer win a prize.

Email: - vgpascoe1@bigpond.com

Club Training Nights

Training nights on Monday and Wednesday nights 7pm to 9pm.

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

The first training session for the New Year will be Monday 4th January 2016.

The Club *Christmas Party*



The Club held at the clubhouse on Wednesday 16th December 2015. A lot of fun was had by all. It was an excellent night for all and many thanks to the committee for organizing such a treat.



Larissa & Bradon Chambers, Calab Law, Jessica Bushe, Toby & Marty Stolberg



"Wheel Barrow Race"



"Tunnell Ball"



Almost the perfect catch for Tara Chaplin, unfortunately the egg broke, LOL



Coaches, committee members & partners.....Relaxing



On behalf of everyone from Ipswich & District athletic Club Inc. we wish all our members and families and our generous sponsors a Merry Christmas and a happy and prosperous New Year, and we look forward to seeing you at a coaching session in 2016!