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Newsletter

20th December 2019

President's Message:

Having ten athletes who went to the Australian All Schools Track & Field Championships and the School Nitro Challenge in Perth 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.

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 and Happy 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 **Thursday 28th January 2020** at 7pm. All welcome.

Just a Thought'

I've learned that..... **Accept all your emotions, even the negative ones, to begin the healing process.**



Congratulations!

Club athletes have performed exceptionally well at the Australian All Schools Track & Field Championships at the WA Athletic Stadium in Perth 6th – 8th December 2019

Hot, dry and windy conditions ensured athletes had to take care of their bodies to compete well at this level.

Charlize Goody	U/14	Javelin	3 rd	40.44m
		Discus	5 th	33.69m
Sophie Wilkins	U/16	Javelin	14 th	31.78m
Kiara Condon	U/16	Shot Put	10 th	12.23m
Dahniella Pedroni	U/18	Triple Jump	11 th	11.13m

Nitro School Challenge on Monday 9th December 2019 saw St Edmunds College run 2nd in the Senior Boys Competition where Club members Jude Thomas, Alex Davies, Kerryn Ryan and Benjamin Thomas performed exceptionally well, with Jude winning the 1000m Senior boys in 2.30.53. Benjamin Thomas was third in the 60m Senior boys in 7.13 and the 1000m Swedish relay saw Kerryn and Benjamin be part of the senior boys team to win in 2.01.24, superb efforts.

Jude and Alex team up the 2 x 2 x 400m relay but found the opposition a little too strong.

St Peters Lutheran College ran 3rd in the Intermediate Girls Competition saw Kiara Condon perform well. Kiara was 4th in the 90m Hurdles in 14.13 and a 1.55m High Jump, a great performance.

The next goal is the QA Combined events Championships on 11th & 12th January 2020 at QSAC followed by the Athletics Australia Combined Events Championships on 15th & 16th February 2020 at QSAC.

Then the State Athletics Championships U/14 – U/20 & Open at QSAC, 5th – 8th March 2020 followed by the Australian Athletics Championships U14 to U20 & Open, being held in Sydney from the 21st March – 29th March 2020.



Sharyn and Kiara Condon

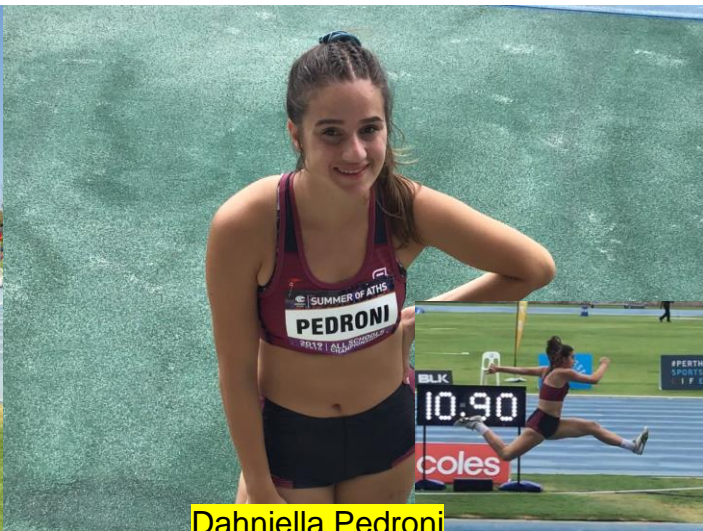


Kym, Charlize & Tynne Goody

If anybody would like a copy of the photos please email me.



Sophie Wilkins



Dahniella Pedroni



Ben Thomas

Kerryn Ryan



Jude Thomas & Alex Davies



Kiara Condon



Quokka



Kombi Van

Happy December Birthdays

Leah Clark

Mickeelie Johnson

Rachael Wilson

Laylani Va'ai

Aldora Tuilaepa

Patrick McCarthy

Mark Sills

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	\$30-00
Boys Singlet's	\$37-00
Boys Shorts	\$30-00
Polo Shirts	\$50-00

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 **Liz Melrose**

The correct answer was: **"An Envelope"**

A new question is as follows:

If a farmer named Mark has 5 haystacks in one field and 4 haystacks in the other field, how many haystacks would he have if he combined them all in the center field?

The **first two** club members (who has not won in the past 6 months) to reply by email with the correct answer wins a prize.

Email: - vgpascoe1@bigpond.com

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 first training session for the New Year will be Monday 6th January 2020.



Les Scott & Associates
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**SPINE
STREET
STUDIOS**

The Club *Christmas Party*



The Club held it at the clubhouse on Monday 16th December 2019. 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.

Thank you parents for all yummy food and deserts were enjoyed immensely by all who attended.



Ethan Platen catches his egg

Egg and Spoon races

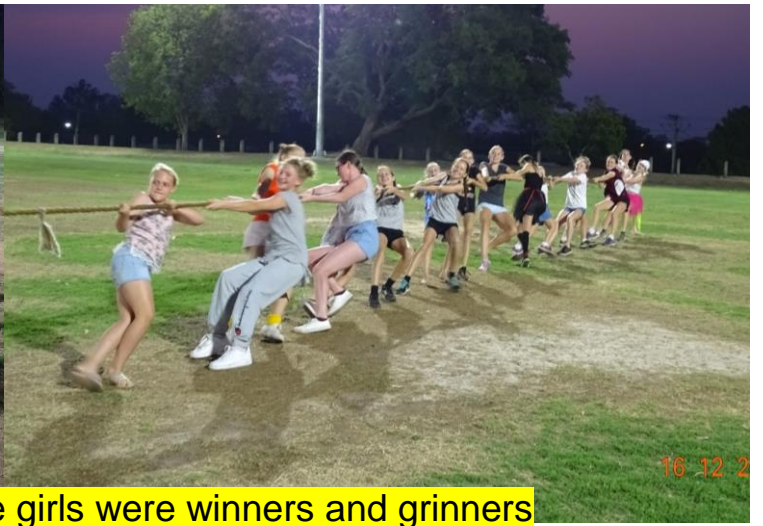
16 12 2019



The Girls dress highlighted with the "I" and "D" theme costumes



More "I" and D" costumes



Tug of War competition, the girls were winners and gridders



Haley Webber, Toby Stolberg & Dahniella Pedroni



Tunnell Ball Teams





On behalf of the committee from the 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 or competition session in 2020.

