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Newsletter

23rd December 2021

President's Message:

2021 has been a challenging year for everyone, but with the New Year almost upon us, I am looking forward to the future with a sense of optimism. All of the committee and Coaches at the Ipswich & District Athletic Club want to extend an extra big thank you for the support given throughout this year ensuring our athletes are always at their best.

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

Congratulations to **Jude Thomas** for being a nominee at the 2022 Ipswich Australia Day Awards in the category of Sport and Recreation Award. Good Luck Jude.

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, usually in May, the club has a Trophy Presentation. Trophies are awarded to athletes based 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 25th January 2022** at 7pm. All welcome.

Just a Thought'

I've learned that..... Encourage anyone who is trying to improve mentality, physically or spiritually.



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Happy Members December Birthdays

Hayley Windolf Jack Vine Mickeelie Johnson Rachael Wilson

Laylani Va'ai Savannah Mawer Aldora Tuilaepa Rylan McDonald

Mark Sills Blake McCartan Noah Connolly

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.**

IDAC Uniform Price List

Ladies Crop Top	\$32.00
Bummers / Bike pants	\$40.00
Singlet	\$30.00
Shorts	\$44.00
Polo – Short Sleeves	\$46.00
Polo – Long Sleeves	\$57.00
Hoodie	\$77.00
Tracksuit Pants	\$72.00
Coach Jacket	\$82.00

Old Stock is on sale at \$5-00 apiece. These can be used for training etc.

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

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 10th January 2022.

Answer to the Question

The winner of the **November** question was ***Isla Mawer.***

The correct answer was: "Arm: Swarm, Army, Alarm and Farm"

A new question is as follows:

Which vegetable is never sold tinned, frozen, freeze dried, cooked or anything else other than fresh?

The **first two** club members (who have not won in the past 4 months) to reply by email with the correct answer wins a prize.

Email: - vgpascoe1@bigpond.com

Congratulations

The super-fast U/14yrs Boys 4 x 200m 'A' relay team have done it again by breaking a Queensland state record dating back to 1992 during the Dane Bird-Smith Shield, QSAC. They ran superbly to smash the old record by almost two seconds in a time of 1.38.25, the team consisted of Simeon Anstey, Daniel Harlow, Angus Dine and James Grey. Team Managers Mark Sills and Brad Robinson ensured all relay teams were together for each of their events. Behind the scenes was Theresa (Marty) Stolberg who with her superior social skills managed to get each team ready. Other teams to compete were U14yrs 'B' boys, U16yrs Girls 'A' and U14yrs Girls 'B'.





Lily Vine

Charlize Goody

Maddie Newham

Monique Williams



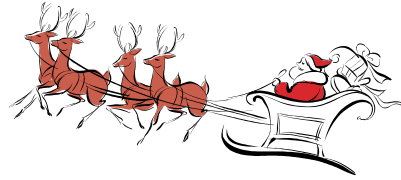
Leah Leembruggen

Charlotte Parsons

Houstand Paea

Tiana Parsons

The Club *Christmas Party*



The Club held it at the clubhouse on Monday 6th December 2021. 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 and special thank you to the Cooks, Tyne Goody and Shaun Crowley along with the servers Kym Goody and Narelle Crowley also with our social media expert Theresa (Marty) Stolberg who organized things in the background but unable to attend due to a severe migraine.

Thank you parents for all the yummy food, it was enjoyed immensely by all who attended.







Brad Robinson's Crew



The parents Tug of War, but lost to



The athletes Tug of War and winners



The Boys Tug of War, but lost to



The Girls Tug of War and winners



Tunnel Ball team fun



Tunnel Ball under & over team fun

We thank Rebel Sport for providing the prizes tonight's breakup.



at Ipswich Riverlink assists us by any

purchases made, the club gets a kick back from every sale made. Please ensure that when you make a purchase, you ask for the Kickback to go to the Ipswich & District Athletic Club.



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QUEENSLAND



Congratulations

At the Glynis Nunn Shield, QSAC, Brisbane over two days of competition a Queensland Heptathlon and a Decathlon Combined Championships was staged on 18th & 19th December 2021 with some exciting finishes.

All PB's are what has been done at Club performances.

The weather was sweltering on both days, made our girls and boys achievements even more amazing.

It was a top performance by our Club winning 3 Gold, 1 Silver and 1 Bronze medal at the combined events championships for 2021. This also incorporated the Glynis Nunn Shield events

held over two days of competition. With eight girls and five boys competing, it was truly fantastic efforts in the hot conditions, especially when at least 56 Club PB's were set.

It was even more incredible as three of the athletes who competed in the combined events, came out to compete in the Glynis Nunn Shield events, **Dakota Stewart** in the 3000m, **Ky Dalby** in the Discus and **Addison Farinazzo** running a PB in the 200m. Simply outstanding.

Charlie Goody (15yrs) was amazing winning the U17yrs girls Heptathlon with 4773 points, a new PB overall with individual PB's in 200m, 100m Hurdles and High Jump. She has now won three, U15 and U16 and U17yrs Queensland Championships. The next event on the Agenda is the Australian Championships in February 2022.

Monique Williams (14yrs) won the U15yrs girls Heptathlon with 4032 points with PB's in 200m, 800m, High Jump. Her final preparation was limited to a minor illness. National Qualifier.

Indiana Platen (13yrs) in the U15yrs Heptathlon on 3562 points finished 5th with PB's in 200m, 800m, 90m Hurdles Long Jump and Javelin. National Qualifier at her first attempt.

Addison Farinazzo at only 12yrs of age finished 9th with points of 3305 and PB's in 200m, 800m, 90m Hurdles, Shot Put and Javelin. She has two more years at this level, a talented youngster with an excellent future. National qualifier at her first attempt, simply incredible.

Isabella Willshire (13yrs) in the U15yrs girls Heptathlon on 3235 points finishing 10th with PB's in the 200m, 90m hurdles and High Jump. National Qualifier.

Maddie Newham (14yrs) in the U15yrs Heptathlon on 3036 points finishing 14th with PB's in 200m, 800m, 90m hurdles and Javelin. A big improvement from last year by 1105 points.

Abbie Severinsen (14yrs) in the U16yrs Heptathlon on 3502 points finished 5th in her age group with PB's in 200m and 800m. A big improver in some technical events to get a National Qualifier.

Sophie Wilkins (16yrs) in the U18yrs Heptathlon injured herself in the first event, the 100m Hurdles and was unable to continue as she has been very competitive in past Heptathlons, most unfortunate.

Daniel Harlow (13yrs) in the Boys U15 Heptathlon on 3959 points to finish 2nd with PB's in 200m, 1500m, and 100m Hurdles, High Jump, Shot Put and Javelin. He was a surprise starter in this event as he only made his mind up a few weeks ago, a very talented young man. National Qualifier at his first attempt.

Dempsey Russell (14yrs) in the Boys U15yrs Heptathlon on 3923 points to finish 3rd with PB's in 200m, 1500m, and 100m Hurdles, High Jump, Shot Put and Javelin. National Qualifier at his first attempt.

Joel Jakimowicz (13yrs) in the Boys U15yrs Heptathlon on 2914 to finish in 11th with PB's in 200m, 1500m, 100m Hurdles, Long Jump, Shot Put and Javelin. Just missed a National qualifier by 86 points, definitely will get this next time as this was his first Heptathlon.

Dakota Stewart (13yrs) in the Boys Heptathlon on 2764 points finished 13th with PB's in 200m, 100m Hurdles, Long Jump, High Jump and Javelin. A middle distance runner having his first attempt at a heptathlon, can only get better with improvement on weak events.

Ky Dalby (16yrs) in the U18yrs Men Decathlon on 3595 points with PB's in 100m, 400m, 110m Hurdles, Pole Vault, Shot Put, Javelin and 1500m. Amazing to see this young man having a go by stepping out of his comfort zone to do this challenging event being his first Decathlon.

This team of girls and boys all have a wonderful future in the sport as the camaraderie really came to light over the two days of competition. The support of parents and friends was absolutely marvelous and this goes a long way to make a great team.

Extraordinary performances inspired the Ipswich team when assisted by of several Club Coaches, Theresa (Marty) Stolberg, Mark Sills, Darin Coombs, Michael Moore, Ted Ruben, Shaun Crowley and Vic Pascoe.





Dakato Stewart

Joel Jakimowicz

Dempsey Russell

Daniel Harlow



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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 2022.
