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## Newsletter

23<sup>rd</sup> December 2022

### President's Message:

2022 has been a rewarding year for everyone, but with the New Year almost upon us, I am looking forward to the future with a sense of just go for it. All of the committee and Coaches at the Ipswich & District Athletic Club want to extend an extra big thank you for the support by sponsors and families given throughout this year ensuring our athletes are always at their best.

The Christmas breakup party was exciting with a lot of fun had by all with the indoor activities.

Congratulations to Theresa (Marty) Stolberg for being selected on the Athletics Australia Jumps Advisory panel, check out athletics.com.au.

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. **If the uniform is not worn, no points or performances will be recorded at inter club meets.**

### Committee Notes

Our next Monthly committee meeting is on **Tuesday 25<sup>th</sup> January 2023** at 7pm. All welcome.

### *Just a Thought'*

**I've learned that..... Only those who will risk going too far  
can possibly find out how far they Can go.**



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# Happy Members December Birthdays

Hayley Windolf

Leah Kennedy

Allira Takau

Savannah Mawer

Aldora Tuilaepa

Mark Sills

Patrick McCarthey

Adam Farinazzo

Blake McCartan

## 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	\$40.00
Ladies shorts /bike pants	\$40.00
Singlet	\$34.00
Men Shorts	\$52.00
Polo – Short Sleeves	\$57.00
Polo – Long Sleeves	\$62.00
Hoodie no zip	\$50.00
Hoodie with zip	\$77.00
Leggings	\$67.00
Tracksuit Pants	\$75.00
Coach Jacket	\$85.00

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](http://www.qal.org.au)**

**IT'S ON!** The Kilcoy race day will be on Australia Day January 26 2023. Kilcoy will have their largest prize pool yet totaling just under \$20,000. Races include the Butler McDermott Lawyers Kilcoy Open (Men & Ladies) Gift \$10,000, Searles Ladies Cup 120m \$5,000, Open 70m, Open 300m, Youths 70m and 120m races. Total prize pool just under \$20,000.

**Entry forms will be out soon.**

## 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 2<sup>nd</sup> January 2023.**

## Answer to the Question

The winner of the **November** question was *Daken Armstrong*

The correct answer was: "Reflection"

A new question is as follows:

What is the common phrase?

It is vastly preferable to remain unscathed than to be forced into repentance.

The **first two** club members (who have not won in the past 2 months) to reply by email with the correct answer wins a prize.

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

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## Congratulations

### QLD Combined Championships in Conjunction with the Glynis Nunn Shield.

17-18/12/2022

Ipswich & District Athletic Club did very well at the QLD Combined Championships where athletes had to contend with the blustery and hot conditions as well as the cold evenings of an amazing event.

Heptathlon and Decathlons were part and parcel of some exciting competition. The support of Coaches Mark Sills, Theresa Stolberg, Michael Moore, Darin Coombs, Shaun Crowley and Ted Ruben and families along with friends was amazing.

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.

**Addison Farinazzo** U15yrs Heptathlon 6<sup>th</sup> 3850pts **PB** Addison set **PB's** in 90m Hurdles, High Jump and Long Jump, National qualifier.

**Indiana Platen** U16yrs Heptathlon 5<sup>th</sup> 3913pts **PB** Indiana set **PB's** in Long Jump and 800m whilst being close to her best performances in the other events. Her rate of improvement has been exceptional. National Qualifier.

**Monique Williams** U17yrs Heptathlon 1<sup>st</sup> 4156pts Monique set **PB's** in the 100m Hurdles, Shot Put, 200m and Long Jump makes her competitive again in the future as she was returning from injury. National qualifier.

**Abbie Severinsen** U17yrs Heptathlon 3<sup>rd</sup> 3762pts **PB** Abbie set a **PB** in the 800m but is improving with each competition by being close to her PB' in other events. National qualifier.

**Charlize Goody** U18yrs Heptathlon 1<sup>st</sup> 5005pts **PB** Charlize set **PB's** in the 200m and Long Jump whilst very close to her PB's. She has now won four, U15 and U16, U17 and U18 Queensland Championships. Charlize is improving with every Heptathlon and has the potential to represent Australia in this event. National Qualifier.

**Daniel Harlow** U15yrs Heptathlon 1<sup>st</sup> 4091pts Daniel had too much class against his opposition. He only did a PB in the 200m but was very close to **PB's** in all of the other events, a great future in the sport. National qualifier.

**Archer Crowley** U15yrs Heptathlon 10<sup>th</sup> 2913pts Archer having his first Heptathlon and can only improve after setting **PB's** in the 100m Hurdles, High Jump, 200m and Long Jump.

**Dakota Stewart** U15yrs Heptathlon 6<sup>th</sup> 3470pts **PB** Dakota set **PB's** in the 100m Hurdles, High Jump, 200m, Long Jump and Javelin. The potential of this young man is limitless as he is a middle distance athlete. National qualifier.

**Joel Jakimowicz** U16yrs Heptathlon DNF Joel became sick overnight and could not compete on the second day. Joel had set PB's in the 100m Hurdles and Shot Put, he was on target to getting a **PB** overall.

**Ky Dalby** U20yrs Decathlon 1<sup>st</sup> 2946pts a great effort to complete only 9 events as he was unable to finish the last event , the 1500m, Ky was totally exhausted after two days of competition.

The heptathlon comprises of seven events and the Decathlon has ten events.

2021 3 Gold, 1 Silver and 1 Bronze medal

2022 4 Gold and 1 Bronze medal was a fabulous result. I feel so proud along with every parent involved, a great competition.

Many thanks to our IDAC photographer JodieAnne Harlow catching all the athletes in their events.

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



**Ky Dalby**



**Charlize Goody**





Daniel Harlow



Annika Jensen

Monique Williams & Abbie Severinsen

## The Club *Christmas Party*



The Club held it at Brothers leagues Club on Thursday 15<sup>th</sup> December 2022. 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 Jo Compson and Theresa (Marty) Stolberg who is also with our social media expert who organized things in the background.

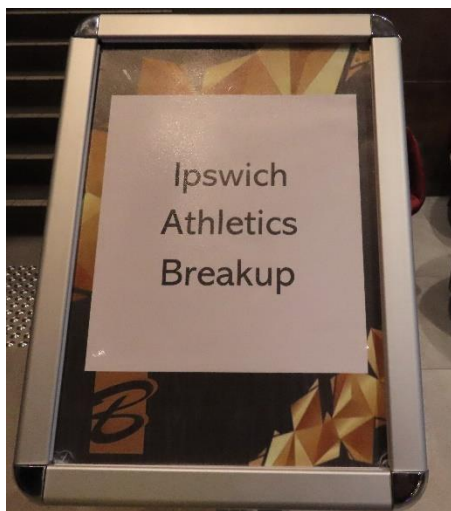
Thank you Brothers Leagues Club, especially Brett Mackay and staff for having the venue set up for a great night.

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

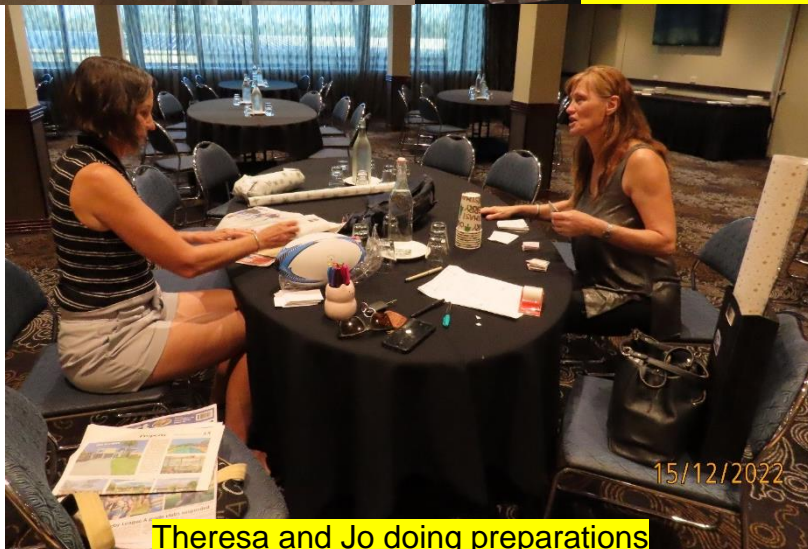


at Ipswich Riverlink assists us by any

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.



Prizes for the IDAC Christmas breakup



Theresa and Jo doing preparations



Jo and Theresa MC's



# Congratulations

## Australian All Schools Championships U14-18yrs, Adelaide 9-11/12/2022

After a three year hiatus and more than 1200 competitors our athletes were spearheaded by Charlize Goody 16yrs and Daniel Harlow 14yrs along with Allira Takau U16yrs.

Conditions changed dramatically over the three days from being hot, cold and raining at various times along with blustery wind conditions.

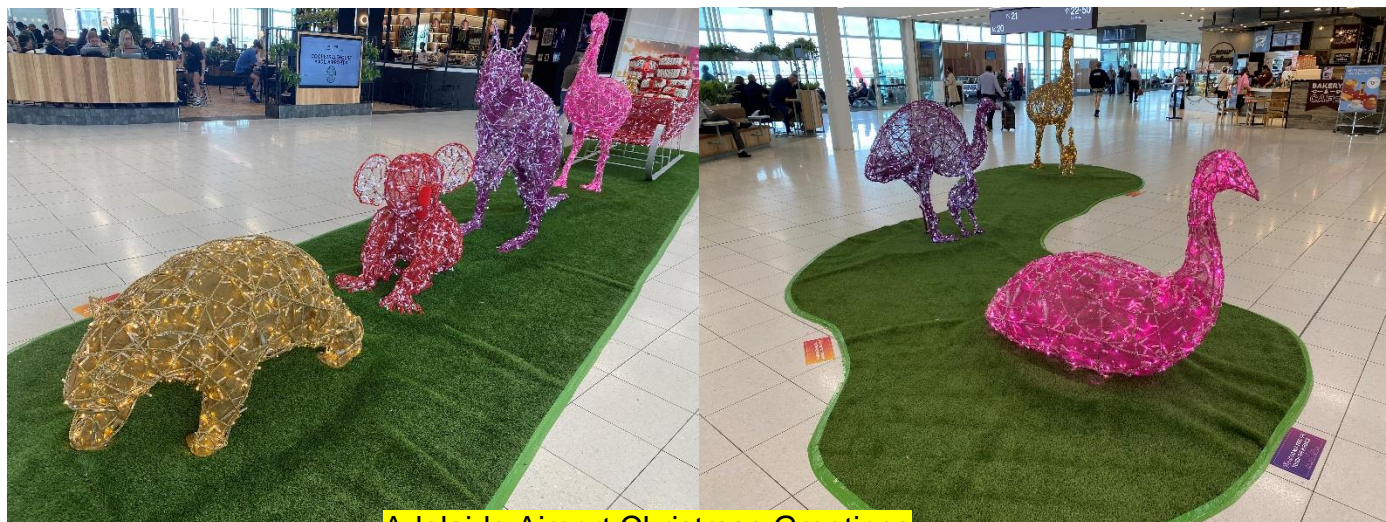
CHARLIZE GOODY	U17yrs Girls	Javelin	1 <sup>st</sup>	49.01m	Commonwealth Youth Qualification	PB
		Shot Put	3 <sup>rd</sup>	14.24m		
		Discus	2 <sup>nd</sup>	44.49m		
		Hammer Throw	5 <sup>th</sup>	46.42m		
DANIEL HARLOW	U15yrs Boys	200m Hurdles	1 <sup>st</sup>	25.63	PB	
		100m Hurdles	3 <sup>rd</sup>	13.36	PB	
		Long Jump	8 <sup>th</sup>	6.03m		
ALLIRA TAKAU	U16yrs Girls	Shot Put	1 <sup>st</sup>	15.82m	Meet Record	PB
		Discus	5 <sup>th</sup>	38.56m		
DAKOTA STEWART	U15yrs Boys	2000m Steeplechase	1 <sup>st</sup>	6.18.24		PB
TOBY STOLBERG	U17yrs Girls	High Jump	1 <sup>st</sup>	1.78m		
SASKIA JOSIPOVIC	U15yrs Girls	Discus	2 <sup>nd</sup>	44.81m		PB
HAYLEY CONDON	U16yrs Girls	Hammer Throw	3 <sup>rd</sup>	43.85m		PB
SIMEON ANSTEY	U14yrs Boys	400m	3 <sup>rd</sup>	52.94		PB
DENIKA MURRAY	U17yrs Girls	Long Jump	3 <sup>rd</sup>	5.65m		PB
		Triple Jump	5 <sup>th</sup>	11.82m		
OLIVIA WINDOLF	U15yrs Girls	Javelin	4 <sup>th</sup>	39.79m		PB
KOBE BLAKE	U17yrs Boys	400m Hurdles	5 <sup>th</sup>			PB
MACKENZIE CROWLEY	U15yrs Girls	Hammer Throw	5 <sup>th</sup>	43.01m		PB
ALDORA TUILAEPa	U18yrs Girls	Hammer Throw	7 <sup>th</sup>	42.51m		PB
ADDISON FARINAZZO	U14yrs Girls	400m	8 <sup>th</sup>	60.12		
LACHLAIN ROLISON	U17yrs Boys	Long Jump	8 <sup>th</sup>	6.19m		PB
ABBIE SEVERINSEN	U16yrs Girls	200m Hurdles	9 <sup>th</sup>	31.52		PB
5 Gold	2 Silver	5 Bronze medals is a remarkable achievement.				

Just to make it to this level is outstanding and the number of PB's is a statement on what the athletes do when competing against the best athletes in Australia.

I'm so proud of all the athletes along with the many Club coaches being there to support their charges.

Club Secretary Theresa Stolberg was the Queensland Jumps Manager and Paul Hayward (former Coach and athlete) was the Queensland Para Athletes Manager, Michael Moore and Mark Sills supported their squad members of the Club.

Not all things went to plan, but with support of parents and friends made it a great weekend of competition.



Adelaide Airport Christmas Greetings



Charlize

Daniel







Toby



Allira



Dakota



Denika

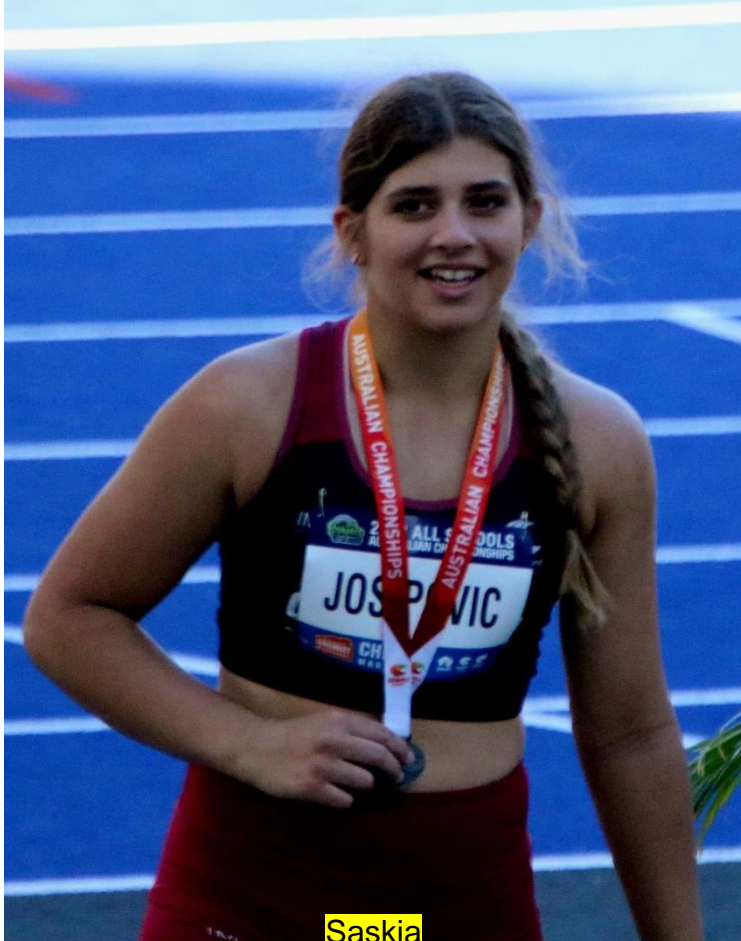




Simeon



Hayley



Saskia

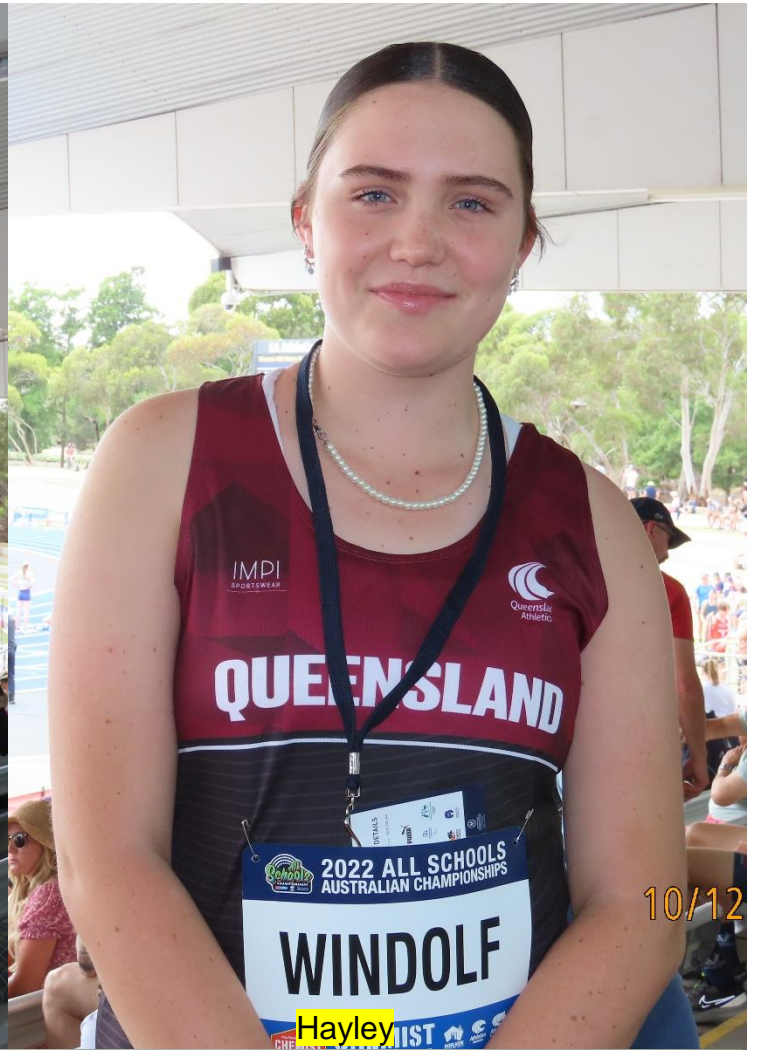


Kobe





Aldora



Hayley

10/12



Hayley Windolf & Mackenzie Crowley





Abbie



Addison and Allira



Para Coach and former Coach Paul Hayward



Toby & Theresa Stolberg QLD Jumps Coach





On behalf of the committee from the Ipswich & District athletic Club Inc. we wish all our members and families and our supportive 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 2023.

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