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Newsletter

24th December 2023

President's Message:

2023 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.

Now is the time to celebrate the Festive Season in your own special way and I wish you and your family, peace, health, happiness and prosperity in the coming year. **Merry Christmas.**

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 30th January 2024** at 7.30pm.

Just a Thought'

**I've learned that..... Giving love and dignity to others
enriches your life and theirs.**



Les Scott & Associates
A.B.N 34 404 377 930
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Happy Members December Birthdays

Jessica Bakes

Hayley Windolf

Leah Kennedy

Allira Takau

Laylani Va'ai

Cadel Bennie

Mark Sills

Patrick McCarthy

Alex Peacock

Adam Farinazzo

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.**

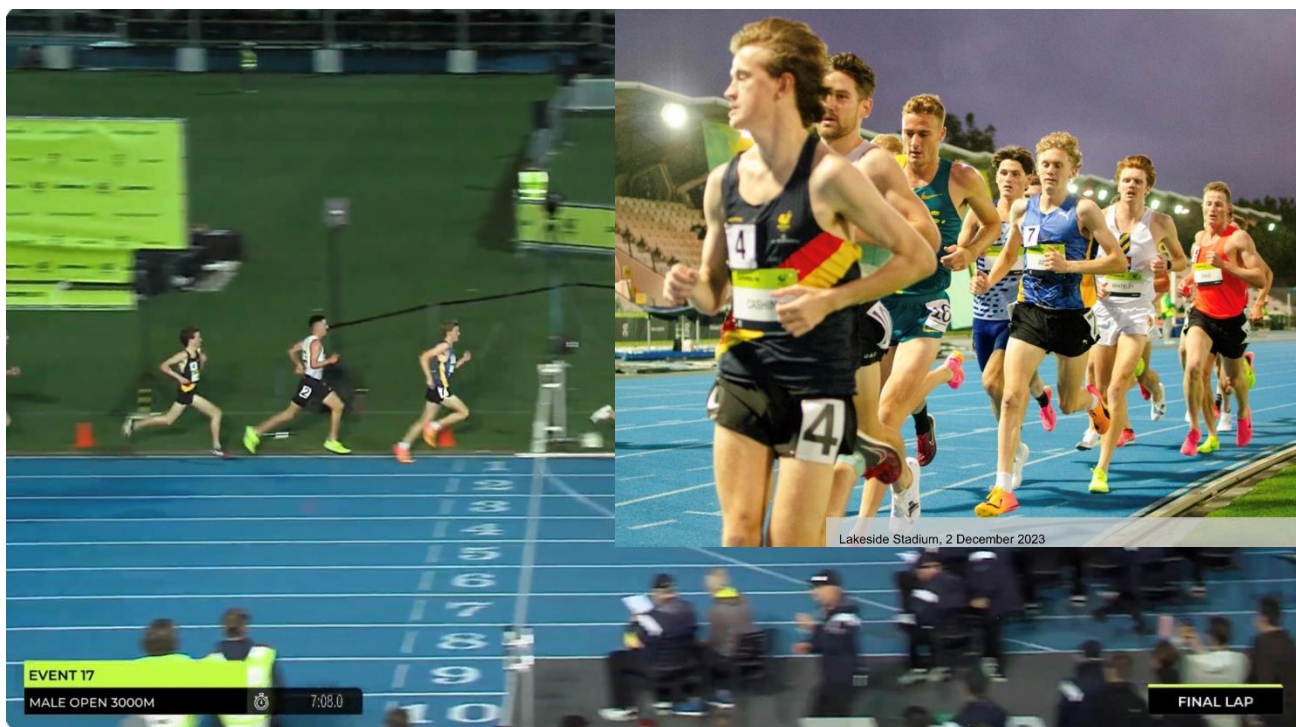
IDAC Uniform Price List

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.

Congratulations

Co-Club Captain Jude Thomas ran in the Zatopek:10 meet in Melbourne on the 2/12/2023 where he finished fourth in a tactically run affair which is not conducive for quick times. Jude ran 8.05.36



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

IT'S ON! The Kilcoy race day will be on Australia Day January 26th 2024. Kilcoy will have their largest prize pool yet totaling more than \$20,000.

Entry forms are now available.

Club Training Nights

Training nights on Monday and Wednesday nights 6.15pm to 8.30pm.

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

The first official training session for the New Year will be Monday 9th January 2024.

Answer to the Question

The winner of the **November** question was **Adelaide Bailey**

The correct answer was: **"You are on a computer"**

When you want to leave a program or other item, you simply close that window to exit.

A new question is as follows:

What two words contain the most letters?

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

Congratulations

QLD Combined Championships in Conjunction with the Glynis Nunn Shield.
16-17/12/2023

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 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.

Christina Tukuafu	U15yrs	Heptathlon	5th	3523pts	PB National Qualifier.
Indiana Platen	U17yrs	Heptathlon	3rd	4106pts	PB National Qualifier.

Monique Williams	U18yrs	Heptathlon	1 st	4708pts	PB National qualifier.
Abbie Severinsen	U18yrs	Heptathlon	3 rd	3925pts	PB National qualifier.
Archer Crowley	U15yrs	Heptathlon	3 rd	3349pts	PB National Qualifier.

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

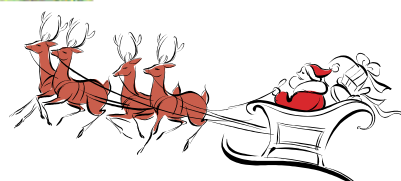
2021	3 Gold, 1 Silver and 1 Bronze medal
2022	4 Gold and 1 Bronze medal
2023	1 Gold and 2 Bronze medals

I feel so proud along with every parent involved, a great competition.

Many thanks to our IDAC photographer Jodie-Anne Harlow catching all the athletes in their events. These can be seen on FB.



The Club *Christmas Party*

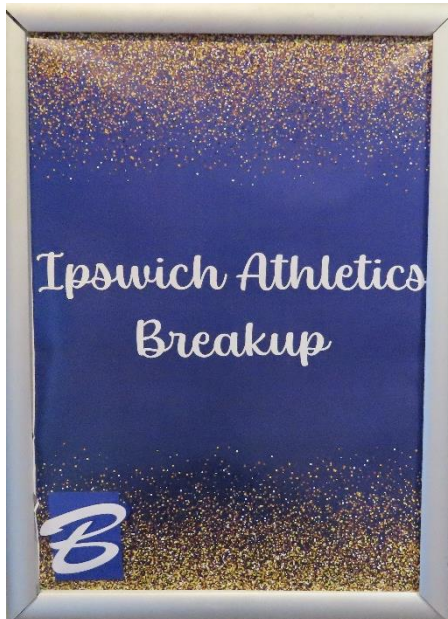


The Club held it at Brothers leagues Club on Wednesday 20th December 2023. A lot of fun was had by all.

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 APAR Hair Studio and supporters for providing the prizes at the Club's Christmas breakup.



Toby & Tyla Stolberg
Santas Helpers



Jo Compson & Marty Stolberg



The best dressed male and female was contested by at least twelve as shown above

Congratulations to all who participated.



Congratulations

Australian All Schools Championships U14-18yrs, Perth 8-10/12/2023

With more than 1200 competitors our athletes were spearheaded by Charlize Goody, Allira Takau and Ruby Bohen.

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

Hayley Windolf	U14	Shot Put	5 th	11.65m	PB
		Discus	3 rd	34.19m	
Christina Takuafu	U14	Shot Put	8 th	10.55m	PB
		Javelin	3 rd	36.55m	
		Discus	10 th	25.21m	
Ruby Bohen	U14	Javelin	1 st	40.88m	PB
Emily Bolden	U14	Hammer	7 th	24.96m	PB
Addison Farinazzo	U14	200m Hurdles	2 nd	28.92	PB
		90m Hurdles	4 th	13.37	PB
Ruby Stanford	U15	High Jump	8 th	1.61m	
Jenali Bolden	U15	Discus	2 nd	38.90m	
		Shot Put	6 th	11.22m	
Mia Kertesz T/f40	U15	Shot Put	4 th	2.90m	PB
		Discus	3 rd	4.75m	
Adelaide Bailey	U16	Triple Jump	8 th	10.13m	
Saskia Josipovic	U16	Discus	2 nd	45.45m	
		Shot Put	3 rd	13.52m	
Olivia Windolf	U16	Discus	6 th	38.58m	
		Javelin	3 rd	40.02m	
Monique Williams	U17	Long Jump	5 th	5.44m	
Allira Takau	U17	Shot Put	1 st	16.72m	Meet REC, PB
		Discus	7 th	32.06m	
Hayley Condon	U17	Hammer	3 rd	45.75m	PB
		Shot Put	3 rd	13.11m	
Charlize Goody	U18	Discus	2 nd	49.62m	WJQ
		Javelin	1 st	48.84m	PB
		Shot Put	2 nd	15.15m	
Toby Stolberg	U18	High Jump	3 rd	1.74m	
Archer Crowley	U14	90m Hurdles	6 th	13.39	PB

		High Jump	8 th	1.63m	PB
		Long Jump	4 th	5.63m	
Kobe Blake	U18	400m Hurdles	4 th	56.11	
Cooper Blake	U18	400m	8 th	53.25	
		400m Hurdles	7 th	61.80	

Dakota Stewart competed for the Ipswich Grammar School in the School Challenge winning their division. Also Allira Takau, Addison Farinazzo and Toby Stolberg competed for St Peters Springfield winning their division, well done to both teams.

2022	5 Gold	2 Silver	5 Bronze medals
2023	3 Gold	5 Silver	8 Bronze medals

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 Club coaches being there to support their charges.

Club Secretary Theresa Stolberg was the Queensland Jumps Manager along Michael Moore supporting 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.





Allira

Hayley

10/12/2023



Christina

Ruby

08/12/2023



Saskia Josipovic

Olivia

Hayley



BLAKE

Cooper

BLAKE

Kobe



Addison



Toby



Mia



Archer



Adelaide



Monique

Brothers Social Bowls Club Ipswich

Kindred Day

Sunday 4 February 2024
Ipswich Bowls Club

Arrival: 8am | Play by: 9am

Lunch \$10

Lunch & Bowls \$20

**KINDRED
CHALLENGE**
Requires four
members per team
\$100 entry

To register contact Mark Potts

0401 250 841 OR mark.potts3@bigpond.com



We need four members to form a team, who is in?



expTM Australia



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 2024.



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