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Website: <http://www.ipswichathletics.org.au>

Newsletter

28th February 2024

President's Message:

It is great to see club members being invited to the various International Track Classics being held around the country, namely Adelaide, Melbourne, Canberra and Sydney

Also planning is underway for the 41st Annual Winter Carnival to be held on Sunday 18th August 2024. We are looking for potential sponsors who may want to support this Carnival. Maybe to sponsor the 120m Lightning Gift or 120m Ladies Gift along with the 300m, 1609m i.e. One mile, 70m U18yrs Junior boys and girls gifts along with many Track & Field events. Please advise me on **0409 754 884** as we can provide information as to what's in it for them.

We are on **Facebook**, look for IDAC and Ipswich & District Athletic Club it is for all our athletes, parents and sponsors who are on FB. Just ask to join if not already a member.

Vic.

Committee Notes

Our next Monthly committee meeting is on **Tuesday 26th March 2024** at 7.30pm.

Just a reminder, our **AGM is on May 26th 2024** and all positions are vacant. This is a great opportunity for you put your hand up and be part of the committee. Nomination forms are available on training nights. Please register your name.

The **Awards Presentation** will also be held on this day at the Brothers Leagues Club, Raceview.

Club Uniform

The Club uniform **must** be worn at all interclub meets, e.g. QSAC, 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.** **Have you got pride in our Club?**



UNIVERSITY
OF SOUTHERN
QUEENSLAND



Queensland Championships

Entries close at 9am on Monday 4th March 2024

U13 – Open including Para events

Adelaide Invitational Meet – 10/02/2024

Jude Thomas 21yrs ran 5th in the Open 1500m where Jude ran a greatly improved race to finish with a new **PB** 3.37.77.

Jade Lally finished in 5th in the Open Discus a good throw of 56.55m.

Congratulations, you have done us all proud, well deserved after all the hard work at training.



IpswichNewsToday



THE
IPSWICH TRIBUNE

Brothers Kindred Club

The committee wants to make all club members and parents be aware that our Club is part of the Brothers Kindred Club. This association encourages juniors in their chosen sports to be acknowledged for their commitment and dedication to their respective sports for a Junior Sports Star award.



The association also likes to encourage juniors for doing their best, helping around the Club and assisting others who may need that little bit of assistance in techniques etc., please advise Vic Pascoe (Club delegate and publicity officer), of any junior you may think needs to be entered for an Junior Sport Star Encouragement award. **Please phone Vic on 0409 754 884.**

The age for both Awards is 11yrs to 17yrs.



Just a Thought'

I have learnt.....Love is the greatest gift you have to offer. Give it freely

Track & Field InterClub Competition

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

www.qldathletics.org.au

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

Club Members: - Happy February Birthdays

Hayley Condon Skye Houston Ethan Heyward Sarah Mawer

Roxann Blake Nicholas Wilson Michael Moore Acacia Wohlsen

Saskia Josipovic Hans Rotbauer Ruby Stanford Connor Shaw

Lachlan Skull Tyson Elisaia Matthew McAuley

Club Training Nights

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

\$3.00 for training under lights.

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

Answer to the Question

The winner of the **January** question was **Jorja Crocker**.

The correct answer was: **“Light”**.

A new question is as follows:

Three words with the letters CPL, in that order, have all their other letters removed. You must use the letters in the pool to fill in the blanks.

C _ P _ _ L _ _ _ _ _

C _ _ P L _ _

C _ _ P L _ _ _

Pool: A, A, A, A, E, E, H, I, I, I, L, N, O, R, S, T, U

The **first** club member to reply by **email** with the correct answer wins a prize.

Email: - vgpascoe1@bigpond.com



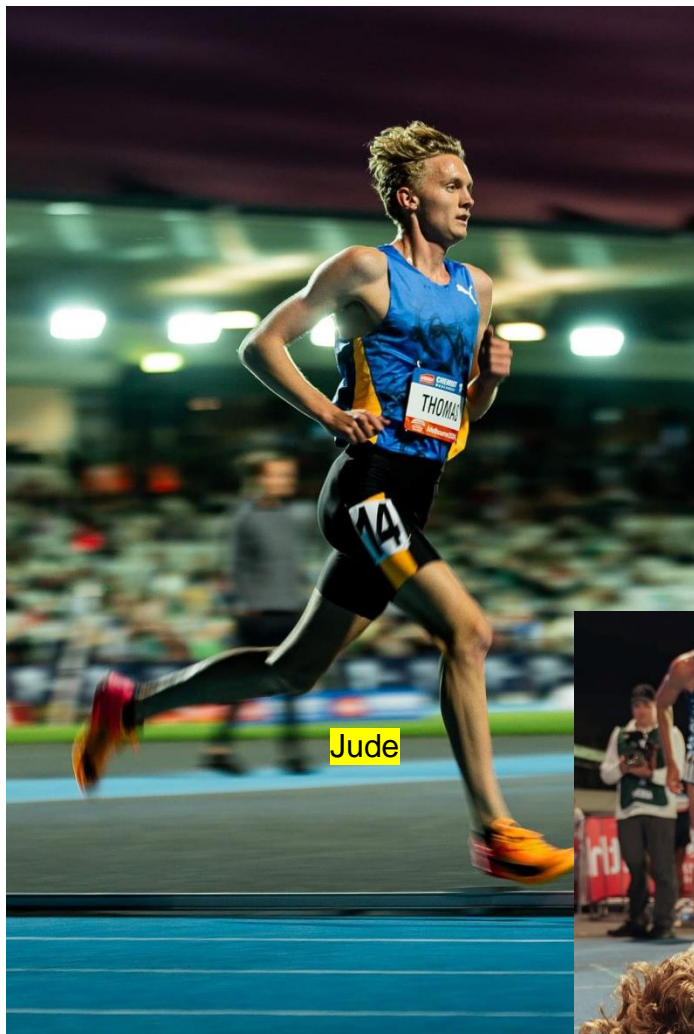
Maurie Plant Classic, Melbourne

15th February 2024

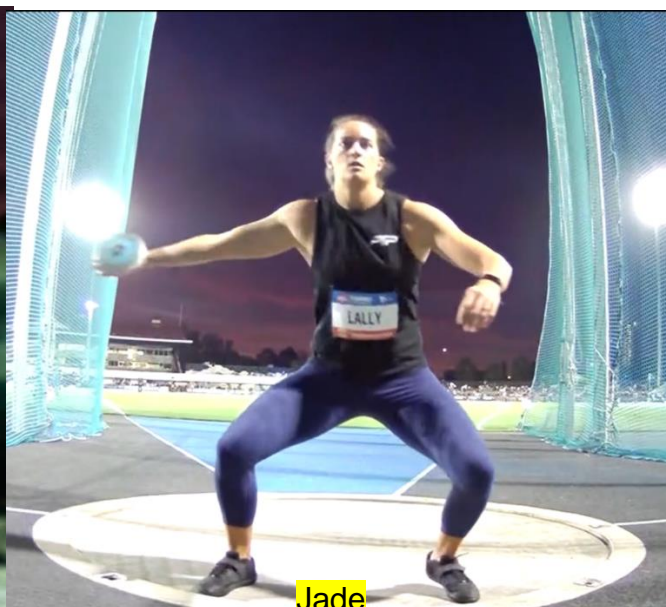
Jude Thomas ran in the 5000m to finish with a massive **PB** of 13.33.60 to finish 5th in the event, a wonderful performance when you compete against the best in the international meet.

Jude is now heading to the Canberra Track Classic on Saturday 2nd March 2024 to compete in the 3000m Steeplechase race, we wish him good luck.

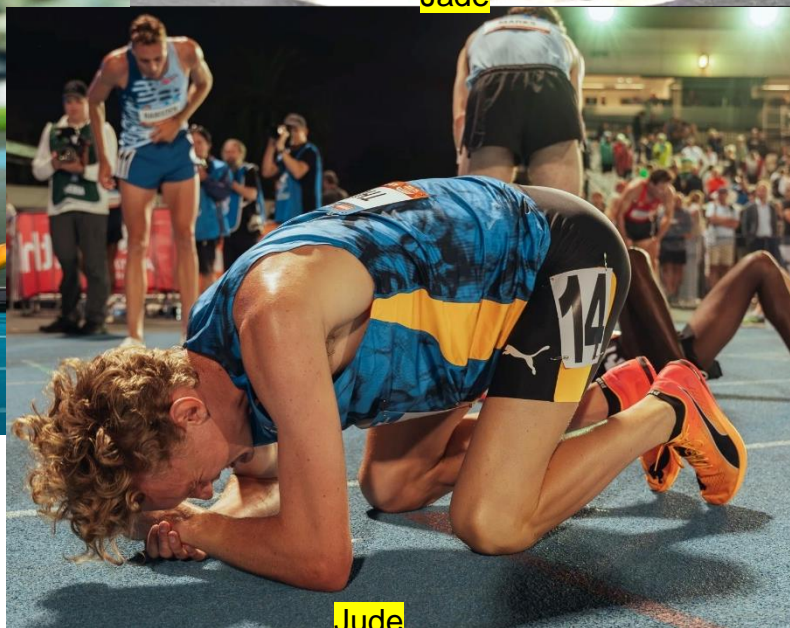
Jade Lally competed in the Open Women's Discus to finish 2nd with a seasonal best of 57.86m



Jude



Jade



Jude

Everything left on the track, feeling totally exhausted from the run.

Photos by Michael Thomas.



Cross Country event in Limestone Park

Our Club will be hosting a Brisbane X-Country event on **Saturday 25th May 2024**.

Volunteers are needed to help out as we need 8-10 people including the running of a canteen.

Please help us as this is a fundraiser for the club and all proceeds go back to our athletes.

Park2park Fun Run



RUN FOR RESEARCH

***MAIN EVENT: SUNDAY 28 JULY 2024 /
BILL PATERSON OVAL, LIMESTONE PARK***

***SUPPORTING LOCAL RESEARCH BY
LOCAL RESEARCHERS***

Early bird registration is now open.

To register, simply go to the website.

Our Club supports this great event by having a BBQ to feed the runners & friends.

