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Newsletter

31st January 2023

President's Message: Now that we are about to start school and work including new jobs, I wish you all a very successful and prosperous new year, hopefully it will be better than 2022.

There have been some wonderful performances so far this season, many PB's and I congratulate those who have competed in the recent competitions. An announcement has been made on the **North Queensland Championships to be staged in Mackay from 22nd - 24th September 2023**, check out the details on their website, don't miss out.

It's important that all athletes wear Club colours when competing at all interclub meets.

Its wonderful news to see **Jade Lally** (Discus) & **Jude Thomas** (3000m) to compete in the Adelaide Invitational Challenge on 11th February and **Toby Stolberg** (high jump) and **Jude Thomas** (3000m) invited to the Maurie Plant Classic meet in Melbourne on 23rd February 2023.

Just a short note to say that all positions of the Club committee will become vacant as per our constitution at the annual AGM. The AGM will be held in May 2023. I encourage all parents, friends and athletes to nominate for a position at the AGM. Support for these positions will be given to those interested.

Vic

Track & Field Competition

All Track and Field events are now scheduled on the **Queensland Athletics FB page**.

Queensland 3000m championships 1st March 2023, SAF.

Queensland Athletics Championships (U14 to Open), QSAC, **9-12 March 2023**.

Brisbane Track Classic, QSAC 25th March 2023

Australian T & F Championships 30th March – 2nd April 2023, Brisbane including Para & U20 combined events.

Stawell Gift Carnival 7th – 10th April 2023, Stawell, Victoria.

Australian U14-U18 T & F Championships 13-16 April 2023 including Para & Combined Events, Brisbane

www.qldathletics.org.au

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



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LAWYERS

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:

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.

Happy January Birthdays

Sophie Allen Simeon Anstey Ruby Bohen Claire Gouws Jodie Harlow
Lilah Hooper Leah Leembruggen Isabella Lehmann Kristie Parsons
Kylie Fouracre Abbey Crocker Charlize Goody Tanya Dalby
Monique Williams Elli Pedroni Ethan Platen Tamika Ritchie
Thaiday "Ted" Ruben Darin Coombs Izabella Snyman Andrew Wheeler

Answer to the Question

The winners of the **December** questions were: *Adelaide Bailey & Sarah Mawer*

The correct answer was: "Better safe than sorry."

A new question is as follows:

Can you figure out what four-letter word, when used to fill the blanks below, will create five new words?

____ step
____ track
____ kick
Back ____
Bed ____

The **first** club member (who has not won in the past 3 months) to reply by email with the correct answer wins a prize.

Email: - vgpascoe1@bigpond.com



Just a Thought'



I've learned that....Every problem has two handles.
You can grab it by the handle of fear or the handle of hope.

Parkrun every Saturday

Some of our families really enjoy the challenge at Limestone Park on a Saturday morning starting at 7am. It is a 5km walk, jog or run depending on your ability, personally I try all three at some stage of the run.

Come on and have a go, it's free and our club is now listed for you to be attached when you register online. That way it means anywhere you go, our club gets publicity when you run at a different Parkrun.

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.

Committee Notes

Our next Monthly committee meeting is on **Tuesday 28th February 2023** at 7.30pm. All welcome.



Rotary Club of Ipswich City

 **Bremer Chiropractic**



**UNIVERSITY
OF SOUTHERN
QUEENSLAND**

A Sponsor with opportunities for our Club

Our business name is **Oxbridge Property Group Ipswich.**

Kent is a fourth-generation Ipswich resident and has been selling in Ipswich for 8 years. His business partner Rathika joined him two years ago and has several years of experience in sales and sub-division developments.

We can offer an extra \$3000 sponsorship to the club if any club member sells their home with us or sends us a friend of family members' details who are considering selling that leads to a sale. That's \$3000 for the first property we sell and then \$1000 for every subsequent sale for the year.

The \$3000 will start again for the first sale of the new athletics season year.

Best regards,

Kent Rohl
0435 907 187

[Oxbridge Property Group Ipswich Kent Rohl Website](#)



Ipswich Social Bowls Challenge

It was a fun day at the **Ipswich Bowls Club** in the Queens Park on 15th January 2023 where we were only able to field two competitors from IDAC, Ted Ruben and Vic Pascoe. It was a Kindred Club Team Challenge, so with two bowlers Shane and Dave from the Ipswich Bowls Club we managed to win 31 to 11 over 20 ends. If it were not the help of these two bowlers and Ted bowling superbly it would have been different, I just made up the team LOL.

A great lunch, raffles and a few drinks made it a wonderful experience, looking forward to next year's challenge, hopefully more want to do it. Monies raised ensured Kindred Clubs help future stars of their chosen sport.



Ted Ruben



Vic Pascoe



Congratulations

A great performance by **Jude Thomas** (20yrs) running at the Australian World X-Country Selection Trials held at Stromlo Forest, ACT setting a time of 5.17 in the Open 2000m when he finished a close third, but the sad news is Jude just missed selection.



The World X-Country Championships will be held at the Mount Panorama racing circuit, Bathurst on Saturday 18th February 2023.

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 Kilcoy Gift was run on Australia Day at the Kilcoy racecourse.

Club members did well winning 3 gifts, Youths 70m, Youths 120m and the Open 300m. It was great to see so many members having a try to win some dollars.



Pak'nSave Cooks One Mile Classic Championship, NZL

It was held at Cooks Gardens in Whanganui, New Zealand on 28/01/2023 in wet and raining conditions.

Jude Thomas our Club Captain was invited to run with other Australian runners which included Callum Davies, a local Brisbane runner as well as Georgia Griffith and Sara Billings from Melbourne. Michael Thomas was an accredited photographer getting some great pictures.

Jude running his first mile race finished 3rd in 3.58.29 to Olympian Sam Turner 3.54.56 a PB and Callum Davies 2nd in 3.56.05 with the national 800m Champion James Preston in 4th position in 3.59.44, a thrilling race. For all four athletes to have dipped under the four minute mile barrier is a landmark for all who raced, as this historic venue has now witnessed 75 sub four minute mile performances.

First broken in 1954 by Roger Bannister, the four minute mile still represents a key milestone for middle distance runners today despite the fact that the world record has moved down to 3.43.13, an incredible feat set in Rome 1999.



Jude Thomas



Congratulations

Para athlete **Hayden White T/F38** has started a remarkable career in para athletics when he competes against able-bodied athletes at interclub Shield Meets by breaking not only one record, he breaks two records.

Hayden is now the current Queensland record holder for the 400m and 800m, well deserved as he puts in the work at training ever since joining the Club this season.



Coach Brad Robinson

Hayden White T/F38