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Newsletter

31st January 2024

President's Message: Now that we started school and work including new jobs, I wish you all a very successful and prosperous new year, hopefully it will be better than 2023.

There have been some wonderful performances so far this season, many PB's and I congratulate those who have competed in the recent competitions.

It's important that all athletes wear Club colours when competing at all interclub meets. It is poor publicity for our club if you are not wearing the Club colours.

It's wonderful news to see **Jade Lally** (Discus) & **Jude Thomas** (1500m) to compete in the Adelaide Invitational Challenge on 10th February and **Jade Lally** (Discus) and **Jude Thomas** (5000m) invited to the Maurie Plant Classic meet in Melbourne on 15th February 2024 with **Jude Thomas** running the 3000m Steeplechase at the Canberra Track Classic on the 2nd March 2024.

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 2024. 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**.

Joanna Stone Shield, QSAC 3rd February 2024

Norma Croker Shield, QSAC 10th February 2024

Dane Bird-Smith Shield, QSAC 17th February 2024

Cathy Freeman Shield, QSAC 24th February 2024

Queensland 3000m championships 2nd March 2024, UQ Athletic Centre.

Sally Pearson Shield, QSAC 9th March 2024.

Queensland Athletics Championships (U14 to Open), QSAC, **14-17 March 2024**.

Stawell Gift Carnival 31st March – 2nd April 2024, Stawell, Victoria.

Australian T & F Championships 11th April – 19th April 2024, Adelaide including Para & U20 combined events.

Oceania Track & Field Championships, Suva, Fiji 1st - 8th June 2024

www.qldathletics.org.au

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

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



Les Scott & Associates
A.B.N 34 404 377 930
Australian Credit Licence 385281



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

Happy Club Members January Birthdays

Sophie Allen Ruby Bohen Claire Gouws Jodie Harlow Lilah Hooper
Leanne Hilton Isabella Lehmann Kristie Parsons Charlotte Kelly
Abbey Crocker Diva Ejembi Charlize Goody Olive Barrett Tanya Dalby
Hugh Sedman Jackson Bray Lachlan Wendt
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: *Lily Graves & Isla Mawer*

The correct answer was: "Post Office or Hippopotomonstrosesquippedaliophobia (36 letters) & Pneumonoultramicroscopicsilicovolcanoconiosis (45 letters)".

A new question is as follows:

On the first day I came to be,
Divinely created for you to see.
Artificial or natural, take your pick,
Although too much of the latter can make you sick.
What am I?

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.... Give your love to others – it might be all they have.

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.

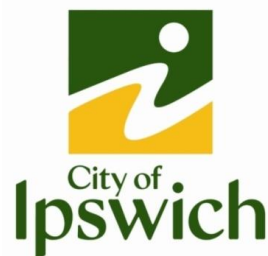
Club Training Nights

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**

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 2024 at the Kilcoy racecourse.

Club members did well winning Dead Heating for First in the 120m Ladies gift, placing in the 120m Kilcoy Open Gift and placing in the 120m Youths and the Open 300m. It was great to see so many members having a try to win some dollars and did they ever.



Acacia Wohlsen

Liz Melrose

It was an exciting race with Acacia being the back marker off 8.75m and Liz Melrose off 15.50m, you can check out the video on my Utube channel.





120m Ladies Gift Finalists



Cooper Blake

Patrick McCarthy

120m Kilcoy Gift Finalists

Cooper was so desperate to be on the podium, he threw himself at the finish line to finish flat out on the track, however the prizemoney did compensate for the fall, he was super happy as this was his first professional race.

The video is on Utube.



Noah Jonker

Minaya Wohlsen

120m Youths Gift Finalists



Kobe Blake

300m Gift Finalists

Potts Classic Championship, NZL 20/01/2024

Charlize Goody made an impressive start to the year competing in the Open Women's Discus finishing 3rd with another World Junior Qualifier of 50.23m.

Charlize has since thrown 50.77m at the Denise Boyd Shield making it 4th time of getting a World Junior Qualification to be held in Peru during August 2024.

Looking into the future I can see some club members competing in the Oceania Area Championships to be staged in Suva, Fiji from 4th – 8th June 2024.

Don't be afraid as representing Australia is the pinnacle of our sport, you can register your nominations. It is to include U18, Open age and Para competition



Australia Day Awards for Ipswich 17/01/2024



Cr Andrew Fechner, Vic Pascoe, Holyee Jackson, David Reid, Leusila Vatu'ua, Cr Sheila Ireland



Jo Compson (Treasurer)

Tina Schutz (Secretary)

Vic Pascoe (President)

Our Club was nominated at the Australia Day Awards for the Sport and Recreation Award.

It was an amazing night to see the achievements of those who contributed to the community of Ipswich.

To help celebrate such an occasion I had Jo and Tina there to support this Award. We may not have won, but to be part of the awards was truly amazing.

