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Newsletter

30th January 2026

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 2025.

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

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.

Its wonderful news to see **Connor Larsen** (High Jump) at the Potts Classic and Capital Classic in New Zealand and **Jude Thomas** running in the Maurie Plant Classic meet in Melbourne on 28th March 2026.

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 on May 31st 2026. 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**.

Sally Pearson Shield, Gold Coast 7th February 2026.

Mid Week #3, QSAC - SAF 11th February 2026

Denise Boyd Shield, QSAC - SAF 14th February 2026

Dane Bird-Smith Shield, QSAC 21st February 2026

Mid Week #4, QSAC –SAF 25th February 2026

Queensland 3000m championships 28th February 2026, UQ Athletic Centre.

Mid Week #5, QSAC - SAF 4th March 2026

Cathy Freeman Shield, QSAC – SAF 7th March 2026

Queensland Athletics Championships (U14 to Open), QSAC, **12-15 March 2026**.

Mid Week #6, QSAC - SAF 25th March 2026

Stawell Gift Carnival 4th – 6th April 2026, Stawell, Victoria.

Australian Open T & F Championships 9th April – 12th April 2026, Sydney, including U20 combined events.

Australian T & F Championships (U14 - U20) 15th April – 20th April 2026, Brisbane including Para events.

www.qldathletics.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



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

Ladies Crop Top	\$45.00	Ladies shorts/bike pants	\$57.00
Singlet	\$35.00	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	\$77.00
Coach Jacket	\$82.00		

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 Abbey Crocker Diva Ejembi Charlize Goody Olive Barrett
Leah Leembruggen Jackson Bray Samuel Murray Jeremy Black
Harvey Murray Shontae Schniedner Hugh Sedman
Dejsha Elisaia Cullen Grainger Lily Hanley Sam Wegner Monique Williams
Thaiday "Ted" Ruben Mitchell Wilson Connor Larsen Darin Coombs
Andrew Wheeler Michael Woodbridge

Answer to the Question

The winners of the **December** questions were: *Noah Jonker*

The correct answer was: **"Christmas Eve, Cookies, Rudolph, 12".**

A new question is as follows

I hold the record for being the biggest, yet I also hold the record for being the smallest!

What am I?

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

Email: - vgpascoe1@bigpond.com



Just a Thought'

I've learned that.... Life is the sum of all your choices.

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.

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

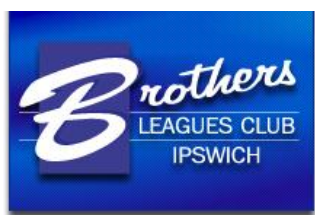
Club Training Nights

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.

Committee Notes

Our next Monthly committee meeting is on **Tuesday 24th February 2026** at 7.30pm.



Bremer Chiropractic



White Line Management

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.**

Glynis Nunn Shield meet - Combined Events Championships 10-11/01/2026

Having three competitors from our Club competing in this prestigious event is one of the highlights of the season.

Cooper Friend competed in his first U15 Heptathlon with a total points of 3221 which has him qualified for the Australian Championships to be held in Brisbane during April 2026.



Coach Mark Sills & Cooper Friend



Indiana Platen



Monique Williams

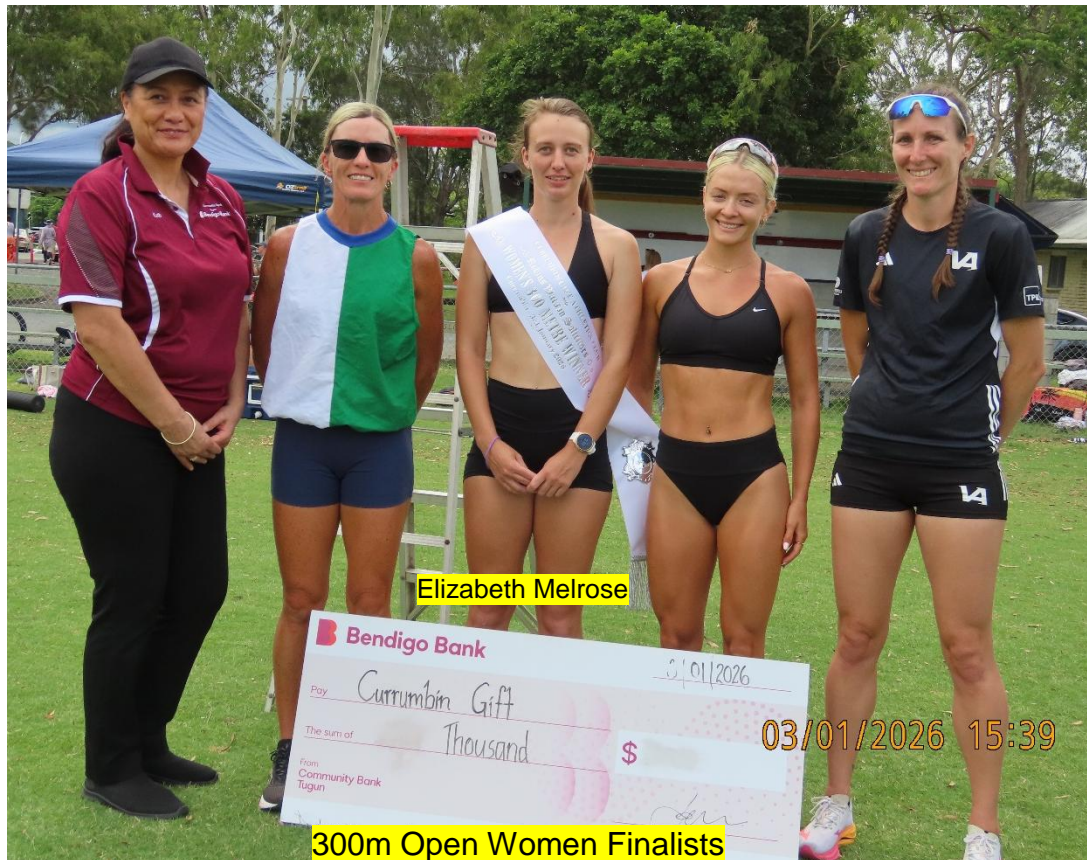
Unfortunately **Indiana Platen** became ill and was unable to complete the last event, the grueling 800m with total points of 3191 in the seven event contest for U20 Women.

Monique Williams also became ill and could not compete in the 800m and finished with a points score of 4265 for U20 Women.

Currumbin Gift – Salk Oval Palm Beach

3rd January 2026

It was amazing on how well our athletes ran at the various Gifts bringing home quite a few dollars for their efforts, congratulations everyone.





120m Open Women Gift Finalists



120m Open Men Gift Finalists





300m Gift Finalists

The Kilcoy Gift was run on Australia Day 2026 at the Kilcoy racecourse.

Club members did well winning some money from the many gifts that was on offer.



120m Open Men Finalists





Noah Jonker

120m U18 Finalists



Patrick McCarthy

Noah Jonker

70m Open Finalists



Potts International Classic and Capital Classic Championship, NZL January 2026

Connor Larsen had an amazing time competing in the Open Men High Jump where he finished 2nd with 2.07m at the Potts Classic Wanganui and will be competing in the Capital Classic Wellington in February 1st as well as the Short Course meet to be staged in Melbourne on February 6th, a wonderful achievement representing Australia as it is the pinnacle of our sport.



Wheelchair Access

The Ipswich City Council is currently progressing with the installation of a wheelchair access and extra disability parking for our Clubhouse, looking forward to seeing the end product.

All athletes and parents to be aware of this work.