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Newsletter

26th June 2025

President's MESSAGE:

Congratulations to **Claire Gouws** for making the Australian Team to compete at the 2025 Oceania Cup in Nuku'alofa, Tonga from October 29 to November 1. Claire will compete at her first international meet doing the Triple Jump, how exciting for Claire and Coach Ted Ruben..

With the **42nd Winter Carnival happening 17th August 2025**, it includes the 34th running of the 120m Lightning Gift and we are looking for the support of local businesses and individuals to make this Carnival a huge success. Any contribution is much appreciated as many international athletes have competed to make this spectacular event.

Vic

Committee Notes

Our next Monthly committee meeting is on **Tuesday 22nd July 2025** at 7.30pm.

Track & Field InterClub Competition

All Track and Field events to be scheduled on the **Queensland Athletics website**

www.qldathletics.org.au

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

QLD X-Country Championships Saturday 12th July at Toogoolawah Golf Club.

This includes the selection trials for the Queensland cross Country Team.

Entries close: 9am Tuesday 8th July 2025 – no late entries will be accepted.

Age groups range from U11 through to Open including Para athletes.

It's time to get your entries in now.

Just a Thought'

I've learned ... Life is tough, learn to adapt and keep pushing forward.

Congratulations

Brisbane Marathon Festival 1st June 2025

Several club members competed at this historic event.

The open women 10km had Tamara Carvolth 2nd in 36.39 and Taylor Hudspith 3rd in 37.20, amazing efforts.



Tamara



Taylor

The 10km U16 was Olivia Agiannitis 2nd in 44.17 and the U20-29 was Connor Whittet 1st in 32.05.



Olivia



Connor



The Queensland Cross Country Relay Championships 21st June 2025, Nudgee.

An amazing day even when the weather did not help was a success where every team did their best. The most successful team was in the 3 x 2km relay U14 girls of Melody Chambers, Olive Barrett and Liliana Titley winning the Bronze medal in a great performance of 22.13.00.



Melody Chambers, Olive Barrett, Liliana Titley



Grace Handley, Olivia Davis, Grace Battersby



Tahnee Sparks, Esther Wishart, Olivia Agiannitis



Lilah Pegg, Jessica Gorham, Isabelle Heeley



Theresa Stolberg, Tamara Carvolth, Jo Compson



Adelaide White, Alexandra Nemeth, Lila Cross

A special thank you goes out to **Cat Gorham** and **Brad Robinson** in organizing the teams.

There were many action photos taken by ace photographer Jo Harlow, now on the FB page.



Cullen Grainger, Cadel Bennie, Dakota Stewart



John Davis, Aaron Handley, Jack Schodde



Just some of the amazing team members

apar
Hair Studio

 HARVEST MARKETS
Fresh Fruit & Vegetables

Happy June Birthdays for Club Members

Luca Gigliotti Cooper Blake Kobe Blake

Hudson Severinsen Isabelle Heeley Joshua Lehmann

Grace Battersby Ryan Connell Cooper Friend

Liliana Titley Mathilda Winks Kimberley Prickett

Janet Webber Hayden White

Joel Jakimowicz Charlie Wellings Freya Schwarz

THE IPSWICH TRIBUNE

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 IDAC uniform is as follows:

IDAC Uniform Price List

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.

Club Training Nights

Monday and Wednesday nights training at 6.15pm to 8.30pm

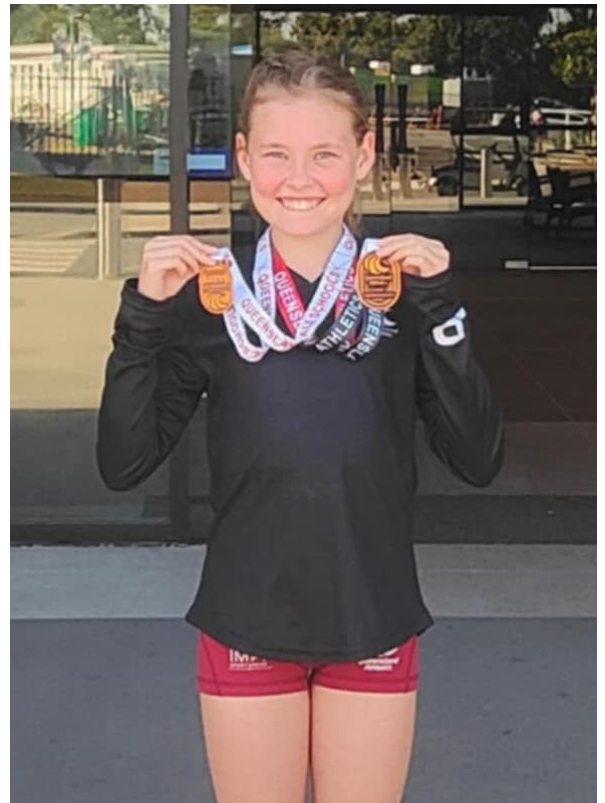
Any other training sessions can be arranged with your Coach.

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

QLD Roadwalking Championships

22nd June 2025

Pocket rocket **Jessica Gorham** produced an outstanding performance at the U12yrs Road Walking Championships the day after competing in the Relay Championships winning the Bronze medal in a time of 12.27.00, congratulations.



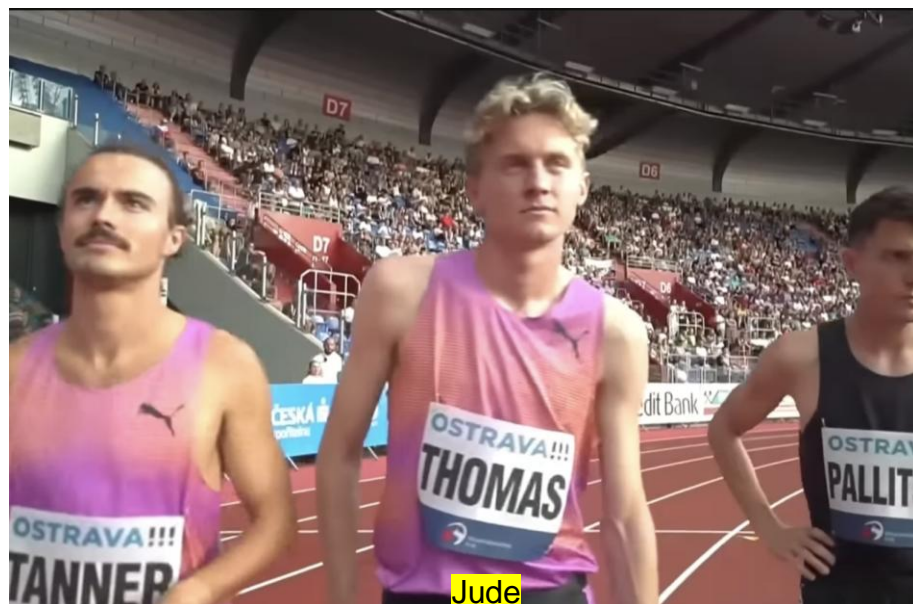
64th Ostrava Golden Spike, Czech Republic 24th June 2025

Jude Thomas is flying the flag for **IDAC** as he competed in the 1500m Golden Spike meet in Czech Republic where finished 7th in a time of 3.32.07, a new **PB** by 1.28 seconds.

This performance makes Jude the seventh all time Aussie.



Jude has now qualified for the World Track & Field Championships to be staged in Tokyo in September 2025, congratulations.



This may be of interest

North Queensland Championships will be held from 26th –28th September 2025 in Townsville.

It has come to be a great opportunity for our athletes to compete before the new season starts. As a club, we have been very successful over the years.

There is even events for masters, younger athletes i.e. U10yrs as well as the usual age groups.



Volunteering

On events where we run the canteen we require parents and friends to assist where possible, even if it is only for an hour or two. By volunteering you are helping the club to raise monies for our athletes who have the potential to represent Australia. All monies raised help our future stars of the sport.



Answer to the Question

The winner of the **May** question was **Liliana Titley**.

The correct answer was: **'Sit'**.

A new question is as follows:

Four words that contain HA as a letter pair have had all of their other letters removed and placed into a pool. Put those letters back in their proper places. What are the words?

*HA**, *HA***, **HA**, ***HA*

Pool: C, E, E, I, L, M, N, O, O, P, R, R, S, T, W.

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

Email: - vgpascoe1@bigpond.com.au



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