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## Newsletter

31<sup>st</sup> May 2023

### President's Message:

The AGM was held on Sunday 28<sup>th</sup> May 2023 at 11.00am with all Committee positions declared vacant. Congratulations to all committee members who were elected for their various positions.

A huge thank you to the volunteers who assisted in the Canteen for the GPS X-Country titles.

It is great to see Theresa (Marty) Stolberg being the Australian U20 Junior team Coach to tour United Kingdom and Europe during June 2023 and then spending some time back with family in the United Kingdom.

"Marty" is currently attending a three day seminar in Canberra with elite Coaches on women in sport.

Whether it is X-Country or Track & Field, hopefully the athletes will train even harder to achieve even better PB's. Looking forward to an exciting season for 2023/2024.

Vic.



Like us on Facebook, please search for Ipswich and District Athletic Club and request to join. It is for members, family and sponsors

### Committee Notes

Our next Monthly committee meeting is on **Tuesday 27<sup>th</sup> June 2023** at 7.30pm. All welcome.

The structure for our Club as it now stands, congratulations to all, looking forward to a great year.

<b>President</b>	Vic Pascoe
<b>Vice President</b>	Theresa (Marty) Stolberg
<b>Secretary / Registrar</b>	Tina Schutz
<b>Treasurer</b>	Jo Compson
<b>Canteen Convenor</b>	We need someone please.
<b>Committee</b>	Gabriel Stewart
	Lisa White
	Brad Robinson
<b>Head Coach</b>	Mark Sills
<b>Patron</b>	Les Scott



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IpswichNewsToday



City of  
Ipswich



Bremer Chiropractic

## Congratulations to Club Athletes at international meets

A superb performance to **Jade Lally** winning the Women's Discus with a massive throw of 60.44m at the Osaka Grand Prix in Japan wearing the Club uniform.



**Jude Thomas** competed in the Yokohama Seiko Grand Prix, Japan did not exactly perform the way he hoped by running 13<sup>th</sup> in the 3000m in 8.02.55. However Jude is pressing on going to Europe to compete and train whilst being based in the UK.



AUS Jude THOMAS	
AGE	21
SEASON BEST	7:48.25
PERSONAL BEST	7:47.26

*Just a Thought'*

**I've learned that ....** Keep a couple of your favorite inspirational books by your bedside.

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## **Track & Field    InterClub Competition**

All Track and Field events are scheduled on the **Queensland Athletics website**  
[www.qldathletics.org.au](http://www.qldathletics.org.au)

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## **Happy Birthday to our Club Members during May**

Toby Stolberg    Jo Compson    Daken Armstrong  
Ethan Chapman    Conor Mathewson    Varian Platen  
Elisie Hobbs    Carolin Holl    Sasha Josipovic    Avni Parbhalar  
Kiera Proctor    Liam Stenner    Alastair Stevenson  
Harsith Rameshkumar    Lian Jacobs    Riley Cross    Jessica Rowe  
Ky Dalby    Elizabeth Melrose    Elke McAuley  
Charlotte Parsons    Tiana Parsons    Lauren Brown  
Denika Murray    Andrew Webber    Tamika Gee

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## **Training Sessions**

Monday and Wednesday nights are on from 6.15pm to 8.30pm.

Any other extra training sessions can be arranged with your Coach.

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

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**QAL schedule events on their website** [www.qal.org.au](http://www.qal.org.au)

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## **Club Uniform**

The Club uniform **must** be worn at all interclub meets, e.g. All comers at St. Lucia, QSAC and Gold Coast etc. **If the uniform is not worn, no points or performances will be recorded at club meets.**

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## Answer to the Question

The winner of the **April** question was: **Noah Jonker.**

The correct answer was: "December, January, February (in a leap year) and March".

A new question is as follows:

What has fingers but can't type?

Think Carefully!!!

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

Email: - [vgpascoe1@bigpond.com.au](mailto:vgpascoe1@bigpond.com.au)

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## Presentation Awards 2022/2023

Club Champion of 2022 / 2023	Jade Lally	
Club Achiever of the year	Toby Stolberg	
President's Award	Jude Thomas 1 <sup>st</sup> Open 3000m 7.48.25, Aust Chps	
Les Scott Encouragement	Maddie Newham	
U/20yrs Male      Bremer Chiropractic	Ky Dalby	
U/20yrs Female    Bremer Chiropractic	Jessica Rowe	
Most Club Participation of 2022/2023	Indiana Platen	
Australian Title Holders 2022/23	Abbey Crocker U13	Discus 34.28m Shot Put 11.48m Javelin 34.16m
	Houstand Paea U13	Long Jump 4.77m
	Hayley Windolf U14	Shot Put 11.60m
	Harsith Rameshkumar U13	Triple Jump 10.37m
	Jessica Rowe U20	Hammer 54.46m
	Jade Lally Open	Discus 60.24m
	Jude Thomas Open	3000m 7.48.25
Club Captains Recognition Award	Abbey Crocker	
Volunteer of the Year 2022/2023	Jodie-Anne Harlow	
IDAC Recognition Award	Mia Kertesz T/F40 Hayden White T/F38	
Club Rookies M & F of 2022/2023	Sean Majendie (Track) & Lachlan Wendt (Field) Lily Graves (Track) & Jordyn Reid (Field)	

**Club Development**     Dakota Stewart, Mackenzie Crowley, Simeon Anstey, Daniel Harlow, Olivia Windolf, Saskia Josipovic, Monique Williams, Allira Takau, Lachlan Wendt, Charlize Goody, Toby Stolberg, Jessica Rowe.

Highest Points for X-Country Senior Male	Dakota Stewart
High Points for X-Country Senior Female	Sophie Schutz
Highest points for X-Country Junior Male	Conor Mathewson
Highest Points for X-Country Junior Female	Olivia Agiannitis
Highest points for Senior Male Sprinters	Kobe Blake
Highest points for Senior Female Sprinters	Indiana Platen
Highest points for Senior Male Distance	Dakota Stewart
Highest points for Senior Female Distance	Sophie Schutz
Highest points for Senior Male Jumpers	Joel Jakimowicz
Highest points for Senior Female Jumpers	Indiana Platen
Highest points for Senior Male Throwers	Ky Dalby
Highest points for Senior Female Throwers	Charlize Goody
Highest points for Junior Male Sprinters	Simeon Anstey
Highest points for Junior Female Sprinters	Addison Farinazzo
Highest points for Junior Male Distance	Gilbert Barrett
Highest points for Junior Female Distance	Olivia Agiannitis
Highest points for Junior Male Jumpers	Archer Crowley
Highest points for Junior Female Jumpers	Addison Hayne
Highest points for Junior Male Throwers	Archer Crowley
Highest points for Junior Female Throwers	Hayley Windolf
Highest Points for Track Masters Male	Michael Berlin
Highest Points for Field Masters Male	Andrew McLean
Highest Points for Track Masters Female	Janet Webber Roxann Blake Jennifer Platen
Highest Points for Field Masters Female	Jade Lally

## Club Recognition of QLD Team

Abbie Crocker	U13yrs	Ka'Mya Duncan	U13yrs
Houstand Paea	U13yrs	Boden Ritchie	U13yrs

Conor Mathewson	U13yrs	Harsith. Rameshkumar	U13yrs
Christina Tukuafa	U14yrs	Archer Crowley	U14yrs
Hayley Windolf	U14yrs	Addison Hayne	U14yrs
Leah Leembruggen	U14yrs	Elyse Rolison	U14yrs
Ruby Bohen	U14yrs		
Acacia Wohlsen	U15yrs	Addison Farinazzo	U15yrs
Mia Kertesz T/F40	U15yrs	Joseph Bergin	U15yrs
Simeon Anstey	U15yrs	Luca Gigliotti	U15yrs
Saskia Josipovic	U16yrs	Mackenzie Crowley	U16yrs
Indiana Platen	U16yrs	Charlotte Parsons	U16yrs
Tiana Parsons	U16yrs	Elke McAuley	U16yrs
Joel Jakimowicz	U16yrs	Sophie Schutz	U16yrs
Dakota Stewart	U16yrs	Olivia Windolf	U16yrs
Daniel Harlow	U16yrs	Sean Majendie	U16yrs
Hayden White T/F38	U17yrs	Hayley Condon	U17yrs
Abbie Severinsen	U17yrs	Allira Takau	U17yrs
Monique Williams	U17yrs	Lachlan Wendt	U17yrs
Ethan Heyward	U17yrs	Cooper Blake	U18yrs
Toby Stolberg	U/18yrs	Charlize Goody	U/18yrs
Kobe Blake	U18yrs	Mitchell McNiven	U18yrs
Aldora Tuilaepa	U20yrs	Jessica Rowe	U20yrs
Ky Dalby	U20yrs	Laylani Va'ai	Open
Jude Thomas	Open	Jade Lally	Open

## Club Recognition of International Athletes

Toby Stolberg	Oceania Championships, World Junior Championships	Mackay, June 2022 Cali, Columbia 2022
Laylani Va'ai	Oceania Championships World Junior Championships	Mackay, June 2022 Cali, Columbia 2022
Charlize Goody	Oceania Championships Pacific Mini Games	Mackay, June 2022 Saipan, Northern Mariana Islands, June 2022
Jessica Rowe	Oceania Championships	Mackay, June 2022

Jade Lally

UK T & F Championships  
Commonwealth Games

Manchester, England 2022, June 2022  
Birmingham, England.2022, August 2022

Jude Thomas

One Mile Championships

Wanganui New Zealand, January 2023

Anyone who was unable to attend the awards presentation, your award will be at the Clubhouse on training nights or you can ring Vic on **0409 754 884** to make arrangements to collect.



Presentation by the President of the Ipswich Parents & Old Boys.





John Williamson Toby Stolberg



Les Scott (Patron)

Maddie Newham





Matt Bowe

Jessica Rowe



Matt Bowe

Ky Dalby

Presentations by Bremer Chiropractic for U20.





Jade Lally (Guest Speaker)



Shayne Neumann MP

Cooper Blake



Mayor Teresa Harding

Andrew McLean



Shayne Neumann MP

Kobe Blake



Mayor Teresa Harding, Roxann Blake, Janet Webber & Jennifer Platen





Mayor Teresa Harding

Indiana Platen



Shayne Neumann MP

Monique Williams



Mayor Teresa Harding

Sophie Schutz



Shayne Neumann MP

Leah Leembruggen



Hayley Condon & Aldora Tuilaepa





## The Club Captains 2023 Recognition Award

The amazing Captains choice Award.

Firstly, all athletes that compete under the IDAC name deserve recognition for their week in and week out efforts and a huge thank you must be rewarded to the parents too.

After a very competitive season competing at the highest level, this athlete has raised the bar for the competition. After picking up 3 gold medals at State championships and 3 gold medals at nationals, in true IDAC spirit she tackled the challenges head on and finished as an athlete on the rise.

She isn't eligible to compete at Track Classics yet, like other athletes, so considering what she has done this season over these local meets and nationals is outstanding and deserves to be recognized for these amazing achievements. Her maturity and mindset show volumes and embodies what it means to be an athlete.

She has the whole Ipswich athletic community behind her and we are very proud to announce that Abbey Crocker is this year's Captains choice Award Recipient.

*Jude Thomas and Laylani Va'ai*  
Club Captains



Abbey Crocker





Shayne Neumann MP Harsith Rameshkumar



Mayor Teresa Harding Archer Crowley



Shayne Neumann MP Mackenzie Crowley



Mayor Teresa Harding Gilbert Barrett



Jodie-Anne Harlow & Jo Compson





Michael Moore

Toby Stolberg



Michael Moore

Monique Williams



Michael Moore

Jessica Rowe



Michael Moore

Jodie-Anne Harlow



Shayne Neumann MP

Ruby Bohen



Mayor Teresa Harding

Olivia Agiannitis





Shayne Neumann MP Km'ya Duncan



Shayne Neumann MP Luca Gigliotti



Michael Moore Allira Takau



Toby Stolberg Mia Kertesz















**Jade Lally** told us about her journey through athletics. A truly interesting story, funny at times but so inspiring. It made me feel as though there is still plenty of time for all of our athletes to perform at a high level over a number of years.

Jade's longevity within the sport is a testament to her commitment and dedication.

A great talk, I was inspired, thanks Jade.

### The importance of YOUR journey– My pathway

- ▶ I always liked PE lessons. Introduced to athletics when I was 13.
- ▶ 2006. At 19, I was selected to represent GB at a home meet.
- ▶ 2008. At 21, I represented England in Croatia- first time I travelled abroad for sport.
- ▶ 2009. At 22, I qualified for European U23 Championships and got a bronze medal.
- ▶ 2010. At 23, I went to my first Commonwealth Games in India. Finished 6th.
- ▶ 2012. At 25, qualified for my first Olympic Games but wasn't selected.
- ▶ 2013. At 26, qualified but not selected for World Champs.
- ▶ 2014. At 27, went to 2nd CWG and got a bronze medal. Qualified but not selected for European Champs.
- ▶ 2015. At 28, qualified but not selected for World Champs.
- ▶ 2016. At 29, I qualified and selected for the Rio Olympic Games.
- ▶ 2017. At 30, qualified and selected for World Champs.
- ▶ 2018. At 31, went to 3rd CWG and came 7th.
- ▶ 2019. Qualified for World Champs. Not selected.
- ▶ 2022. At 35, went to World Champs (8th Q), Euro Champs (9th F), CWG silver.
- ▶ 2023. Likely to be invited to the World Champs...



## 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. (11yrs to 17yrs)



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.**

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## “FLASH BACK in Time”



Do you recognize our young stars of the past?

I'm sure you will, it's from an Exhibition held in April of 2018 at Limestone Park.

Two of them have now competed as international athletes.

Let me know if you do know, which ones, also the others?

There is a prize for the Club member who can give the most correct names.

**Email:** - [vgpascoe1@bigpond.com.au](mailto:vgpascoe1@bigpond.com.au)

Hopefully there will be future editions of “Flashback”.

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