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Newsletter

26th November 2021

PRESIDENT'S MESSAGE:

The start of the season has many new faces joining our club and many thanks goes to Theresa (Marty) for encouraging young athletes (especially Ipswich Little 'A's) to become more skillful and adept in all events they compete in. Hope to see you all either at training or at the competitions.

Yes, we are on **Face Book** as a closed group called **IDAC**, and it's for club members, parents and supporters of our club. This way local updated late news can be circulated. *So look for us and ask to join so you can be added to the closed group.*

We also have a public **FB** page called Ipswich & District Athletic Club for general enquiries.

It was excellent to see our Club members being recognised by QLD Athletics for their amazing achievements during All School Championships of 2021.

This newsletter is exceptionally long due to all the events happening during this month.

Vic

Parents Volunteering

On training nights when our Committee are unable to have someone at the clubhouse window to take training fees etc. it would be wonderful if some parents could help out on a roster system. It is not hard and is only for about 45 minutes at start of training.

Please see Vic Pascoe so a list can be drawn up.

With your help this action would make our club run a whole lot better.

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.**

IDAC Uniform Price List

Ladies Crop Top	\$32.00
Bummers / Bike pants	\$40.00
Singlet	\$30.00
Shorts	\$44.00
Polo – Short Sleeves	\$46.00
Polo – Long Sleeves	\$57.00
Hoodie	\$77.00
Tracksuit Pants	\$72.00
Coach Jacket	\$82.00

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

Queensland 10-14yrs All School Championships

30-31/10/2021

It was amazing to see results of these athletes battle the blustery conditions and to have 47 competing is a wonderful achievement. I was unable to attend so thanks to everyone who has supplied photos of our future stars in athletics.

Savannah Mawer	U11yrs	Discus	11.50m	8 th	
Abbey Crocker	U11yrs	Shot Put	10.84m	1st	PB
		Discus	36.01m	1st	PB
Isabella Snyman	U11yrs	100m	16.05	24 th	
		200m	33.49	15 th	
		Long Jump	3.67m	9 th	
Sophie McGeehan	U11yrs	100m	15.93	23 rd	
		High Jump	1.24m	6 th	PB
Lilah Hooper	U11yrs	100m	15.13	15 th	
		High Jump	1.31m	2nd	PB
		Long Jump	4.28m	1st	PB
Houstand Paea	U11yrs	100m	13.83	1st	PB
		High Jump	1.21m	7 th	
Hayley Windolf	U12yrs	Shot Put	11.57m	1st	PB
		Discus	34.24m	1st	PB
Isla Mawer	U12yrs	Long Jump	3.42m	16 th	
Mikaela Learoyd	U12yrs	Long Jump	3.69m	10 th	
Tahnee Beckers	U12yrs	800m	2.53.10	23 rd	
		1500m	5.40.65	17 th	PB
Leah Leembruggen	U12yrs	100m	14.85	15 th	PB
		200m	31.02	9 th	
		High Jump	1.20m	4 th	=PB
		Long Jump	3.69m	9 th	
Reagan Wood	U13yrs	Shot Put	8.33m	6 th	
		Discus	21.70m	11 th	
Tamika Ritchie	U13yrd	100m	14.21	26 th	
		200m	29.27	16 th	
		800m	2.38.36	13 th	PB
		Long Jump	4.45m	4 th	
Addison Farinazzo	U13yrs	100m	13.35	6 th	PB
		Long Jump	4.26m	10 th	
Olivia Windolf	U14yrs	Shot Put	11.09m	4 th	PB
		Discus	30.50m	3rd	PB
		Javelin	37.43m	1st	PB

Mackenzie Crowley	U14yrs	Shot Put	11.34m	3rd	
		Discus	29.48m	5 th	
		Javelin	31.90m	3rd	
Isabella Willshire	U14yrs	100m	13.97	29 th	
		400m	62.33	5 th	
Indiana Platen	U14yrs	100m	13.96	28 th	PB
		200m	29.43	19 th	
		High Jump	1.54m	3rd	
		Long Jump	4.48m	12 th	
Hayley Condon	U15yrs	Shot Put	11.68m	2nd	
		Discus	29.86m	5 th	
		Javelin	22.74m	8 th	
Dakota Ritchie	U15yrs	Long Jump	4.48m	13 th	PB
		Triple Jump	10.39m	7 th	
Rylee Novinetz	U15yrs	800m	2.35.08	13 th	
		1500m	5.24.75	15 th	
Abbie Severinsen	U15yrs	200m	29.36	25 th	PB
		Javelin	23.47m	7 th	PB
		Long Jump	4.63m	10 th	PB
Maddie Newham	U15yrs	100m	13.57	27 th	PB
		200m	29.16	22 nd	PB
		Long Jump	4.34m	15 th	
		Triple Jump	9.02m	12 th	
		Javelin	14.21m	10 th	
Carter Andrews	U11yrs	800m	2.50.89	14 th	PB
		Discus	26.02m	5 th	PB
Conor Mathewson	U11yrs	800m	2.20.32	2nd	PB
		1500m	4.51.81	2nd	
Boden Ritchie	U11yrs	200m	33.26	24 th	PB
		800m	2.45.10	11 th	
		Long Jump	3.51m	14 th	
		Discus	20.24m	8 th	
Harsith Rameshkumar	U11yrs	100m	14.29	10 th	PB
		200m	30.77	8 th	
		High Jump	1.20m	10 th	
		Long Jump	3.99m	6 th	
		Discus	16.82m	12 th	
Ashton Maguire	U12yrs	1500m	5.07.55	7 th	
James Pegg	U12yrs	800m	2.43.04	14 th	PB
		1500m	5.42.22	15 th	PB
		Long Jump	3.52m	16 th	

Archer Crowley	U12yrs	800m	2.27.49	6 th	PB
		1500m	5.08.69	8 th	PB
		High jump	1.34m	8 th	
		Shot Put	9.55m	4 th	
		Javelin	26.29m	2nd	
Lian Jacobs	U12yrs	100m	14.13	14 th	
Riley Cross	U12yrs	100m	13.80	3rd	PB
		200m	30.53	14 th	
		Shot Put	9.22m	7 th	PB
		Discus	23.83m	5 th	
Sebastien Sills	U13yrs	Shot Put	9.10m	9 th	
		Discus	30.95m	9 th	PB
Emry Pitman	U13yrs	High Jump	1.47m	8 th	PB
Harley Rapa	U13yrs	100m	14.02	15 th	
		200m	29.66	17 th	
		Long Jump	4.63m	4 th	PB
Simeon Anstey	U13yrs	100m	12.91	3rd	
		200m	26.09	1st	PB
Cooper Cross	U14yrs	Discus	26.33m	12 th	
		Javelin	27.09m	9 th	
Xander Paterson	U14yrs	High Jump	1.64m	3rd	PB
Dakota Stewart	U14yrs	400m	57.80	4 th	PB
		800m	2.07.06	2nd	PB
		1500m	4.25.86	3rd	PB
Daniel Harlow	U14yrs	400m	54.93	3rd	PB
		High Jump	1.75m	2nd	PB
		Long Jump	5.57m	2nd	PB
Hemi Rakuita	U14yrs	200m	26.21	7 th	PB
		400m	58.02	5 th	PB
Hallam Cooper	U14yrs	100m	13.73	19 th	
		Long Jump	5.06m	10 th	PB
		Triple Jump	10.71m	7 th	PB
Joel Jakimowicz	U14yrs	100m	13.40	17 th	PB
		200m	27.46	12 th	
		Long Jump	4.54m	18 th	
		Triple Jump	10.11m	9 th	PB
James Grey	U14yrs	100m	11.55	1st	PB
Angus Dine	U14yrs	100m	11.73	3rd	PB
		200m	24.24	3rd	PB
		Long Jump	5.22m	6 th	PB
		Triple Jump	11.20m	3rd	PB

Ethan Hewward	U15yrs	800m	2.15.06	8 th
		1500m	4.43.07	9 th
		3000m	DNF	

Aidan Titman	U15yrs	400m	59.16	13 th	PB
		800m	2.15.54	9 th	PB
		1500m	4.53.34	14 th	PB



Dakota Stewart



Riley Cross



Indiana Platen



Emry Pitman



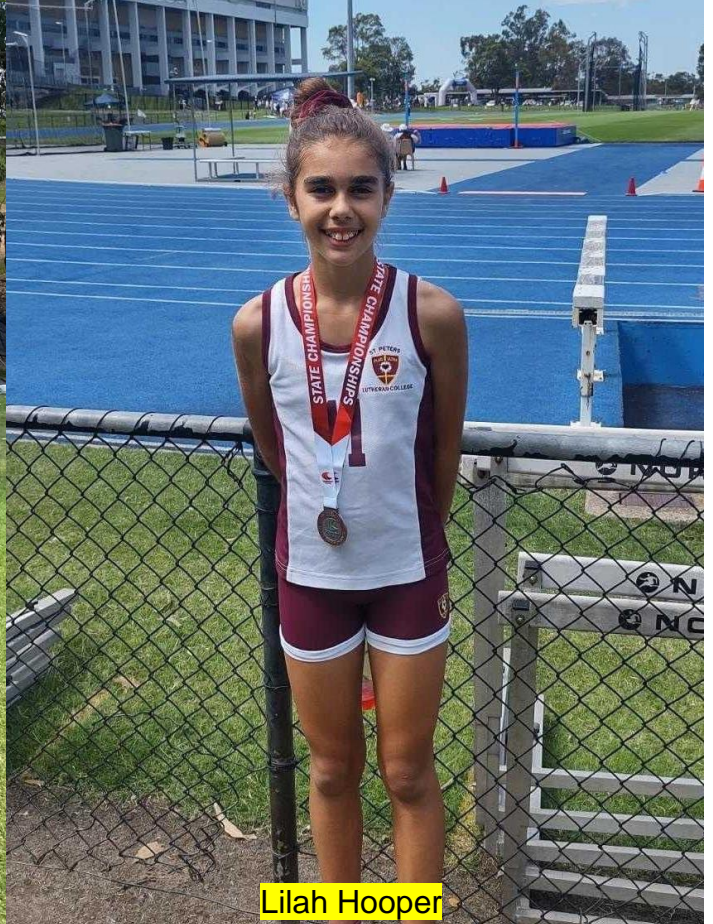
Joel Jakimowicz & Hallam Cooper



Daniel Harlow & Angus Dine



Lilah Houstand Mila Sophie
Hooper Paea Powell McGeehan



Lilah Hooper

A Free Membership for Someone

A points system has been in place for many years and this determines who wins what at the Club awards day. This is usually held in April/May of each year.

A free membership is offered for any athlete, who gains the highest points and participation throughout the year and this is possible by competing in X-Country and or Track and Field events. It is calculated from the start of the X-Country season 2021 to Australian Open Track & Field Championships 2022.



Club Captain Jude Thomas, Charlize Goody & Club Captain Laylani Vaa'ai

In others words, the more you compete and have a go, the better chance there is of winning the free membership for one year.

Charlize Goody won the Platinum free membership for 2021 / 2022 season.

Will you be next? Just give it a go by competing.

All athletes wishing to be in the club, please register online at Queensland Athletics.

Who will it be from this current season?

Track & Field Competition & Championships

Dane Bird-Smith Shield 4th December 2021

Glynis Nunn Shield including QLD Combined Championships 18-19th Dec 2021

Jai Taurima Shield 8th January 2022

Norma Croker Shield 15th January 2022

Sally Pearson Shield 22nd January 2022

Queensland Athletics Championships 3rd - 6th March 2022

Check out the Queensland Athletics website for further information.

www.qldathletics.org.au



The club has met Level 3 accreditation for food handling, smoking policy, alcohol policy and transport policy along with promoting the healthier lifestyle for our club members.

Any questions on this can be answered by President Vic Pascoe. Also you can check out the Good Sports website.

Congratulations

All Schools 13-19yrs Championships were completed on Saturday 6th November 2021 with the hammer and pole vault events along with the first Shield meet of the season, Alana Boyd Shield.

Mackenzie Crowley	13yrs	Hammer	20.77m	3 rd
Hayley Condon	14yrs	Hammer	36.34m	2 nd
Charlize Goody	15yrs	Hammer	41.99m	4 th
Aldora Tuilaepa	16yrs	Hammer	34.55m	3 rd
Jessica Rowe	16yrs	Hammer	54.67m	2 nd



Athletes chilling out during the Alana Boyd Shield meet playing cards.



Charlotte Parsons & Charlize Goody

Our Masters athletes are showing how its done.



Michael Thomas
Photographer



Varian Platen

apar
Hair Studio
Augustine Heights



Hayley Condon & Aldora Tuilaepa



Congratulations

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 a Junior Sport Star and or Encouragement award. **Please phone Vic on 0409 754 884.**



Charlize Goody won the Junior Sports Star and Jet Nunez won the Encouragement Award for 2020/2021 season, well deserved.

Club Captains Jude Thomas and Laylan Va'ai present the Kindred Club outfits to Jet Nunez and Charlize Goody.

A gift from the Brothers Kindred Club committee.



It was a fabulous night organized by Jason Conners (Development Officer) and committee delegates to encourage juniors in their chosen sports at the Brothers Leagues Club on Friday night 5th November 2021. Without sponsors this would not of happened.

Committee Notes

Our next Monthly committee meeting is on **Tuesday 25th January 2022** at 7pm. All welcome.

Budding Future Stars

The 2021 Australian Secondary All Schools Championships were cancelled for this year but an order of merit team was selected by Queensland Athletics.



This State competition provided an outstanding opportunity for budding athletes to achieve new personal bests in the company of their talented peers. Performances achieved will set the tone for the Australian Athletics Championships to be held in Sydney (NSW) in March / April 2022

The list is as follows;

Hayley Windolf U/12

Houston Paea U/12

Lilah Hooper U/12

Abbey Crocker U12

Olivia Windolf U14

Mackenzie Crowley U14

Indiana Platen U/14

Charlize Goody U/16

Toby Stolberg U/16

Lily Vine U/16

Hayley Condon U/16

Erin Wright U/18

Jessica Rowe U/18

Aldora Tuilaepa U/18

Kiara Condon U/18

Laylani Va'ai U/20

Camryn Novinetz U20

Archer Crowley U/12

Riley Cross U/12

Conor Mathewson U/12

Daniel Harlow U/14

Dakota Stewart U/14

Angus Dine U/14

Xander Paterson U/14

Simeon Anstey U/14

James Grey U/14

Ethan Platen U/16

Kobe Blake U/16

Jamie Van Rensburg U/18

Liam Stolberg U/20

Zane Patterson U/20

The Club Christmas Party



We will be holding a breakup fun night with games at the Clubhouse, Bill Paterson Oval on Monday 6th December 2021 for a **5.30pm arrival and a 6pm start**.

RSVP is required for catering purposes by Wednesday 1st December 2021 or on any training night.

The Club is providing food and nibbles, tea and coffee etc. Please bring a plate of food to share. A sausage sizzle is also on the menu.

Theme costumes for this year are prizes for best male and female of their favourite movie character.

After judging, prizes will be on offer for best male and best female entrants and a highly commended outfit. **Don't miss out.**

Just a Thought'

I've learned that.....When a friend or loved one becomes ill, remember that hope and positive thinking are strong medicines.

Happy November Birthdays for members

Indiana Platen Lily Vine Tulsi Bhatt

Kate Beckers Mikaela Learoyd Jennifer Platen

Preston Morrison Gabriel Stewart

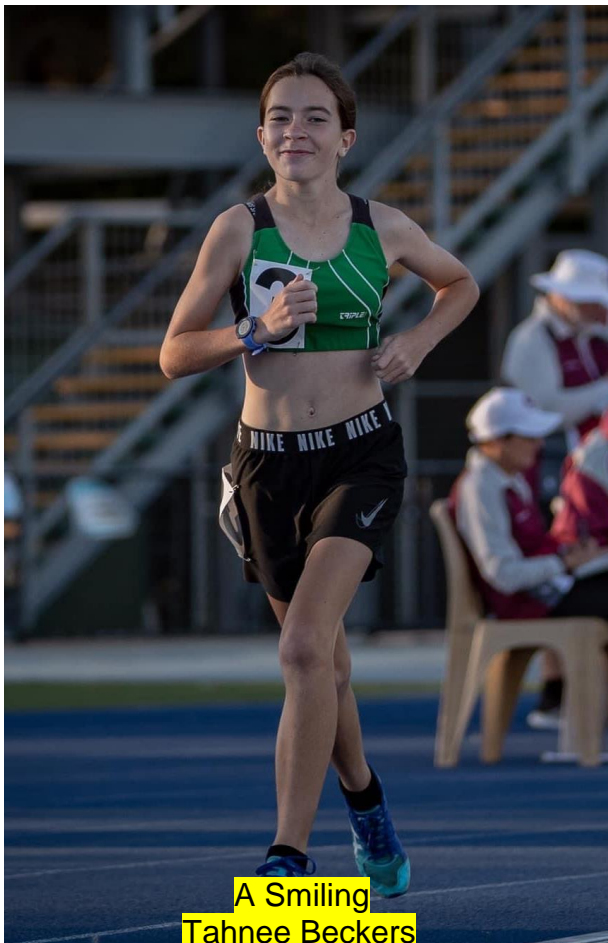
Brad Robinson Harley Rapa

Queensland 5000m Championships at QSAC-SAF, Brisbane

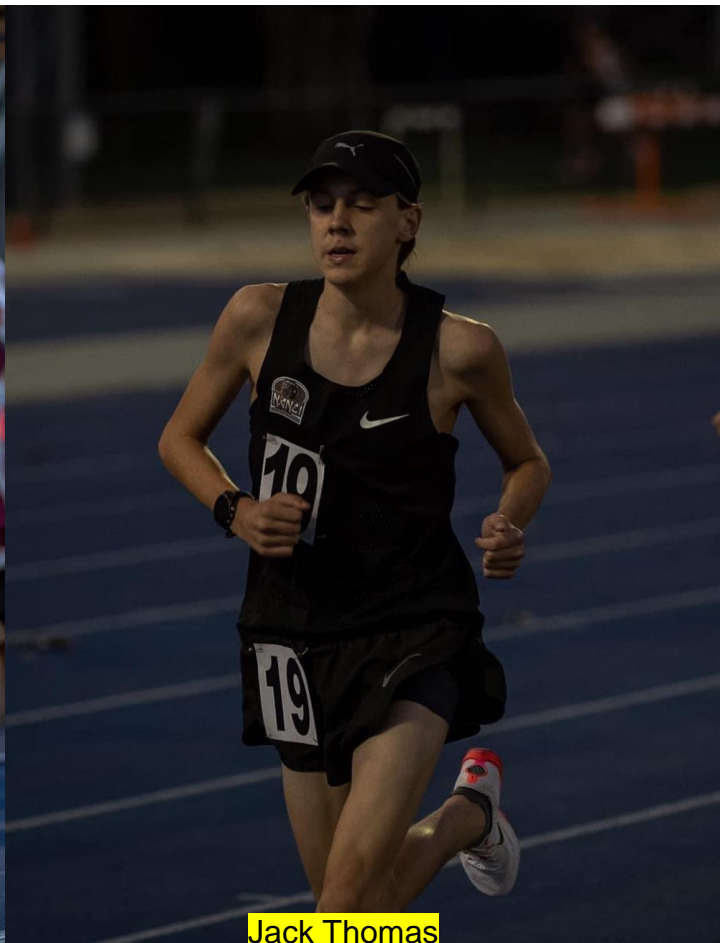
The 5000m Championships were run in conjunction with the Benita Willis Shield held on Saturday 13th November. Two athletes ran in the tough conditions, a total of six heats, all run as timed finals and our Club was represented by up and coming athletes of the future.

Tahnee Beckers	11yrs	5000m	23.46.02	8 th in the U/20yrs Women
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Jack Thomas	16yrs	5000m	16.43.54	26 th in the U20yrs Men
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A Smiling
Tahnee Beckers



Jack Thomas

Congratulations

The Queensland Athletics Relay Championships was run on Saturday 20th November 2021.

It was an amazing day of athletics with our Club achieving 14 gold, 8 silver and 7 bronze medals including a Queensland Record which bettered the old record by more than a second. A well-deserved effort for everyone concerned, particularly Team manager Theresa (Marty) Stolberg and Mark Sills along with the assistance of Brad Robinson and Darin Coombs.

The sportsmanship, the camaraderie and the support of Coaches, families and friends made this to be a memorable day of which I am extremely proud to be part of.

Seeing youngsters lifting to new heights, especially when some competed in older age groups to make up a team, so inspirational for everyone.

WOMEN

U14yrs 'A' 4 x 100m 53.98 6th

Tamika Ritchie 12, Indiana Platen 13, Addison Farinazzo 12 & Isabella Willshire 13

U14yrs 'B' 4 x 100m 57.29 11th

Tulsi Bhatt 12, Leah Leembruggen 11, Houston Paea 10 & Lilah Hooper 10

U14yrs 'A' 4 x 400m 4.10.98 2nd

Tiana Parsons 13, Charlotte Parsons 13, Sophie Schutz 13 & Isabella Willshire 13

U14yrs 'B' 4 x 400m 4.46.48 6th

Tamika Ritchie 12, Indiana Platen13, Leah Leembruggen 11 & Addison Darinazzo 12

U14yrs 4 x 800m 10.15.05 2nd

Tiana Parsons 13, Charlotte 13, Tamika Ritchie 12 & Sophie Schutz 13

U14yrs 'A' 3 x Shot Put 29.67m 1st

Mackenzie Crowley 13 10.66m, Olivia Windolf 13 10.66m, Indiana Platen 13 8.35m

U14yrs 'B' 3 x Shot Put 21.23m 2nd

Isabella Willshire 13 7.26m, Addison Farinazzo 12 7.66m, Acacia Wohlsen 12 6.31m

U14yrs 'A' 3 x Long Jump 13.62m 4th

Isabella Willshire 13 4.67m, Indiana Platen 13 4.30m, Addison farinazzo 12 4.65m

U14yrs 'B' 3 x Long Jump 12.82m 5th

Tulsi Bhatt 12 3.79m, Tamika Ritchie 12 4.29m Houston Paea 10 4.42m

U14yrs 'C' 3 x Long Jump 10.88m 9th

Lilah Hooper 10 4.11m, Leah Leembruggen 11 3.80m, Isla Mawer 11 3.29m

U14yrs 'A' 3 x Discus 83.84m 1st

Olivia Windolf 13 29.25m, Mackenzie Crowley 13 27.04m, Indiana Platen 13 19.46m

U14yrs 'B' 3 x Discus 48.45m 4th

Acacia Wohlsen 12 14.31m, Hayley Windolf 27.55m, Addison Farinazzo 12 12.19m

U16yrs 4 x 100m 51.84 6th

Monique Williams 14, Abbie Severinsen 14, Charlize Goody 15 & Lily Vine 15

U16yrs 3 x Shot Put 30.82m 2nd

Hayley Condon 14 11.87m, Abbie Severinsen 14 8.29m, Monique Williams 14 10.66m

U16yrs 3 x Long Jump 14.77m 1st

Lily Vine 15 5.17m, Monique Williams 14 4.84m, Charlize Goody 15 4.76m

U16yrs 4 x 400m 4.21.32 3rd

Rylee Novinetz 14, Monique Williams 14, Abbie Severinsen 14 & Charlize Goody 15

U16yrs 3 x Discus 97.58m 2nd

Charlize Goody 15 41.76m, Hayley Condon 14 28.41m, Monique Williams 14 27.41m

U18yrs 3 x Shot Put 39.16m 1st

Charlize Goody 15 14.21m, Jessica Rowe 16 13.40m, Sophie Wilkins 16 11.55m

U18yrs 3 x Long Jump 12.80m 5th

Mikaela Doneley 16 4.67m, Grace Bamford 15 4.24m, Abbie Severinsen 14 3.89m

U18yrs 3 x Discus 85.76m 1st

Hayley Condon 14 31.98m, Monique Williams 14 29.10m, Sophie Wilkins 16 24.68m

Open Women 4 x 100m 53.72 11th

Grace Bamford 15, Mikaela Doneley 16, Elizabeth Melrose 27 Janet Webber 47

Open Women 3 x Discus 141.21m 1st

Jade Lally 34 55.70m, Charlize Goody 15 45.05m, Jessica Rowe 16 40.46m

Masters Women 40-49 4 x 100m 61.80 3rd

Theresa Stolberg 49, Janet Webber 47, Roxann Blake 40 & Jennifer Platen 45

Masters Women 30-49 4 x 400m 5.26.32 3rd

Theresa Stolberg 49, Roxann Blake 40, Janet Webber 47 & Kate Beckers 38

Masters Women 'A' 3 x Discus 60.29m 1st

Theresa 49 23.42m, Janet Webber 47 19.98m, Sarah Mawer 45

Masters Women 'B' 3 x Discus 48.83m 3rd

Tanya Dalby 43 16.89m, Roxann Blake 40 15.06m, Jennifer Platen 45 16.52m

Masters Women 'A' 3 x Shot Put 22.72m 1st

Elli Pedroni 39 9.23m, Theresa Stolberg 49 7.89m, Roxann Blake 40 6.76m

Masters Women 'B' 3 x Shot Put 20.95m 2nd

Sarah Mawer 45 6.73m, Janet Webber 47 6.72m, Jennifer Platen 45 6.34m

Masters Women 40-49 3 x Long Jump 9.85m 3rd

Jenifer Platen 45 2.87m, Theresa Stolberg 49 2.99m, Janet Webber 47 3.99m

Masters Women 30-39 3 x Long Jump 9.22m 3rd

Elli Pedroni 39 3.32m, Kate Beckers 38 2.77m, Roxann Blake 3.13m

MEN

U14yrs 'A' 4 x 100m 47.05 1st **QLD Record**

Daniel Harlow 13, Angus Dine 13, James Grey 13 & Simeon Anstey 13

U14yrs 'B' 4 x 100m 51.19 4th

Joel Jakimowicz 13 Hallam Cooper 13 Hemi Rakuita 13 Dakota Stewart 13

U14yrs 'C' 4 x 100m 55.48 1th

Harley Rapa 12, Boden Ritchie 11, James Pegg 11 Riley Cross 11

U14yrs 'A' 3 x Long Jump 15.95m 1st

Daniel Harlow 13 5.86m, Angus Dine 13 5.24m, Hallam Cooper 13 4.85m

U14yrs 'B' 3 x Long Jump 12.28m 5th

Joel Jakimowicz 13 4.75m, Simeon Anstey 13 4.51m, Harley Rapa 12 4.48m

U14yrs 3 x Shot Put 26.11m 6th

Dakota Stewart 13 9.75m, Sebastien Sills 12 8.97m, Archer Crowley 11 7.39m

U14yrs 'A' 4 x 400m 4.00.55 1st

Joel Jakimowicz 13, Daniel Harlow 13, Dakota Stewart 13 & Hemi Rakuita 13

U14yrs 'B' 4 x 400m 4.31.97 5th

Angus Dine 13, Archer Crowley 11, Riley Cross 11 & James Pegg 11

U14yrs 3 x Discus 82.52m 3rd

Dakota Stewart 13 28.62m, Cooper Cross 13 27.58m, Sebastien Sills 12 26.32m

U16yrs 4 x 100m 48.06 5th

Ethan Platen 15, Ethan Heyward 14, Jet Nunez 15 & Dempsey Russell 14

U16yrs 4 x 400m 3.58.64 2nd

Ethan Platen 15, Kobe Blake 15, Cooper Cross 13 & Aidan Titman 14

U16yrs 4 x 800m 9.15.05 5th

Cooper Blake 15, Kobe Blake 15, Ethan Heyward 14 & Aidan Titman 14

U16yrs 3 x Long Jump 16.09m 4th

Dempsey Russell14 6.04m, Ethan Platen 15 5.29m, Kobe Blake 4.76m

U18yrs 3 x Long Jump 16.35m 5th

Ethan Platen 15 5.38m, Ky Dalby 16 4.98m, Dempsey Russell 14 5.99m

U18yrs 3 x Discus 76.82m 5th

Ky Dalby 16 40.45m, Ethan Platen 15 19.09m, Kobe Blake 15 17.28m

U18yrs 3 x Shot Put 24.07m 5th

Ky Dalby 16 10.00m, Daniel Harlow 13 7.67m, Kobe Blake 15 6.40m

Masters Men 40-49 3 x Discus 57.38m 1st

Mark Sills 45 25.51m, Varian Platen 43 17.16m, Gabriel Stewart 47 14.71m

Masters Men 50-59 3 x Discus 79.33m 2nd

Darin Coombs 50 40.32m, Andrew Webber 50 23.31m, Brad Robinson 61 15.70m

Masters Men 40-49 3 x Shot Put 19.94m 1st

Mark Sills 45 7.63m, Gabriel Stewart 47 6.51m, Varian Platen 43 5.80m

Masters Men 50-59 3 x Discus 24.81m 1st

Darin Coombs 50 11.51m, Andrew Webber 50 7.24m, Brad Robinson 61 6.06m

Masters Men 40-49 4 x 100m 58.67 4th

Darin Coombs 50, Andrew Webber 50, Varian Platen 43 & Tyne Goody 45



Theresa Stolberg Kate Beckers Janet Webber Roxann Blake Elli Pedroni Sarah Mawer Jennifer Platen Mark Sills
Gabriel Stewart Varian Platen Andrew Webber Darin Coombs Brad Robinson



Hemi Rakuita Sebastien Sills Dakato Stewart Daniel Harlow Cooper Cross Joel Jakimowicz



Indiana Platen Hayley Windolf Mackenzie Crowley Monique Williams Sophie Wilkins Olivia Windolf Hayley Condon



Charlotte Parsons Tiana Parsons Isabella Willshire Sophie Schutz



Cooper Cross

Dakota Stewart

Sebastien Sills



Houstand Paea

Tulsi Bhatt

Lilah Hooper

Leah Leembruggen



James Grey



QLD Record for U14yrs Men 4 x 100m Relay Team of 47.05, congratulations

Daniel Harlow

Angus Dine

Simeon Anstey



Addison Farinazzo

Indiana Platen

Acacia Wohlsen

20 11 2021





Charlize Goody

Jade Lally

Jessica Rowe



Answer to the Question

The winner of the **October** question was **Savannah Mawer**

The correct answer was: "I am a picture, and I was put in a picture frame."

A new question is as follows:

What three-letter word best completes the words below?

SW...

...

AL...

F...

W...

What is it?

Think carefully!!!

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

Email: - vgpascoe1@bigpond.com.au

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.

The last official training session for the year will be the Wednesday 15th December 2021 and the **first official session** for the New Year will be Monday 10th January 2022 at 6.30pm.