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Ph: 0409 754 884

Website: <http://www.ipswichathletics.org.au>

Newsletter

29th November 2022

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.

To see the expression of Jade Lally's face when announced she was the Ipswich Senior Sportsperson for 2022 was priceless. Jade also received a Ipswich commendation as a Birmingham representative for 2022. Mark Sills was announced as Ipswich Coach of 2022 and Jude Thomas a finalist for the Senior Sportsperson 2022 with Charlize Goody being a finalist for the Juniors Sportsperson for 2022, congratulations everyone. A few photos below.

Well done to **Ted Ruben** and **Theresa (Marty) Stolberg** in organising teams for the Queensland Relay Championships 2022 held at QSAC-SAF Brisbane. Also many thanks to **Darin Coombs** and **Mark Sills** in putting up marques for shade to protect our Club families of our great Club.

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.

Congratulations

Club Secretary and Coach, **Theresa (Marty) Stolberg** has been selected to the first ever Athletics Australia's Women in High Performance Coaching (WiHPC) Program.

Theresa was in Melbourne 22-24 November. It's a two year program and this will involve at this stage a few trips to Melbourne. Theresa is super happy to have been included as one of the female coaches in Australia. Looks like there have been 10 coaches chosen in Australia!!



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

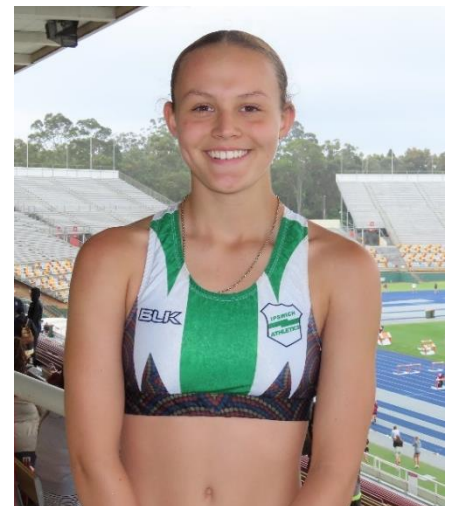
Ladies Crop Top	\$40.00
Bummers / Bike pants	\$45.00
Singlet	\$35.00
Shorts	\$52.00
Polo – Short Sleeves	\$55.00
Polo – Long Sleeves	\$60.00
Hoodie with Zip	\$77.00
Plain Hoodie	\$50.00
Tracksuit Pants	\$72.00
Ladies Leggings	\$55.00
Coach Jacket	\$82.00

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

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 2022 to the Australian Track & Field Championships 2023.



With the highest points and participation for the season of 2021 to 2022, **Indiana Platen** won the Platinum membership for 2022 to 2023.

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

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?

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.

Track & Field Competition & Championships

Glynis Nunn Shield including QLD Combined Championships 17-18th Dec 2022

Norma Croker Shield 7th January 2023

Cathy Freeman Shield 14th January 2023

Denise Boyd Shield 21st January 2023

Sally Pearson Shield 28th January 2023

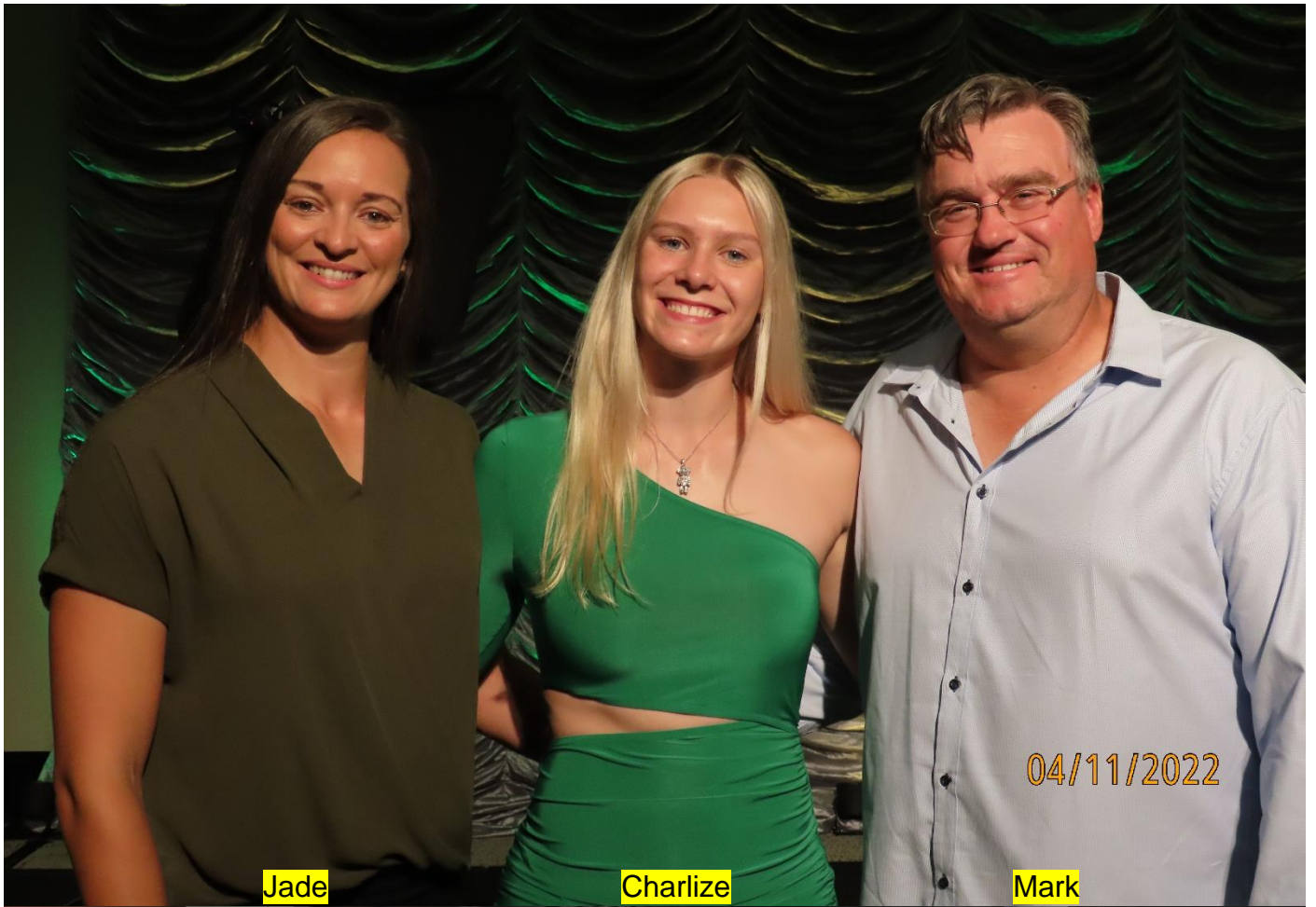
Queensland Athletics Championships 9th - 12th March 2023

Check out the Queensland Athletics website for further information.

www.qldathletics.org.au

Congratulations





Jade

Charlize

Mark



04/11/2022



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.**



Toby Stolberg was nominated as a Junior Sports Star and Cooper Blake an Encouragement Award for 2021/2022 season, well deserved.



Roxann & Cooper Blake

Toby & Theresa Stolberg

It was a fabulous night organized by Jason Connors (Development Officer) and committee delegates to encourage juniors in their chosen sports at the Brothers Leagues Club on Friday night 11th November 2022. Without sponsors this would not have happened.

Australian School Sport 10-12yrs Championships, QSAC 18-21/11/2022

Club athletes competing at these Championships had some amazing results. A list is as follows;

Thank you to all of the parents for the photos, much appreciated.

Abbie Crocker	11yrs	Discus	39.17m	1 st	PB
		Shot Put	13.66m	1 st	PB
Houstand Paea	11yrs	100m	13.59	8 th	(13.12 heats PB)
		200m	28.29	11 th	
		Long Jump	4.31m	11 th	
	Member of 4 x 100m Relay		52.51	2 nd	
Teagan Hanlon	11yrs	Combined Event			
		100m	.10	10 th	259pts PB
		Long Jump	.16m	10 th	231pts PB
		Shot Put	8.44m	7 th	248pts
		800m	3.02.07	12 th	201pts
		Overall		11 th	939pts
Sophie McGeehan	11yrs	High Jump	1.40m	7 th	=PB
Addison Hayne	12yrs	High Jump	1.45m	4 th	
Hayley Windolf	12yrs	Shot Put	11.30m	2 nd	
		Discus	42.08m	1 st	PB
Mia Kertesz	12yrs	100m		6 th	
		Shot Put	2.59m	3 rd	
Archer Crowley	12yrs	Long Jump	5.08m	4 th	PB





Sophie McGeehan



Mia Kertesz



Hayley Windolf

Teagan Hanlon

Abbey Crocker

Addison Hayne



Archer Crowley

Committee Notes

Our next Monthly committee meeting is on **Tuesday 24th January 2023** at 7.30pm. All welcome.

Budding Future Stars



The 2022 Australian Secondary All Schools Championships will be held this year in Adelaide.

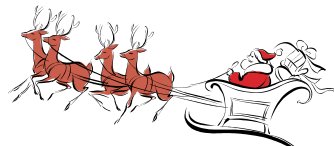
This competition is providing an outstanding opportunity for budding Club athletes to achieve new personal bests in the company of their talented peers. Performances achieved will set the tone for the Australian Athletics Championships to be held in Brisbane in March / April 2023

The list is as follows;

QLD Team Jumps Coach Theresa (Marty) Stolberg.

Addison Farinazzo U14	Saskia Josipovic U15	Mackenzie Crowley U15
Olivia Windolf U15	Allira Takau U16	Hayley Condon U16
Abbie Severinsen U16	Denika Murray U17	Charlize Goody U17
Toby Stolberg U17	Aldora Tuilaepa U18	
Simeon Anstey U14	Daniel Harlow U15	Dakota Stewart U15
Xander Paterson U15	Kobe Blake U17	Lachlan Rolison U17

The Club *Christmas Party*



We will be holding a breakup fun night with games at the Brothers Leagues Club, Raceview on Thursday 15th December 2022 for a **6pm start**.

RSVP is required for catering purposes by **Thursday 8th December 2022** or on any training night.

The Club is providing food and nibbles, tea and coffee etc.

Prizes will be on offer for the games played including trivia questions. **Don't miss out.**

Just a Thought'

I've learned that.....every so often let your spirit of adventure triumph over your good sense.



Queensland 5000m Championships at Runaway Bay, Gold Coast

The 5000m Championships were run on the 5th November 2022. Two athletes ran in the cool conditions, a total of five heats, all run as timed finals and our Club was represented by up and coming athletes of the future.

Ethan Heywood	15yrs	5000m	16.31.10	17 th in the U/20yrs Men	PB
Connor Whittet	17yrs	5000m	16.08.74	14 th in the U20yrs Men	PB

Pan Pacific Games, Runaway Bay Performance Centre 5-7/11/2022

Masters athletes of the club along with past athletes competed in cool and blustery windy conditions. Some marvelous results were the order of the weekend.

Miranda Ramdsen	39yrs	Hammer	2 nd	25.49m
		Shot Put	2 nd	9.73m
		Javelin	3 rd	17.72m
		Weight Throw	1 st	9.08m
		Pentathlon Throws	1 st	2039pts
Janet Webber	48yrs	Long jump	1 st	4.37m
		80m Hurdles	1 st	15.45
		100m	3 rd	14.78
		High Jump	1 st	1.40m
		200m	3 rd	30.85
Darrin Norwood	43yrs	Hammer	1 st	43.81m
		Shot Put	1 st	12.54m
		Discus	1 st	35.24m
		Weight Throw	2 nd	10.25m
		Pentathlon Throws	1 st	2913pts
		Pentathlon Shot Put		12.04m
Varian Platen	44yrs	Pentathlon Javelin	3 rd	34.00m
		100m	6 th	13.26
		200m	4 th	28.34
		60m	2 nd	8.29
Andrew McLean	46yrs	Long Jump	1 st	5.83m
		Triple Jump	1 st	11.58m
		60m	3 rd	7.73
Darin Coombs	51yrs	Discus	1 st	41.65m
		Shot Put	2 nd	12.16m
		Javelin	3 rd	34.00m
Michael Berlin	53yrs	High Jump	1 st	1.55m
		100m	1 st	11.86
		200m	1 st	24.63
		400m	1 st	57.87
Arthur Rowe (Former Club President)	78yrs	100m	3 rd	15.79
		200m	3 rd	34.84
		60m	3 rd	10.09



100m Showcase Race at LA'S Meet 25/11/2022

An exciting and some very close finishes at all of the three handicap races, well done everyone.



L-R Blake McCartan,
Conor Mathewson,
Riley Cross,
Simeon Anstey,
Dakota Stewart,
Joel Jakimowicz,
Archer Crowley



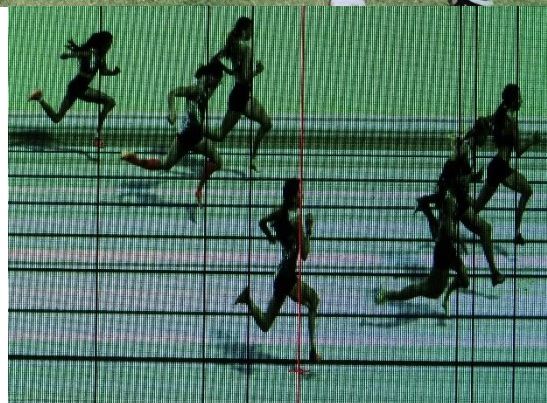
Back Row, Vic Pascoe,
Adelaide Bailey,
Sophie Schutz,
Elke McAuley,
Charlotte Parsons,
Tulsi Bhatt,
Sophie McGeehan,
Tahnee Beckers,
Theresa (Marty) Stolberg

Front, Toby Stolberg,
Sophie Allen,
Tiana Oarsons,
Houstand Paea,
Else Rolison,
Abbie Severinsen,
Liz Melrose



Ht1. 100m on Left

Ht2. 100m on Right



Happy November Birthdays for Members

Indiana Platen

Lily Vine

Tulsi Bhatt

Larissa Chambers

Kate Beckers

Mikaela Learoyd

Jennifer Platen

Megan Hayne

Fata Paea

Gabriel Stewart

Lachlan Ebrington

Brad Robinson

Andrew McLean

Luke Majendie

Sahiru Wickramasinghe



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Answer to the Question

The winner of the **October** question was **No Correct answers.**

The correct answer was: **"A Mentor."**

A new question is as follows:

You can see me in water, but I never get wet. What am I?

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 14th December 2022 and the **first official session** for the New Year will be Monday 2nd January 2023 at 6.30pm.

