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Newsletter

29th November 2023

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.

Congratulations to Charlize Goody for being a finalist for the Juniors Sportsperson for 2023, it was the biggest group of all with Ella Ramsay (Swimming) winning the award. A few photos below.

Well done to **Ted Ruben** and **Theresa (Marty) Stolberg** in organising teams for the Queensland Relay Championships 2023 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 40 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 Vice President and Coach, **Theresa (Marty) Stolberg** has been appointed to the QLD Jumps Coach for the Australian All Schools Championships to be held in Perth from 8-10th December 2023.



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

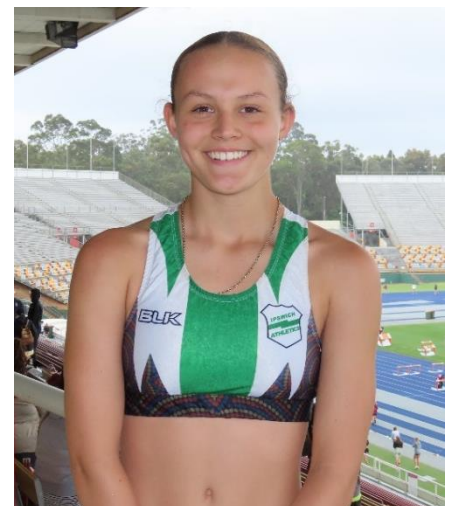
Ladies Crop Top	\$40.00
Bummers / Bike pants	\$40.00
Singlet	\$34.00
Men Shorts	\$52.00
Polo – Short Sleeves	\$57.00
Polo – Long Sleeves	\$62.00
Hoodie no Zip	\$50.00
Hoodie with Zip	\$77.00
Tracksuit Pants	\$75.00
Coach Jacket	\$85.00

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 2023 to the Australian Track & Field Championships 2024.



With the highest points and participation for the season of 2022 to 2023, **Indiana Platen** won the Platinum membership for 2023 to 2024.

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 16-17th Dec 2023 SAF

Garry Brown Shield 13th January 2024 QSAC main stadium

Darren Thrupp Shield 20th January 2024 QSAC main stadium

Denise Boyd Shield 27th January 2024 QSAC main stadium

Joanna Stone Shield 3rd February 2024 QSAC main stadium

Norma Croker Shield 10th February 2024 QSAC main stadium

Queensland Athletics Championships 14th - 17th March 2024 QSAC main stadium.

Check out the Queensland Athletics website for further information.

www.qldathletics.org.au

Congratulations QLD All Schools Championships 2-5/11/2023

It was a wonderful event where many club members represented their respective schools over the four days of competition. Many School records were set. Weather conditions were terrible at times with heavy downpours of rain along with evacuation when lightning strikes stopped competition.

Our athletes proved to be tough as teak with several going to Perth 8-10th December 2023 for the Australian All Schools Championships. Below is a few photos of our amazing athletes.

Ruby Bohen	U14	Discus	32.53m	5 th	
		Shot Put	9.40m	4 th	
		Javelin	36.88m	1 st	Record
Emily Bolden	U14	Discus	22.99m	14 th	PB
		Shot Put	7.93m	10 th	PB
		Hammer	24.70m	2 nd	PB
Sashia Josipovic	U14	Discus	23.63m	13 th	PB
		Javelin	28.67m	11 th	PB
		1500m	5.03.42	14 th	PB
Hayley Windolf	U14	Discus	34.95m	2 nd	
		Shot Put	11.22m	2 nd	
		Javelin	30.56m	7 th	
Ka'Mya Duncan	U14	Discus	29.25m	6 th	PB
		Javelin	31.04m	5 th	PB
Abbey Crocker	U14	Discus	34.87m	2 nd	
		Javelin	31.91m	4 th	
Christina Tukaua	U14	Discus	35.16m	1 st	PB & Record
		Shot Put	11.59m	1 st	PB & Record
		Javelin	36.22m	2 nd	PB
		High Jump	1.45m	10 th	PB
Addison Hayne	U14	High Jump	1.45m	6 th	

Lilah Hooper	U14	100m	13.97	23 rd	
Sophie McGeehan	U14	High Jump	1.45m	8 th	=PB
Isla Mawer	U14	Triple Jump	9.94m	7 th	PB
Olivia Agiannitis	U14	1500m	5.24.32	26 th	
Tahnee Beckers	U14	800m	2.40.84	23 rd	PB
		1500m	5.30.44	28 th	
		High Jump	1.30m	20 th	=PB
Jenali Bolden	U15	Discus	39.30m	1 st	PB & Record
		Shot Put	11.60m	2 nd	PB
Addison Farinazzo	U15	200m Hurdles	29.68	1 st	Record
		Long Jump	5.38m	3 rd	PB
		90m Hurdles	13.70	2 nd	PB
		400m	58.29	3 rd	PB
Tamika Ritchie	U15	200m Hurdles	34.66	8 th	
		90m Hurdles	16.79	11 th	
Tulsi Bhatt	U15	Long Jump	4.45m	10 th	PB
		100m	13.56	17 th	PB
Lily Graves	U15	100m	13.11	8 th	
Mia Kertesz T/F40	U15	Discus	5.51m	2 nd	PB
		Shot Put	2.70m	1 st	PB
		100m	30.12	5 th	PB
		200m	69.54	4 th	
Ruby Stanford	U15	High Jump	1.63m	2 nd	PB
Acacia Wohlsen	U15	100m	12.35	4 th	PB
		200m	25.96	5 th	PB
Adelaide Bailey	U16	Triple Jump	9.81m	8 th	
Indiana Platen	U16	200m Hurdles	31.59	3 rd	PB
		90m Hurdles	14.21	4 th	PB
		Long Jump	5.05m	5 th	PB
		High Jump	1.50m	6 th	
Saskia Josipovic	U16	Shot Put	13.24m	1 st	
		Javelin	36.35m	4 th	
		Discus	40.58m	1 st	Record
Olivia Windolf	U16	Shot Put	11.68m	2 nd	
		Javelin	41.84m	1 st	Record
		Discus	38.20m	2 nd	PB
Katelyn Pretorius	U16	90m Hurdles	14.53	5 th	PB
		High Jump	1.45m	7 th	=PB
Charlotte Parsons	U16	800m	2.25.24	12 th	
		400m	62.30	11 th	
		1500m	5.01.47	6 th	

Tiana Parsons	U16	800m 400m	2.24.88 62.58	10 th 13 th	
Elke McAuley	U16	800m 2000m Steeple Chase	2.19.24 7.42.66	2 nd 3 rd	PB
Sophie Schutz	U16	800m 1500m	2.25.06 -----	11 th DNF	
Monique Williams	U17	Javelin Shot Put Long Jump	33.42m 12.70m 5.68m	6 th 4 th 2 nd	PB PB
Hayley Condon	U17	Shot Put Discus Hammer	13.33m 30.22m 44.36m	2 nd 6 th 2 nd	PB
Coevinar Tukuafa	U17	Shot Put Discus	13.15m 34.51m	3 rd 3 rd	PB PB
Allira Takau	U17	Shot Put Discus	15.33m 43.65m	1 st 1 st	Record PB
Maddie Newham	U17	Long Jump 100m	4.85m 13.55	10 th 17 th	PB
Abbie Severinsen	U17	100m Hurdles Javelin Long Jump	15.99 35.30m 4.62m	4 th 5 th 11 th	
Latisha Wilson	U17	1500m 800m	5.04.24 2.28.55	5 th 10 th	PB PB
Charlize Goody	U18	100m Hurdles Shot Put Discus Javelin	14.79 14.79m 43.92m 45.24m	1 st 1 st 2 nd 1 st	PB & Record PB & Record Record
Toby Stolberg	U18	High Jump Javelin	1.70m 32.08m	1 st 6 th	Record PB
Alice Ferrando	U18	Triple Jump	10.70m	4 th	
Archer Crowley	U14	Javelin 90m Hurdles Long Jump	34.24m 13.81 5.46m	6 th 1 st 1 st	 PB Record
Lian Jacobs	U14	90m Hurdles 200m	14.36 27.44	5 th 13 th	PB
Dash Molloy	U14	200m Long Jump	30.16 4.03m	16 th 18 th	 PB
Harsith Rameshkumar	U14	90m Hurdles Triple Jump Long Jump	15.23 10.03m 4.06m	9 th 10 th 17 th	

Luca Gigliotti	U15	3000m	9.44.16	5 th	
Joshua Lehmann	U16	3000m	9.38.59	8 th	
Dakota Stewart	U16	800m	1.57.98	2 nd	PB
		2000m Steeplechase	6.00.33	1 st	PB & Record
Joel Jakimowicz	U16	Triple Jump	11.19m	11 th	PB
		200m Hurdles	29.52	4 th	PB
		100m Hurdles	14.77	7 th	
		Long Jump	5.25m	13 th	PB
Cooper Murray	U16	Triple Jump	12.59m	3 rd	
		Long Jump	5.25m	12 th	
Lachlan Wendt	U17	Javelin	55.15m	2 nd	
Kobe Blake	U18	400m Hurdles	57.90	1 st	Record
		110m hurdles	15.01	4 th	PB
Cooper Blake	U18	400m Hurdles	58.55	2 nd	PB
		400m	53.33	5 th	
		High Jump	1.80m	4 th	=PB
Ethan Platen	U18	400m	52.97	3 rd	



Elke McAuley



Dakota Stewart



Isla Mawer



Lily Graves



Adelaide Bailey



Tahnee Beckers



Harsith

Jo Harlow Photography

Jo Harlow Photography

Jo Harlow Photography

Jo Harlow Photography



2022

Monique Williams



Ethan Platen



Jo Harlow Photography
Addison Farinazzo



Jo Harlow Photography
Mia Kertesz

Many thanks to Jo Harlow Photography

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 won the Junior Sports Star and **Adelaide Bailey** won an Encouragement Award for 2022/2023 season, well deserved.



Ryan, Theresa & Toby Stolberg with Adelaide Bailey & Julia Robertson

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 10th November 2023. Without sponsors this would not have happened.

Australian School Sport 10-12yrs Championships, Launceston 23 - 27/11/2023

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.

Olive Barrett	10yrs	800m	10 th	2.41.59	
		1500m	7 th	5.19.40	PB
Sophie Allen	11yrs	100m	7 th	13.53	PB
		4 x 100m Relay	1 st	53.11	
Mila Josipovic	11yrs	Shot Put	3 rd	12.10m	PB
Diva Ejembi	12yrs	High Jump	3 rd	1.59m	PB
Abbey Crocker	12yrs	Discus	4 th	34.84m	
		Shot Put	DNS	injured	
Teagan Hanlon	12yrs	Combined Event			
		100m	14.08	12 th	261pts PB
		Long Jump	4.24mm	11 th	242pts PB
		Shot Put	7.57m	7 th	217pts
		800m	DNS	---	0pts
		4 x sprint Medley	Team DQ	TR24.7	
Conor Mathewson	12yrs	800m	2.18.07	11 th	
		1500m	4.34.31	10 th	



Sophie Allen



Mila Josipovic



Diva Ejembi

Many thanks to parents for the photos.

Committee Notes

Our next Monthly committee meeting is on **Tuesday 23rd January 2024** at 7.30pm. All welcome.

Budding Future Stars

The 2023 Australian Secondary All Schools Championships will be held this year in Perth from 8-10th December 2023..



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 Adelaide in April 11th - 19th 2024

The list is as follows;

QLD Team Jumps Coach Theresa (Marty) Stolberg.

Hayley Windolf	U14	Discus & Shot Put
Christina Takuafu	U14	Discus, Shot Put & Javelin
Ruby Bohen	U14	Javelin
Emily Bolden	U14	Hammer
Addison Farinazzo	U14	90m Hurdles & 200m Hurdles,
Ruby Stanford	U15	High Jump
Jenali Bolden	U15	Shot Put & Discus
Mia Kertesz T/F40	U15	Discus & Shot Put
Adelaide Bailey	U16	Triple Jump
Saskia Josipovic	U16	Discus & Shot Put
Olivia Windolf	U16	Discus, Javelin & Shotput
Monique Williams	U17	Long Jump
Allira Takau	U17	Discus & Shot Put
Hayley Condon	U/17	Shot Put & Hammer Throw
Charlize Goody	U18	100m Hurdles, Discus, Javelin & Shot Put
Toby Stolberg	U/18	High Jump
Archer Crowley	U14	90m Hurdles, High Jump & Long Jump
Cooper Murray	U16	Triple Jump
Kobe Blake	U/18	400m Hurdles
Cooper Blake	U18	400m Hurdles & 400m

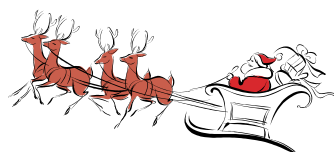


Congratulations



Not only did Charlize Goody make it to be a finalist in the Ipswich Junior Sports Awards, Charlize threw a World Junior Qualifier in the Discus competition at a recent interclub Benita Willis Shield meet with a massive throw of 49.03m.

The Club Christmas Party



We will be holding a breakup fun night with games at the Brothers Leagues Club, Raceview on Wednesday 20th December 2023 for a **6pm start**.

RSVP is required for catering purposes by **Wednesday 13th December 2023** 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.....When the world says, "Give up",
Hope whispers, "Try it one more time."

Queensland 5000m Championships at UQ, St Lucia

The 5000m Championships were run on the 11th November 2023. Three 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	16yrs	5000m	15.48.19	10 th in the U/20yrs Men	
Connor Shaw	U20	5000m	15.59.19	13 th in the U20yrs Men	PB
Connor Whittet	U20	5000m	16.14.47	16 th in the U20yrs Men	

QLD Relay Championships, SAF 18-19/11/2023

An amazing two days of competitions where teams of 4 for the track events and teams of 3 for the field events made our Club one of the best. The camaraderie by all is something I will never forget. The Ipswich club war cries brought a tear to my eye as I have not heard them for more than twenty years, makes one feel so proud to be a member of this great club. Heaps of photos taken by Jo Harlow and Michael Thomas are on FB and Instagram, many thanks for the memories.

I don't know but I've been told (repeat)
Ipswich spikes are made of gold
I don't know but it's been said (repeat)
The other spikes are made of lead
If you see us just beware
Take us on if you dare, go Ipswich,
Give us an I, P, S, W, I, C, H, what have you got, IPSWICH
Woo hoo, woo hoo, Clapping.

Everywhere we go, people want to know (repeat)
Who we are, where we come from (repeat)
So we tell them, we're from Ipswich, (repeat)
Mighty, mighty Ipswich
That's us, I, P, S W, I, C, H
Clapping at its best.

To have Nicky Jones lead the war cries was a sight to remember for a very long time.

The video clips are on Utube.

Hope you all had another sing along with the tunes above

100m Showcase Race at LA'S Meet 24/11/2023

An exciting races at all of the three handicap races, well done everyone.



Charlotte & Tiana Parsons, Addison Hayne, Adelaide Bailey, Elyse Rolison, Tahnee Beckers & Liliana Titley



Ht1. Girls



Ht2. Girls



Oscar Lawrence, Hugh Sedman, Joel Jakimowicz, Austin Beckers & Benjimen Keen



Boys

Prizes given to all placegetters of the 3 races.

Happy November Birthdays for Members

Indiana Platen Tulsi Bhatt Larissa Chambers Kate Beckers
Audrey Leeson Jennifer Platen Tyla Stolberg Minaya Wohlsen
Coevinar Tukuafu

Fata Paea Jack Schodde Gabriel Stewart Brad Robinson



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Answer to the Question

The winner of the **October** question was **Isla Mawer.**

The correct answer was: **"Four Days."**

A new question is as follows:

How can you leave a place by closing a window?

Think carefully!!!

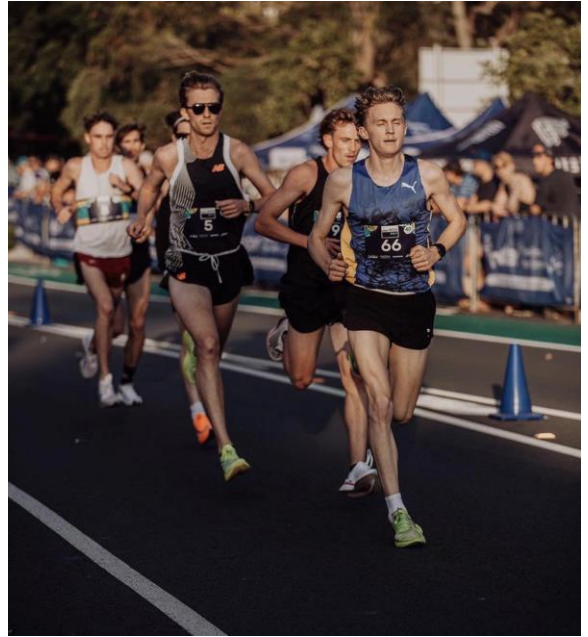
The **first** club member to reply by email with the correct answer wins a prize.

Email: - vgpascoe1@bigpond.com.au

Congratulations

Club Co-captain **Jude Thomas** ran 3rd in the Noosa Bolt 5km race 4th November 2023 in 14.14.

Jude now has his sights on the Open 3000m race at the Zatopek meet, in the Lakeside Stadium, Melbourne on Saturday night at 8.30pm. Be sure to tune in on the live stream to watch some entertaining races as the meet starts at 5pm.



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.

The last official training session for the year will be the Wednesday 13th December 2023 and the **first official session** for the New Year will be Wednesday 9th January 2024 at 6.15pm.

Any extra training can be arranged with your Coach during the Christmas break.
