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Newsletter

29th September 2023

PRESIDENT'S MESSAGE

Just a reminder for everyone it is time to renew for current members and register if you are just joining our Club for the new Track & Field season. That way, athletes are eligible to compete when the new club season begins i.e. 1/10/2023.

If in doubt about registering especially for the first time, information is at the clubhouse on training nights – and also become familiar with the QA calendar of events for the 2023-24 season on the QLD Athletics website at www.qldathletics.org.au

It was a pleasure and a highlight for our Club members competing at the ANQ Championships last weekend in Mackay. I am delighted to see a plentiful haul of medals returning to Ipswich and I was so proud having to see the athletes competing and more importantly they had fun.

Congratulations to our Ipswich Junior Sports Awards Finalist, **Charlize Goody**. The awards are on 2/11/2023, get your tickets online at the ICC website now to support Charlize on a great night.

Vic

LOOKING AHEAD!

I do know there are PB's being made at some of the track meets and I believe they will have an excellent chance for further improvement whilst training hard with our Club.

There are plenty of important events in the near future. The list is as follows;

21 st October 2023	Jai Taurima Shield, SAF
26 th October 2023	1500M Classic, UQ St Lucia
2 nd – 5 th November 2023	QLD All Schools Athletics Championships, QSAC
11 th November 2023	Benita Willis Shield & 5000m Championships, UQ St Lucia
18 th – 19 th November 2023	QLD Relay Championships, SAF, QSAC
25 th November 2023	Alana Boyd Shield, SAF

Committee Notes

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



Just a Thought'

I've learned that.... *Empty your mind of disbelief to allow room for true faith.*

Happy September Birthdays for Club Members

Adelaide Bailey	Lester Sabijon	Alice Ferrando	
Maddie Newham	Roxy Bulger	Lily Graves	Sienna Duncan
Kingston Eliu	Dash Molloy	Katelyn Pretorius	Shakita Roberts
Melissa Smith	Declan Ross	Benjamin White	Tahnee Sparke
Irene Dobbie	(Life Member)		

Track & Field

All Track and Field events are now scheduled on the [Queensland Athletics website](#)

Registration for the new 2023-2024 season is now **OPEN**. Members may now renew their registration.

The season runs from 1st October 2023 to 30th September 2024.

All current QA memberships will expire on Wednesday 30th September 2023, so renew now to ensure that your membership remains current.

If you need any assistance with your membership renewal, please contact Queensland Athletics on **07 2111 5135** or email info@qldathletics.org.au

www.qldathletics.org.au

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

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.



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 club meets.**

Points are allocated for each Club meet performance for all Club athletes. These points are then tallied for award presentations of the 2022/23 season.

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 \$10-00 apiece. These can be used for training etc.

Answer to the Question

The winner of the **August** question was ***No correct answers.***

The correct answer was: **“Letter Box”**

A new question is as follows:

Joel was supposed to buy 4 Hamburgers and 3 Popsicles for \$14.50. Instead, he bought 3 Hamburgers and 4 Popsicles for \$13.50. What was the price of a single Hamburger and a single Popsicle?

Think carefully!!!

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

Email: - vgpascoe1@bigpond.com



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

This year we have finalists **Toby Stolberg** and **Adelaide Bailey**, the 2023 Sports Star Dinner will be Friday 10th November at 6.30pm, dress smart casual and tickets can be purchased \$35 per person to be paid into IDAC account. RSVP by the 31st October 2022.

ANQ Championships, Townsville 22nd to 24th September 2023

Having a great team of 27 athletes at these Championships has enhanced our ability to compete with the best anywhere in Australia if not at some international events in the future. The conditions were atrocious with the wind blowing almost a gale at times along with a few drops of rain on the last day. Setting 4 ANQ Records is a testament of a wonderful group of athletes.

Charlotte Roche	9yrs	100m	16.49	6 th	PB
		200m	34.96	4 th	PB
		60m Hurdles	12.66	1 st	PB
		Long Jump	2.94m	4 th	PB
		High Jump	0.95m	6 th	PB
Layla McGeehan	9yrs	100m	15.97	3 rd	PB
		200m	33.28	1 st	PB
		60m Hurdles	13.58	4 th	PB
		High Jump	1.05m	1 st	PB
		Long Jump	3.51m	1 st	PB
Sophie Allen	11yrs	100m	13.59	2 nd	PB
		200m	29.18	4 th	PB
		400m	66.27	2 nd	PB
		60m Hurdles	11.05	2 nd	PB
		Long Jump	4.14m	4 th	PB
Sophie McGeehan	12yrs	100m	14.57	15 th	PB
		80m Hurdles	17.47	4 th	PB
		High Jump	1.45m	3 rd	=PB
		Long Jump	4.06m	9 th	
		Triple Jump	8.89m	6 th	
Izabella Snyman	12yrs	100m	14.21	11 th	
		200m	30.77	9 th	
		200m Hurdles	35.53	1 st	PB
		80m Hurdles	15.20	1 st	
		Long Jump	4.21m	6 th	

Lilah Hooper	12yrs	100m	13.65	5 th	PB
		Long Jump	4.52m	3 rd	
Skye Houston	13yrs	100m	13.63	7 th	PB
		400m	67.68	6 th	PB
Addison Farinazzo	14yrs	90m Hurdles	13.85	2 nd	PB
		200m Hurdles	29.56	1 st	ANQ RECORD PB
		200m	26.64	4 th	(25.96 in heats PB)
		400m	58.68	3 rd	PB
		Long Jump	5.33m	1 st	PB
Lily Graves	14yrs	100m	13.20	4 th	(13.00 in heats PB)
		200m	27.89	11 th	PB
		400m	62.65	6 th	PB
Indiana Platen	15yrs	90m Hurdles	14.70	4 th	
	U18yrs	Heptathlon	3540pts	3 rd	PB
Mackenzie Crowley	15yrs	Shot Put	13.46m	1 st	PB
		Discus	26.88m	2 nd	
		Javelin	36.53m	2 nd	PB
		Hammer Throw	17.41m	1 st	
		Pentathlon Throws	2494pts	1 st	
		Weight Throw	13.98m	1 st	
Abbie Severinsen	16yrs	100m Hurdles	15.79	1 st	PB
	U18yrs	Heptathlon	3840pts	2 nd	PB
Maddie Newham	16yrs	100m	13.32	9 th	
		200m	28.48	11 th	
		Long Jump	4.56m	13 th	
		Triple Jump	9.34m	9 th	PB
Charlize Goody	17yrs	Javelin	45.82m	1 st	
		Shot Put	14.00m	1 st	
		Discus	45.30m	1 st	ANQ RECORD
	Open	Javelin	45.60m	1 st	
		Discus	46.34m	2 nd	
Larissa Chambers	Open	100m	13.24	5 th	
Janet Webber	49yrs (45-49)	100m	15.05	1 st	
		Long Jump	4.18m	1 st	PB
		Javelin	29.69m	1 st	PB ANQ RECORD
		High Jump	1.45m	1 st	=PB ANQ RECORD
Boston Roche	5yrs	60m	12.95	1 st	PB
		100m	22.27	1 st	PB
		Long Jump	1.93m	1 st	PB
		Shot Put	2.57m	2 nd	PB
		Discus	6.90m	1 st	PB
Kian Roche	7yrs	60m	13.16	8 th	PB
		100m	20.81	10 th	PB
		200m	50.21	7 th	PB
		60m Hurdles	17.58	7 th	PB
		Shot Put	3.26m	5 th	PB
		Discus	3.79m	9 th	PB
		Long Jump	ND	---	

Hudson Severinsen	11yrs	Discus	32.05m	1 st	
		Shot Put	10.20m	1 st	
Nathan Ziyambe	12yrs	100m	12.71	1 st	(12.63 in heat) PB
		200m	26.47	1 st	PB
Harsith Rameshkumar	12yrs	100m	13.61	5 th	PB
		200m	29.68	6 th	
		200m Hurdles	33.61	1 st	PB
		Long Jump	4.33m	3 rd	
		Triple Jump	9.96m	1 st	
		Shot Put	7.69m	3 rd	PB
Archer Crowley	13yrs	100m	12.97	7 th	12.87 in heats PB
		400m	59.38	1 st	PB
		90m Hurdles	13.99	1 st	PB
		Long Jump	5.45m	1 st	
		High Jump	1.55m	1 st	
		Javelin	40.44m	1 st	PB
		Shot Put	11.85m	2 nd	PB
		Discus	35.34m	1 st	PB
Noah Jonker	13yrs	100m	12.41	2 nd	PB
		200m	25.94	1 st	PB
		Long Jump	4.54m	2 nd	PB
Sebastein Sills	14yrs	Discus	29.39m	5 th	
		Shot Put	10.30m	4 th	PB
Joel Jakimowicz	U18yrs	Decathlon	3803pts	2 nd	PB
Ethan Platen	U18yrs	100m	11.83	7 th	(11.81 in heat) PB
		200m	24.98	6 th	
		400m	52.49	3 rd	
Varian Platen	30-49yrs	60m	8.32	3 rd	
		100m	13.19	3 rd	=PB
		200m	27.56	2 nd	
		Long Jump	4.44m	4 th	PB

2021 21 Gold medals 16 Silver Medals 7 Bronze Medals 34 PB's

2022 38 Gold Medals 20 Silver Medals 19 Bronze Medals 70 PB's

2023 38 Gold Medals 14 Silver Medals 10 Bronze Medals 69 PB's

The ANQ Championships of 2023 has proved to be an opportunity to improve and getting a National qualification.

I have attached a few photos of our amazing athletes and wonderful supporters.



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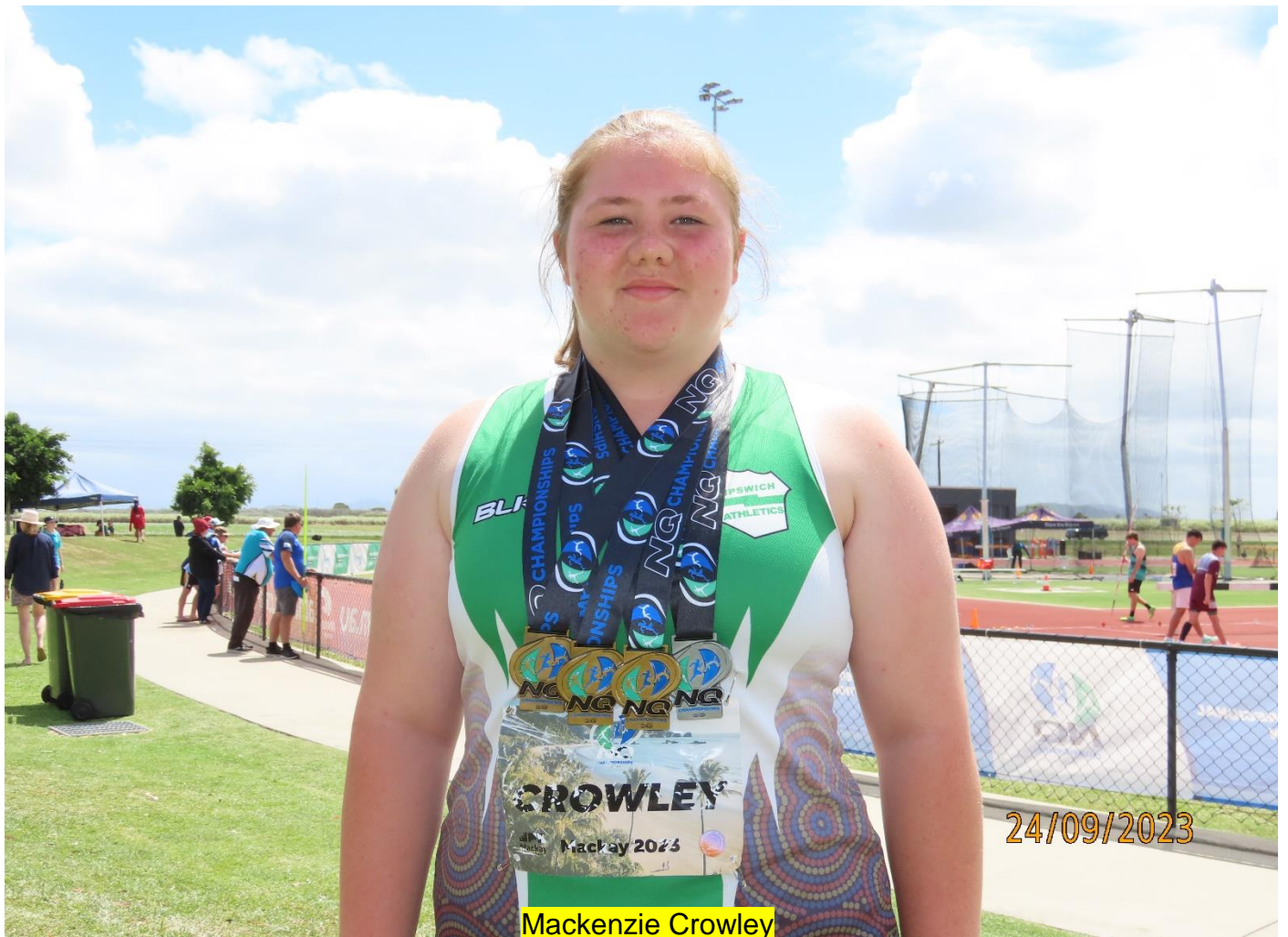


Lilah Hooper, Sophie & Layla McGeehan, Charlotte, Kian & Boston Roche



Ethan & Indiana Platen, Addison Farinazzo, Lily Graves & Skye Houston





Mackenzie Crowley



Charlize Goody



Noah Jonker



Harsith Rameshkumar



Abbie Severinsen & Indiana Platen



Abbie Severinsen



24/09/2023

Varian Platen



22/09/2023

Izabella Snyman



Addison Farinazzo



Sophie McGeehan



Hudson Severinsen



Indiana Platen



Joel Jakimowicz



Sophie Allen



Andrew & Janet Webber and Larissa Chambers



Future stars of the track



Jennifer & Varian Platen, Vanessa & Peter Newham, Kathy & Richard Jakimowicz



exp TM **Australia**



Izabella Snyman, Abbie Severinsen & Maddie Newham



Archer Crowley & Izabella Snyman



Skye Houston, Lily Graves & Addison Farinazzo



Indiana Platen & Charlize Goody



23/09/2023

Ethan Platen & Joel Jakimowicz



23/09/2023

Wonderful supporting mums



Janet Webber



Mackenzie Crowley

apar
Hair Studio





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Hair Studio