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Newsletter

23<sup>rd</sup> December 2024

## President's Message:

2024 has been a rewarding year for everyone, but with the New Year almost upon us, I am looking forward to the future with a sense of just go for it. All of the committee and Coaches at the Ipswich & District Athletic Club want to extend an extra big thank you for the support by sponsors and families given throughout this year ensuring our athletes are always at their best.

Many thanks to Jo Harlow providing many photos throughout the year.

Safe travels to Club Captain Charlize Goody as she embarks on her trip to America.

The Christmas breakup party was exciting with a lot of fun had by all with the indoor activities.

Now is the time to celebrate the Festive Season in your own special way and I wish you and your family, peace, health, happiness and prosperity in the coming year. **Merry Christmas.**

Vic

## A Note for New Members

At the end of the season, usually in May, the club has a Trophy Presentation. Trophies are awarded to athletes based on a points system. There is a scale of points for all performances at a QA competition. These are accumulated over the club season. So it will pay to compete regularly for your club at any track. **If the uniform is not worn, no points or performances will be recorded at inter club meets.**

## Committee Notes

Our next Monthly committee meeting is on **Tuesday 28<sup>th</sup> January 2025** at 7.30pm.

## Just a Thought'

**I've learned that..... Listen to the annoyances in your life and the lessons they may be trying to teach you.**



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# Happy Members December Birthdays

Jessica Bakes Hayley Windolf Leah Kennedy Allira Takau

Cadel Bennie Mark Sills Jacob Leituala Gabrielle Lokan Lila Pegg Jack Russell

Emma Stott Karter Tulloch Jodie Wilson Alex Peacock

## 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	\$45.00	Ladies shorts/bike pants	\$57.00
Singlet	\$35.00	Men Shorts	\$52.00
Polo Short Sleeves	\$57.00	Polo Long Sleeves	\$62.00
Hoodie no zip	\$50.00	Hoodie with zip	\$77.00
Leggings	\$67.00	Tracksuit Pants	\$77.00
Coach Jacket	\$82.00		

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

## Congratulations

Former Club Champion Jude Thomas ran in at Zatopak.10 meet in Melbourne on the 14/12/2024 where he finished 2<sup>nd</sup> in the 3000m in 7.42.30 beaten by Cameron Myers in 7.41.11, close.



**QAL now has several events scheduled on their website [www.qal.org.au](http://www.qal.org.au)**

**Nerang Twilight Gift**, 10<sup>th</sup> January, entries close 27/12/2024

**Pittsworth Gift**, 18<sup>th</sup> January, entries close 6/01/2025

**Kilcoy race day Gift**, will be on Australia Day January 26<sup>th</sup> 2025, entries close 18/01/2025.

**Entry forms are now available on the Queensland Athletic League website.**

## The Club *Christmas Party*

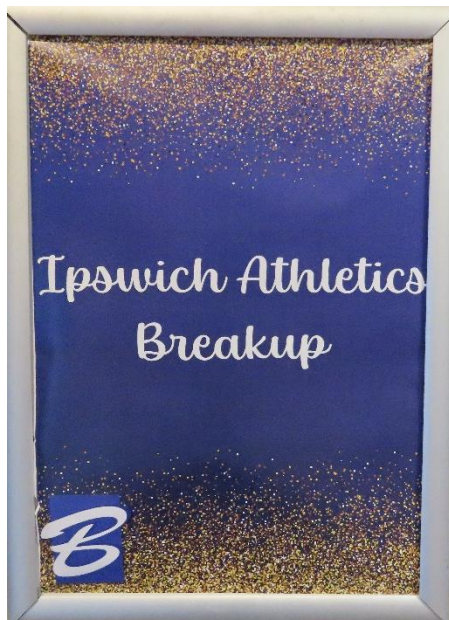


The Club held it at Brothers leagues Club on Wednesday 18<sup>th</sup> December 2024. A lot of fun was had by all.

It was an excellent night for all and many thanks to the committee for organizing such a treat and special thank you to Jo Compson, Richard Wood and Theresa (Marty) Stolberg who is also our social media expert who organized things in the background with Jo Harlow.

Thank you Brothers Leagues Club, especially Kate Allen and staff for having the venue set up for a great night along with the great nibbles for all.

We thank Brothers Leagues, parents and supporters for providing the prizes at the Club's Christmas breakup.



Female and male winners were **Lily Hanley** and **Jack Schodde**



The best dressed male and female was contested by at least twenty seven as shown above.

Well done to all who participated as this was more than double of last year's party.

A few pictures of the Christmas party follow;





More photos are available, please send me a message.

## Congratulations

### Australian All Schools Championships U14-18yrs, Brisbane 6-8/12/2024

With more than 1000 competitors our athletes were spearheaded by Allira Takau, Christine Tukuafu, Abbey Crocker, Diva Ejembi and Hudson Severinsen.

Conditions changed dramatically over the three days from being wet to very hot and humid at various times along with blustery wind conditions.

<b>Diva</b> Ejembi	U14	High Jump	<b>1<sup>st</sup></b>	1.68m	PB
<b>Sophie</b> McGeehan	U14	High Jump	7 <sup>th</sup>	1.55m	
<b>Emily</b> Bolden	U14	Hammer	4 <sup>th</sup>	36.84m	PB
<b>Ka'Mya</b> Duncan	U14	Discus	5 <sup>th</sup>	35.17m	PB
<b>Sophie</b> Whitfield	U14	100m	8 <sup>th</sup>	12.50	PB
		4 x 100m Relay	<b>3<sup>rd</sup></b>	49.27	
<b>Abbey</b> Crocker	U14	Shot Put	<b>1<sup>st</sup></b>	12.56m	
<b>Delinda</b> Brown T/F01	U15	800m	5 <sup>th</sup>	3.48.12	
<b>Hayley</b> Windolf	U15	Shot Put	5 <sup>th</sup>	12.87m	PB
<b>Christina</b> Tukuafu	U15	Discus	<b>1<sup>st</sup></b>	40.14m	PB
<b>Ruby</b> Bohen	U15	Javelin	<b>2<sup>nd</sup></b>	46.08m	PB
		Shot Put	7 <sup>th</sup>	12.33m	
<b>Addison</b> Hayne	U15	Long Jump	6 <sup>th</sup>	5.28m	

Sasha	Josipovic	U15	2000m Steeplechase	2 <sup>nd</sup>	7.27.76	
Jenali	Bolden	U16	Discus	2 <sup>nd</sup>	39.64m	
Addison	Farinazzo	U16	90m Hurdles	4 <sup>th</sup>	12.75	PB
			200m Hurdles	2 <sup>nd</sup>	28.22	PB
Tiana	Parsons	U17	400m Hurdles	4 <sup>th</sup>	1.05.34	PB
Isabelle	Schodde T/F60	U17	Discus 1kg	7 <sup>th</sup>	8.95M	
Saskia	Josipovic	U17	Discus	3 <sup>rd</sup>	42.53m	
			Shot Put	3 <sup>rd</sup>	13.92m	
Olivia	Windolf	U17	Javelin	7 <sup>th</sup>	31.49m	
Allira	Takau	U18	Discus	3 <sup>rd</sup>	39.63m	
			Shot Put	1 <sup>st</sup>	16.43m	
Hayley	Condon	U/18	Hammer Throw	4 <sup>th</sup>	45.86m	PB
Coevinar	Tukuafu	U18	Shot Put	4 <sup>th</sup>	13.44m	
Conor	Mathewson	U14	1500m	11 <sup>th</sup>	4.58.14	
Daniel	Masunungure	U14	100m	7 <sup>th</sup>	11.75	
			200m	6 <sup>th</sup>	23.90	
			4 x 100m Relay	3 <sup>rd</sup>	47.46	
Hudson	Severinsen	U14	Hammer Throw	1 <sup>st</sup>	52.14m	PB
Daniel	Phillips T/F20	U15	100m	4 <sup>th</sup>	12.41	PB
			200m	4 <sup>th</sup>	24.92	PB
			800m	3 <sup>rd</sup>	2.15.80	PB
			Long Jump	2 <sup>nd</sup>	4.99m	
Hayden	White T/F38	U17	200m	4 <sup>th</sup>	26.25	
			800m	2 <sup>nd</sup>	2.16.48	PB
Cooper	Murray	U17	Triple Jump	7 <sup>th</sup>	12.95m	PB
			Long Jump	9 <sup>th</sup>	6.23m	
Dakota	Stewart	U17	800m	2 <sup>nd</sup>	1.52.52	PB
Lachlan	Wendt	U18	Javelin	9 <sup>th</sup>	46.01m	
2022	5 Gold	2 Silver	5 Bronze medals			
2023	3 Gold	5 Silver	8 Bronze medals			
2024	5 Gold	7 Silver	6 Bronze medals			

Just to make it to this level is outstanding and the number of PB's is a statement on what the athletes do when competing against the best athletes in Australia.

I'm so proud of all the athletes along with the Club coaches being there to support their charges.

Coaches Theresa Stolberg, Michael Moore, Ted Ruben, Darin Coombs, Mark Sills & Kym Goody were there to support their squad members of the Club.

Not all things went to plan, but with support of parents and friends made it a great weekend of competition.



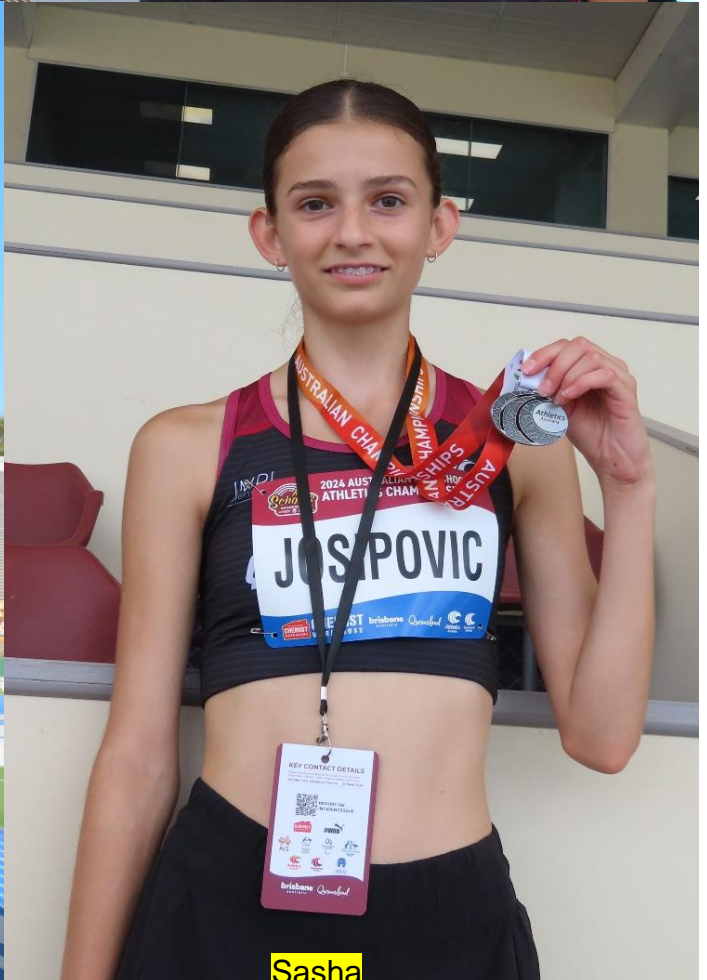
Dakota



Abbey



Diva



Sasha



Hudson



Addison



Christina



Sophie





Addison



Sophie



Allira Takau

Coevinar Tukuafu



Brad Robinson

Tiana



Hayden



Delinda



Isabelle



Conor



Ruby



Daniel



Ka'Mya

## Answer to the Question

The winner of the **November** question was **Gabrielle Lokan**

The correct answer was: **"Time"**

### A new question is as follows:

What English word retains the same pronunciation, even after you take away four of its five letters

The **first two** club members **(who have not won in the past 2 months)** to reply by email with the correct answer wins a prize.

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

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## 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.

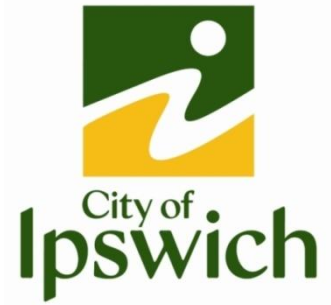
**The first official training session for the New Year will be Wednesday 8th January 2025.**

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On behalf of the committee from the Ipswich & District athletic Club Inc. we wish all our members and families and our supportive sponsors a Merry Christmas and a happy and prosperous New Year, and we look forward to seeing you at a coaching or a competition session in 2025.

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