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Newsletter

29th June 2024

President's MESSAGE:

Congratulations to **Toby Stolberg** for making another Australian Team to compete at the 2024 World Athletics U20 Championships in Lima, Peru from 27-31 August 2024. Toby will be competing in the High Jump and her mum Marty Stolberg will be the team Jumps Coach, how exciting.

With the **41st Winter Carnival happening 18th August 2024**, it includes the 33rd running of the 120m Lightning Gift and we are looking for the support of local businesses and individuals to make this Carnival a huge success. Any contribution is much appreciated as many international athletes have competed to make this spectacular event.

Vic

Committee Notes

Our next Monthly committee meeting is on **Tuesday 16th July 2024** at 7.30pm.

Track & Field InterClub Competition

All Track and Field events to be scheduled on the **Queensland Athletics website**

www.qldathletics.org.au

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

QLD X-Country Championships

Saturday 27th July at Victoria Park, Herston.

This includes the selection trials for the Queensland cross Country Team.

Entries close: 9am Tuesday 23rd July 2024 – no late entries will be accepted.

Age groups range from U11 through to Open including Para athletes.

It's time to get your entries in now.

Just a Thought'

I've learned ... to look for the beauty in everyone you meet.

Congratulations

The Oceania Athletics Championships, Suva, Fiji

1-8/06/2024

It was wonderful to see most events where our Club members did extremely well considering the windy conditions on most days.

| | | | | | |
|------------------|--------|------------|---------|------------------|---------------------|
| Allira Takau | U18 | Shot Put | 16.99m | 1 st | Championship Record |
| Coevinar Tukuafu | U18 | Discus | 12.88m | 7 th | |
| Monique Williams | U18 | Heptathlon | 4983pts | 1 st | |
| Toby Stolberg | Senior | High Jump | 1.79m | =3 rd | |
| Charlize Goody | Senior | Discus | 50.10m | 4 th | |

Both Girls, Charlize and Toby are eligible for the U20, fabulous performances.

| | | | | |
|---------------|---------------|-------------------|-----------------|---------|
| Leanne Hilton | Masters 55-59 | Hammer | 3 rd | 25.45m |
| | | Discus | 1 st | 24.86m |
| | | Shot Put | 1 st | 8.86m |
| | | Pentathlon Throws | 1 st | 2352pts |



Monique



Allira



Allira and Coeviniar with Dame Valerie Adams of New Zealand, the most decorated woman in history for the Shot Put.



Charlize



Toby



Coeviniar

The Queensland Cross Country Relay Championships were a success where in the 3 x 2km, our U12 girls' team, Lila Pegg, Jessica Gorham and Liliana Titley won a Bronze medal in a great performance of 24.53.13.



Happy June Birthdays for Club Members

Luca Gigliotti Cooper Blake Kobe Blake
Hudson Severinsen Isabelle Heeley Joshua Lehmann
Liliana Titley Thomas Pearsall Kimberley Prickett
Boden Ritchie Janet Webber Hayden White
Joel Jakimowicz Charlie Wellings

THE
IPSWICH TRIBUNE

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.**

The cost of the IDAC uniform is as follows:

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.

Club Training Nights

Monday and Wednesday nights training at 6.15pm to 8.30pm

Any other training sessions can be arranged with your Coach.

A water bottle, towel and **appropriate warm clothing** are required for all sessions.

Reimbursements for Athletes

There is several athletes who have not answered our Treasurer Richard Wood treasurer@ipswichathletics.org.au requests for your bank details. Once given athletes who competed in the 2024 Australian Athletic Championships are eligible. **Please supply ASAP.**





PRESENTED BY



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MAIN EVENT: SUNDAY 28 JULY 2024

BILL PATERSON OVAL, LIMESTONE PARK

SUPPORTING LOCAL RESEARCH BY LOCAL RESEARCHERS

The event consists of 10km, 5km, Family Challenge and the Mascot Marathon.

Registrations are now open, go to <https://park2park.com.au>

The first event starts at 7.00am

Our **Club** will be running the canteen to sell bacon & egg rolls along with a sausage sizzle. We need a few parents to help out to feed the masses. Athletes can also assist to make it a great day.

Get along and support this great cause. No excuses.

This may be of interest

North Queensland Championships will be held from 27nd–29th September 2024 in Townsville.

It has come to be a great opportunity for our athletes to compete before the new season starts. As a club, we have been very successful over the years.

There is even events for masters, younger athletes i.e. U10yrs as well as the usual age groups.



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 30 minutes at start of training.

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



A list for athletes to sign will be back in place for athletes who attend any Club training session, the light fee of \$3, this covers you insurance wise. **If this not paid the club suffers as a result with no chance of surviving into the future.**



Answer to the Question

The winner of the **May** question was **Abbie Severinsen**.

The correct answer was: '**A Wheel Barrow**'.

A new question is as follows:

There are 30 passengers on a bus. 19 get off at the first stop, 6 get off at the second stop and 2 get off on the third stop.

How many people are left on the bus?

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

Email: - vgpascoe1@bigpond.com.au



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