



President's Message:

The AGM was held on Sunday 26th May 2024 at 11.00am with all Committee positions declared vacant. Congratulations to all committee members who were elected for their various positions.

A huge thank you to the volunteers who assisted in the Canteen for the GPS X-Country titles and the QA series 5# X-Country meet in Limestone Park and this includes our wonderful marshalls.

It is great to see Theresa (Marty) Stolberg being the Australian U20 Junior team Coach to tour Lima, Peru during August 2024.

Unfortunately some low life has stolen the cables for the oval lights, so until further notice training on a Monday and Wednesday nights are on the top oval **AFL**. Check with your coach.

Whether it is X-Country or Track & Field, hopefully the athletes will train even harder to achieve even better PB's. Looking forward to an exciting season for 2023/2024.

Vic.



Like us on Facebook, please search for **Ipswich and District Athletic Club** and request to join. **It is for members, family and sponsors**

Committee Notes

Our next Monthly committee meeting is on **Tuesday 18th June 2024** at 7.30pm.

The structure for our Club as it now stands, congratulations to all, looking forward to a great year.

President	Vic Pascoe
Vice President	Theresa (Marty) Stolberg
Secretary / Registrar	Tina Schutz
Treasurer	Richard Wood
Canteen Convenor	Cheyenne Stewart
Uniform Officer	Kate Allen
Social Media Officer	Jodie Harlow
Committee	Gabriel Stewart Jo Compson
Head Coach	Mark Sills
Patron	Les Scott



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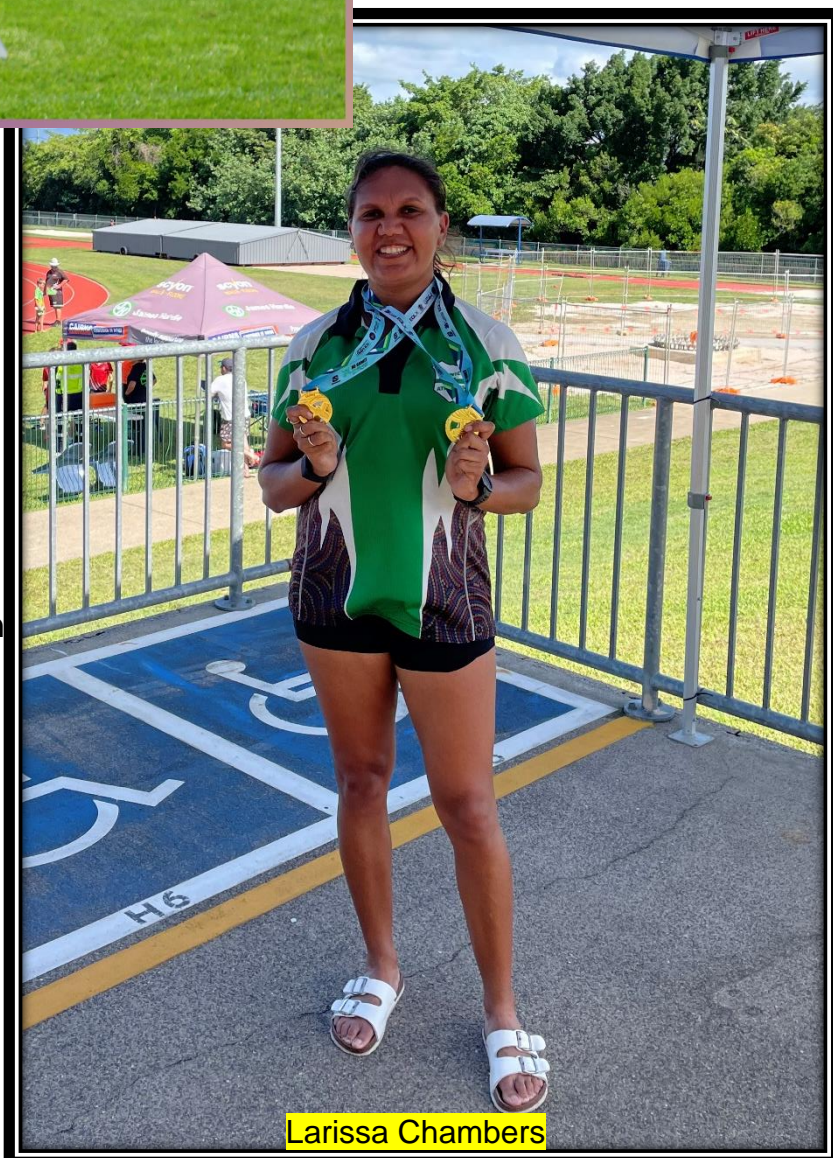
Congratulations to two former Club Champions.



Australian world X-Country representative way back in 2008-09

Tamara is still running as well as ever around the hills of Toowoomba on the 5th May 2024.

North Queensland Games in Cairns from 3-6th May 2024 proved to be a great start for the upcoming season when **Larissa Chambers** won gold in the 100m and 200m.



Just a Thought'

I've learned that If you didn't start the day with a smile, it's not too late to start practicing for tomorrow.

Track & Field InterClub Competition

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

www.qldathletics.org.au

Happy Birthday to our Club Members during May

Toby Stolberg Jo Compson Hugo Grainger Charlotte Roche
Carolin Holl Conor Mathewson Varian Platen
Sasha Josipovic Connor O'Leary Ky Dalby
Sienna Sanders Alastair Stevenson Elke McAuley
Harsith Rameshkumar Lian Jacobs Jessica Rowe
Taylor Hudspith Elizabeth Melrose Oscar Lawrence
Charlotte Parsons Tiana Parsons Daniel Phillips
Denika Murray Andrew Webber

Training Sessions

Monday and Wednesday nights are on from 6.15pm to 8.30pm.

Any other extra training sessions can be arranged with your Coach.

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

QAL schedule events on their website www.qal.org.au

Club Uniform

The Club uniform **must** be worn at all interclub meets, e.g. All comers at St. Lucia, QSAC and Gold Coast etc. **If the uniform is not worn, no points or performances will be recorded at club meets.**

Answer to the Question

The winner of the **April** question was: **Sienna Sanders.**

The correct answer was: **CAT**

Catfish
Cathay
Catwalk

A new question is as follows:

I am on three legs when I rest, and one when I work.

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

Presentation Awards 2023/2024

Club Champion of 2023 / 2024

Charlize Goody

Club Achiever of the year

Allira Takau

President's Award

5045pts

Monique Williams U18 Australian Champion Heptathlon

Les Scott Encouragement

Latisha Wilson

U/20yrs Male Bremer Chiropractic

Kobe Blake

U/20yrs Female Bremer Chiropractic

Charlize Goody

Most Club Participation of 2023/2024

Sasha Josipovic

Australian Title Holders 2023/24

Abbey Crocker U14

Discus 37.39m

Allira Takau U18

Shot Put 17.27m Chp & National Rec

Jonte Tukuafu U13

Shot Put 14.58m Chp Rec

Monique Williams U18

Heptathlon 5045pts

Club Captains Recognition Award

Allira Takau

Volunteer of the Year 2023/2024

Jo Compson

IDAC Recognition Award

Mia Kertesz T/F40

Hayden White T/F38

Club Rookies M & F of 2023/2024

Cadel Bennie (Track) & Sebastien Arnold (Field)

Olive Barrett (Track) & Mila Josipovic (Field)

Club Development Jenali Bolden, Coeviniar Tukuafu, Saskia Josipovic, Monique Williams, Allira Takau, Lachlan Wendt, Kobe Blake, Charlize Goody, Toby Stolberg and Jessica Rowe.

Highest Points for X-Country Senior Male	Matthew McAuley
High Points for X-Country Senior Female	Elke McAuley
Highest points for X-Country Junior Male	Gilbert Barrett
Highest Points for X-Country Junior Female	Tahnee Beckers
Highest points for Senior Male Sprinters	Kobe Blake
Highest points for Senior Female Sprinters	Addison Farinazzo
Highest points for Senior Male Distance	Jude Thomas
Highest points for Senior Female Distance	Elke McAuley
Highest points for Senior Male Jumpers	Cooper Blake
Highest points for Senior Female Jumpers	Claire Gouws
Highest points for Senior Male Throwers	Ky Dalby
Highest points for Senior Female Throwers	Charlize Goody
Highest points for Junior Male Sprinters	Harsith Rameshkumar
Highest points for Junior Female Sprinters	Sophie Allen
Highest points for Junior Male Distance	Gilbert Barrett
Highest points for Junior Female Distance	Sasha Josipovic
Highest points for Junior Male Jumpers	Harsith Rameshkumar
Highest points for Junior Female Jumpers	Addison Hayne
Highest points for Junior Male Throwers	Hudson Severinsen
Highest points for Junior Female Throwers	Ruby Bohan
Highest Points for Track Masters Male	Michael Berlin
Highest Points for Field Masters Male	Hans Rotbauer
Highest Points for Track Masters Female	Janet Webber
Highest Points for Field Masters Female	Jade Lally

Club Recognition of QLD Team

Mila Josipovic	U13yrs	Sophie Allen	U13yrs
Jonte Tukuafu	U13yrs	Hudson Severinsen	U13yrs
Abbie Crocker	U14yrs	Diva Ejembi	U14yrs

Emily Bolden	U14yrs	Conor Mathewson	U14yrs
Harsith. Rameshkumar	U14yrs	Christina Tukuafa	U15yrs
Sasha Josipovic	U15yrs	Ruby Bohem	U15yrs
Addison Farinazzo	U16yrs	Saskia Josipovic	U16yrs
Jenali Bolden	U16yrs	Indiana Platen	U17yrs
Katelyn Pretorius	U17yrs	Elke McAuley	U17yrs
Dakota Stewart	U17yrs	Hayley Condon	U18yrs
Abbie Severinsen	U18yrs	Allira Takau	U18yrs
Monique Williams	U18yrs	Lachlan Wendt	U18yrs
Sebastien Arnold	U18yrs	Coevinar Tukuafu	U18yrs
Stefan Brits	U20yrs	Cooper Blake	U20yrs
Claire Gouws	U20yrs	Kobe Blake	U20yrs
Toby Stolberg	U/20yrs	Charlize Goody	U/20yrs
Jessica Rowe	U20yrs	Chris Costello	U20yrs
Jude Thomas	Open		

Club Recognition of International Athletes

Jude Thomas	Seiko Grand Prix, Yokohama, Japan, May 2023 Jessheim, Oslo, Norway June 2023 Lugana, Italy July 2023 London July 2023 Luxemburg August 2023
Toby Stolberg	Commonwealth Youth Championships, Trinidad & Tobago, August 2023
Charlize Goody	Commonwealth Youth Championships, Trinidad & Tobago, August 2023 Potts Classic, New Zealand, January 2024
Jade Lally	Osaka Grand Prix, Japan Invitational May 2023 UK T & F Championships Manchester, England 2023, July 2023 Nigata, Japan Invitational October 2023

Anyone who was unable to attend the awards presentation, your award will be at the Clubhouse on training nights or you can ring Vic on **0409 754 884** to make arrangements to collect.



A wonderful array of awards



Brothers Leagues Corporate Room setup for the Awards day, fabulous

A massive thank you to **Marty Stolberg** for the decorations and **Tina Schutz** setting it all up.



Club Captains for 2024
Charlize Goody Kobe Blake



Shayne Neumann MP Vic Pascoe
Berise Jones Andrew Wheeler Zak Caban



Encouragement Award to Latisha Wilson

Georgia Toft rep for Darren Zanow MP



Berise Jones with Achiever of Year Allira Takau



U20 Champion Charlize Goody with presenter Jo Compson



Mayor Teresa Harding



U20 Champion Kobe Blake with presenter Jo Compson



Berise Jones presenting Club Champion Charlize Goody with Head Coach Mark Sills



Monique Williams presented the President's Award

Many more photos are available at JodieAnne Harlow photography in IDAC

GREAT OCEAN ROAD RUNNING FESTIVAL

This event was served with multiple runs ranging from a 1.5km for kids to the Ultra Marathon for the more serious participants during May 2024.

Club committee member **Jo Compson** and friend Katie ventured down to Victoria and ran the 14km run and met her goal beating one hour thirty minutes, well done.

A marvelous achievement to complete the course in 1.24.09.98 in the 55-59 female category.



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. (11yrs to 17yrs)



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 Encouragement award. **Please phone Vic on 0409 754 884.**

“FLASH BACK in Time”



Do you recognize our young stars of the past?

I'm sure you will, it's from an Exhibition held in April of 2018 at Limestone Park.

Two of them have now competed as international athletes.

Let me know if you do know, which ones, also the others?

There is a prize for the Club member who can give the most correct names.

Email: - vgpascoe1@bigpond.com.au

Hopefully there will be future editions of “Flashback”.



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