



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 Senior Sports person, **Allira Takau** and **Monique Williams** finalists for Junior Sport persons and and **Theresa (Marty) Stolberg** winning the Coach of the year for 2024. A few photos below.

Well done to **Ted Ruben** and **Theresa (Marty) Stolberg** in organising teams for the Queensland Relay Championships 2024 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 member **Toby Stolberg** has been appointed as a Junior Sports ambassador to Athletics Australia for the season. **Toby** has been invited to train with Nicola Olyslagers (Australian Record High Jump Record holder) with her Coach Matthew Horsnell from the 10-15th December 2024 in Sydney.



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		

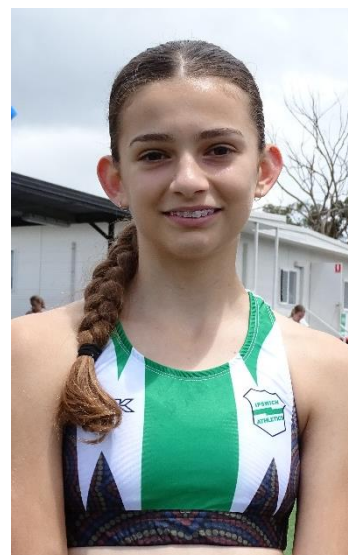
Old Stock is on sale at \$5-00 apiece. These can be used for training etc

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 2024 to the Australian Track & Field Championships 2025.

With the highest points and participation for the season of 2023 to 2024, **Sasha Josipovic** won the Platinum membership for 2024 to 2025.



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

Australian All School Championships	6-8 th December 2024, QSAC main stadium.
Brisbane Invitational	14 th December 2024, QSAC, Entries close 12th December
Glynis Nunn Shield	11 th January 2025, SAF
Mid Week Meet #1	15 th January 2025, SAF
Alana Boyd Shield	18 th January 2025. SAF
Norma Croker Shield	25 th January 2025, SAF
Brisbane Throws Classic	26 th January 2025, SAF
Jai Taurima Shield	1 st February 2025, SAF

Entries are now open

Check out the Queensland Athletics website for further information.

www.qldathletics.org.au

Congratulations QLD All Schools Championships 31-3/11/2023

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 good most of the time.

Our athletes proved to be tough as teak with several going to be in Brisbane 6-8th December 2024 for the Australian All Schools Championships. Below is a few photos of our amazing athletes.

Diva Ejembi	U14	High Jump	1.59m	1 st	
Izabella Snyman	U14	80m Hurdles	13.99	9 th	PB
Lilah Hooper	U14	80m Hurdles	14.50	12 th	PB
		100m	13.76	27 th	
		Long Jump	4.22m	20 th	
Mila Josipovic	U14	Shot put	9.84m	5 th	
Teagan Hanlon	U14	Triple Jump	FOUL		
Sophie Allen	U14	100m	13.29	15 th	
		200m	27.76	17 th	
		Long Jump	4.71m	12 th	
		Triple Jump	9.65m	13 th	
Sophie Whitfield	U14	80m Hurdles	13.39	4 th	PB
		100m	12.87	2 nd	PB
		200m	26.11	3 rd	PB
Emily Bolden	U14	Discus	24.67m	7 th	
		Shot Put	8.73m	10 th	
		Hammer	33.10m	2 nd	PB
Ka'Mya Duncan	U14	Discus	33.98m	3 rd	PB
		Shot Put	9.54m	8 th	
		Javelin	26.20m	8 th	

Abbey Crocker	U14	Shot Put	12.19m	1 st		
Sophie McGeehan	U14	High Jump	1.56m	2 nd	PB	
		Triple Jump	10.62m	6 th	PB	
Sasha Josipovic	U15	1500m	5.03.78	10 th		
		2000m Steeplechase	7.20.93	2 nd		
Arabella Carter	U15	2000m Steeplechase	8.32.57	7 th	PB	
Hayley Windolf	U15	Discus	34.86m	4 th		
		Shot Put	12.86m	1 st	PB	
		Javelin	32.81m	8 th		
Christina Tukuafu	U15	Discus	38.99m	1 st		
		Shot Put	11.38m	6 th		
		Javelin	35.08m	6 th		
Addison Hayne	U15	High Jump	1.56m	8 th		
		Long Jump	5.43m	2 nd	PB	
		Triple Jump	10.36m	7 th	PB	
Ruby Bohan	U15	Discus	37.16m	3 rd	PB	
		Shot Put	12.53m	2 nd	PB	
		Javelin	45.92m	1 st	Record	PB
Isla Mawer	U15	Triple Jump	9.78m	10 th		
		Long Jump	4.37m	15 th		
Delinda Brown T/F01	U15	100m	17.91	7 th	65.38%	PB
		200m	37.86	5 th	64.52%	PB
		800m	3.55.65	2 nd	54.10%	PB
Mia Kertesz T/F40	U15	Discus	5.98m	3 rd	23.63%	PB
		Shot Put	3.23m	3 rd	34.554%	PB
		100m	29.64	6 th	65.45%	PB
		200m	67.26	6 th	64.13%	PB
Sophie Lehmann	U15	3000m	12.58.98	6 th		
Jenali Bolden	U16	Discus	39.74m	1 st		
		Shot Put	11.86m	2 nd	PB	
Addison Farinazzo	U16	200m Hurdles	28.42	1 st	Record	PB
		100m	12.43	5 th	PB	
		90m Hurdles	12.88	1 st	Record	PB
		400m	57.14	2 nd	PB	
		1000m Medley Relay Member	2.13.24	1 st		
Hayley Wainwright	U16	200m	27.67	18 th		
		Long Jump	4.67m	8 th		
		Triple jump	10.30m	5 th		
Lucie Goulding	U16	Triple Jump	9.67m	9 th	PB	
Isabelle Schodde T60	U17	Discus	10.67m	2 nd	33.50%	PB
		Shot Put	3.56m	4 th	32.10%	PB

Indiana Platen	U17	100m Hurdles	15.45	6 th	PB	
		200m	27.03	10 th		
		Long Jump	5.16m	6 th		
		Javelin	27.12m	11 th		
		High Jump	1.50m	8 th		
Saskia Josipovic	U17	Shot Put	14.03m	2 nd		
		Discus	44.40m	2 nd		
Olivia Windolf	U17	Shot Put	10.91m	9 th	PB	
		Javelin	39.08m	2 nd		
		Discus	39.63m	3 rd		
Charlotte Parsons	U17	400m Hurdles	68.64	3 rd	PB	
Tiana Parsons	U17	400m Hurdles	68.54	2 nd		
Sophie Schutz	U17	400m Hurdles	74.91	5 th	PB	
Latisha Wilson	U18	1500m	5.15.84	4 th		
		3000m	12.41.42	4 th		
Kamara Stewart	U18	100m	13.21	11 th		
Hayley Condon	U18	Shot Put	13.55m	3 rd	PB	
		Hammer	45.10m	2 nd		
Coevinar Tukuafa	U18	Shot Put	14.09m	2 nd	PB	
		Discus	37.53m	3 rd		
Allira Takau	U18	Shot Put	16.32m	1 st	Record	
		Discus	37.89m	2 nd		
Dejsha Elisaia	U18	Discus	29.23m	6 th	PB	
Maddie Newham	U18	Triple Jump	10.09m	6 th	PB	
Abbie Severinsen	U18	100m Hurdles	16.12	4 th		
		Javelin	31.89m	6 th		
		Long Jump	4.83m	8 th		
Conor Mathewson	U14	1500m	4.23.87	3 rd	PB	
Gilbert Barrett	U14	1500m	4.41.96	18 th		
Hudson Severinsen	U14	Discus	39.39m	3 rd	PB	PB
		Shot Put	14.51m	3 rd		
		Hammer	42.85m	2 nd		
Harsith Rameshkumar	U14	90m Hurdles	13.88	4 th	PB	
		Triple Jump	10.74m	7 th		
		Long Jump	4.89m	8 th		
Daniel Phillips T/F20	U15	100m	12.73	1 st	83.73%	PB
		200m	25.96	2 nd	82.62%	
		800m	2.34.34	2 nd	76.14%	
		Long Jump	5.01m	1 st	65.67%	
Jedidiah Onaga	U15	100m Hurdles	14.82	4 th	PB	
		200m Hurdles	29.08	3 rd	PB	

Hugo Grainger	U16	800m 1500m	2.12.67 4.55.51	14 th 14 th	PB	
Luca Gigliotti	U16	3000m	9.18.44	5 th		
Cullen Grainger	U17	800m 1500m	1.59.86 4.20.57	9 th 9 th	PB	
Hayden White T/F38	U17	200m 800m	26.11 2.20.36	1 st 1 st	83.56% 83.91%	PB PB
Joshua Lehmann	U17	3000m 1500m	9.47.31 4.22.02	9 th 10 th	PB	
Dakota Stewart	U17	800m 2000m Steeplechase 1600m Medley Relay	1.53.69 6.07.53 3.34.10	1 st 1 st 1 st	PB	
Joel Jakimowicz	U17	Triple Jump 110m Hurdles Long Jump	11.17m 15.40 5.60m	7 th 3 rd 10 th	PB PB	
Cadel Bennie	U18	800m 1500m	2.04.08 4.17.32	11 th 8 th	Heat 2.02.64	PB
Ethan Heyward	U18	3000m	9.07.21	4 th		
Riley Wainwright	U18	Long Jump Triple Jump	5.89m 12.65m	8 th 7 th		



Dakota Stewart



Addison Farinazzo



Joel Jakimowicz



Hayden White



Adison Hayne & Coach Ted Ruben

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.**

Allira Takau was a finalist in the Junior Sports Star and **Tulsi Bhatt** won an Encouragement Award for 2023/2024 season, well deserved.



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 15th November 2024. Without sponsors this would not have happened.

Committee Notes

Our next Monthly committee meeting is on **Tuesday 28th January 2025** at 7.30pm. All welcome.

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Hair Studio



Budding Future Stars

The 2024 Australian Secondary All Schools Championships will be held this year in Brisbane from 6-8th December 2024 with the Schools Challenge meet on 9th December 2024.

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 Perth in April 4th - 14th 2025



The list is as follows;

Diva Ejembi	U14	High Jump
Sophie McGeehan	U14	High Jump
Emily Bolden	U14	Hammer
Ka'Mya Duncan	U14	Discus
Sophie Whitfield	U14	100m
Abbey Crocker	U14	Shot Put
Delinda Brown T/F01	U15	800m
Hayley Windolf	U15	Shot Put
Christina Takuafu	U15	Discus
Ruby Bohen	U15	Javelin, Shot Put
Addison Hayne	U15	Long Jump
Sasha Josipovic	U15	2000m Steeplechase
Jenali Bolden	U16	Shot Put, Discus
Addison Farinazzo	U16	90m Hurdles, 200m Hurdles,
Tiana Parsons	U17	400m Hurdles
Isabelle Schodde T/F60	U17	Discus
Saskia Josipovic	U17	Discus & Shot Put
Olivia Windolf	U17	Javelin
Allira Takau	U18	Discus, Shot Put
Hayley Condon	U/18	Hammer Throw
Coeviniar Tukuafu	U18	Shot Put
Conor Mathewson	U14	1500m
Hudson Severinsen	U14	Hammer Throw
Daniel Phillips T/F20	U15	100m, 200m, 800m, Long Jump
Hayden White T/F38	U17	800m
Cooper Murray	U17	Triple Jump, Long Jump

Dakota Stewart	U17	800m
Lachlan Wendt	U18	Javelin

The Club *Christmas Party*



We will be holding a breakup fun night with games at the Brothers Leagues Club, Raceview on Wednesday 18th December 2024 for a **6pm start**.

RSVP is required for catering purposes by **Wednesday 11th December 2024** or on any training night.

Check out the IDAC Link to **RSVP**.

Best Dressed prizes with letters starting with I, D, A, C.

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 a loved one really needs you, be there for them."**

Queensland 5000m Championships at UQ, St Lucia

The 5000m Championships were run on the 23rd November 2024. Five athletes ran in the cool conditions, a total of four heats for the men, all run as timed finals and our Club was represented by some up and coming athletes of the future.

Tamara Carvolth	34yrs	5000m	17.31.01	2nd	
Taylor Hudspith	27yrs	5000m	17.55.57	4 th	PB
Zahley Kennedy	21yrs	5000m	20.06.08	13 th	PB
Connor Whittet	19yrs	5000m	14.58.86	16 th	PB
Ethan Heywood	17yrs	5000m	DNF		



Tamara

QLD Relay Championships, SAF 16-17/11/2024

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, makes one feel so proud to be a member of this great club. Heaps of photos taken by Jo Harlow and are on FB and Instagram, many thanks for the memories. With more than 70 teams it was a wonderful team effort to win overall.

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 clip is on FB by Jo Harlow Photography.

Hope you all had another sing along with the tunes above

Happy November Birthdays for Members

Indiana Platen Tulsi Bhatt Larissa Chambers Kate Beckers
Aurora Bailey Jennifer Platen Tyla Stolberg Brad Robinson
Coevinar Tukuafu Akenese Aiolupotea Suanu de Jong
Grace Hanley Suwani Nona George O'Brien Helena O'Hare
Jedidiah Onaga Fata Paea Jack Schodde Gabriel Stewart





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Queensland



Answer to the Question

The winner of the **October** question was **Jessica Gorham**.

The correct answer was: **“Your Photograph.”**

A new question is as follows:

You can have a lot of it. You can waste it but you can never get it back. You cannot have enough of it. 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

Congratulations

Former Club Champion **Jude Thomas** won the Noosa Bolt 5km race 2nd November 2024 in 13.50.3.

Jude now has his sights on the Open 3000m race at the Zatopek meet, in the Lakeside Stadium, Melbourne on 14th December at approx. 8.30pm.

Be sure to tune in on the live stream to watch some entertaining races as the meet starts at 5pm.

Another former Club Champion **Tamara Carvolth** finished as the 8th female home in 17.31.1, well done.



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Congratulations

A few photos of the Ipswich Sports Awards at the Civic centre where **Marty Stolberg** won the Coach of the Year Award for 2024.



Charlize Goody a finalist for the Senior Sports award, Allira Takau and Monique were finalists in the Junior Sports Award.



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 11th December 2024 and the **first official session** for the New Year will be Wednesday 9th January 2025 at 6.15pm.

The ICC is doing work on the oval over the Christmas break.

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