



# IPSWICH & DISTRICT ATHLETIC CLUB INC.

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Website: <http://www.ipswichathletics.org.au>

Newsletter

20<sup>th</sup> February 2010

## Congratulations

The members who competed at the **Denise Boyd Shield at QEII on 15-01-10** did exceptionally well for the numbers who competed. Our Club finished 6<sup>th</sup> out of 22 Clubs competing and we didn't even have a relay team.

## At the U14yrs and U18yrs Queensland Championships 6<sup>th</sup> - 7<sup>th</sup> February 2010 saw plenty of medals returning to the Ipswich Club.

<b>Stephanie Zimmerman **</b>	U18yrs	High Jump	3 <sup>rd</sup>	1.60m.
<b>Melissa Hamer **</b>	U18yrs	Discus	2 <sup>nd</sup>	39.70m.
<b>Ashley Bruilt</b>	U18yrs	High Jump	3 <sup>rd</sup>	1.80m.
<b>Jordan McCamley **</b>	U18yrs	400m	3 <sup>rd</sup>	51.04 (PB).
	U18yrs	800m	2 <sup>nd</sup>	1.58.41.

## U16yrs & U20yrs Queensland Championships 13<sup>th</sup> – 14<sup>th</sup> February 2010 at QE11

<b>Glen Yarham **</b>	U20yrs	3000m Steeple Chase	1 <sup>st</sup>	9.40.77
	U20yrs	1500m	2 <sup>nd</sup>	3.57.41 (PB)
<b>Jacqueline Griffin **</b>	U20yrs	High Jump	1 <sup>st</sup>	1.63m
<b>Emily Charlick **</b>	U20yrs	High Jump	3 <sup>rd</sup>	1.60m
<b>Ashley Briault</b>	U20yrs	High Jump	3 <sup>rd</sup>	1.75m
<b>Melissa Hamer **</b>	U20yrs	Discus	3 <sup>rd</sup>	38.34m.
<b>Stephanie Hollis **</b>	U20yrs	Javelin	2 <sup>nd</sup>	30.54m
	U20yrs	Shot Put	3 <sup>rd</sup>	9.56m
<b>Larissa Chambers **</b>	U16yrs	100m	1 <sup>st</sup>	12.66
	U16yrs	200m	1 <sup>st</sup>	26.07
<b>Isabelle Harland **</b>	U16yrs	200m Hurdles	2 <sup>nd</sup>	32.05 (PB)
	U16yrs	90m Hurdles	3 <sup>rd</sup>	14.81 (PB)
<b>Aaliyah Chambers **</b>	U16yrs	200m Hurdles	3 <sup>rd</sup>	32.89 (PB)
<b>Erika Berlin **</b>	U16yrs	Long Jump	3 <sup>rd</sup>	4.36m

Asterisks after the athlete's name have nominated for the Australian Youth Championships in Sydney 11<sup>th</sup> – 14<sup>th</sup> March 2010. Good luck to all.

This is probably our best result for several years. Well Done.

Two of our members won the Australia Day Sport Person's Award at a different Council or Shire.

**Melissa Hamer** won the Somerset Council Region Sportsperson Award.

**Jacqueline Griffin** won the Scenic Rim Shire Sportsperson award.



**Melissa**

**Jacqueline**

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## Committee Notes

Our next Monthly committee meeting is on Tuesday 23<sup>rd</sup> February 2010 at 7pm. All welcome.

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*Just a Thought'*

*One door never shuts but another opens.*

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## Track & Field

All Track and Field events are now scheduled on the [Queensland Athletics website](http://www.qldathletics.org.au)

[www.qldathletics.org.au](http://www.qldathletics.org.au)

### **2009-10 TRACK & FIELD CALENDAR - UPDATED**

An updated version of the 2009-10 Queensland Athletics track and field calendar is now available.

All Comers meets are also now available at St Lucia, Brisbane.

- **2010 Australian Junior and Youth Athletics Championships**  
11-14 March - Sydney Olympic Park, Homebush. **(Draft timetable now available).**

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

# One Mile Gift Race Day

**Date of event:** 08/05/10

Truly a race day of a different kind!

Ever wondered what it's like to race around the racehorse track at the Ipswich Turf Club? The wind is blowing through your hair, your legs striding at an awesome pace.

The crowds chanting your name, you're blood is pounding, and you cross the finish line! For your effort there will be fantastic prize money up for grabs.

Watch this space for entry form details etc.

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## Happy February Birthdays

Glen Yarham

Jordan McCamley

Isabell Harland

Ashley Bruilt

Michael Moore

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## Club Uniform

The Club uniform must be worn at all interclub meets, e.g. All comers at St. Lucia and Gold Coast etc.

The cost of the uniform is \$40-00.

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## Answer to the Question

The winner of the **January** question was *Jenni McCamley*.

The correct answer was: **"ZINC"**

A new question is as follows:

Find the cat hidden in this sentence:

The new bridge, as they say will span the river, and allow any animal to cross.

*Look Carefully!*

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

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



## NEVER SICK AGAIN

### HEADACHES : FISH (PROTEIN)

Eat lots of fish as fish oil helps to prevent headaches. So does ginger which reduces inflammation and pain.

### HAYFEVER : YOGHURT

Eat lots of yoghurt before pollen season.

### STROKES : TEA

Prevents buildup of fatty deposit on artery walls with regular doses of tea.

### INSOMNIA : HONEY

Use Honey as a tranquilizer and as a sedative.

### ASTHMA : ONIONS (RED)

Eating onions helps ease constriction of bronchial tubes.

### ARTHRITIS : FISH

Salmon, tuna, mackerel and sardines actually prevent arthritis.

### UPSET STOMACH : BANANAS, GINGER

Bananas will settle an upset stomach. Ginger cures morning sickness and nausea.

### BLADDER INFECTIONS :

**CRANBERRY JUICE** : High-acid cranberry juice controls harmful bacteria.

### BONES PROBLEMS :

**PINEAPPLE** Bones fractures and osteoporosis can be prevented by the manganese in pineapple.

### PMS : CORNFLAKES

Women can ward off the effects of PMS with cornflakes, which help reduce depression, anxiety & fatigue.

### MEMORY PROBLEMS : OYSTERS

Oysters help increase your mental functioning by supplying much needed zinc.

### COUGH : RED PEPPER

A substance similar to that found in cough syrup is found in hot red pepper.

### BREAST CANCER : WHEAT

**BRAN, CABBAGE** : Wheat bran and cabbage help maintain estrogen at healthy levels.

### LUNG CANCER : ORANGE,

**GREEN VEGETABLES** : A good antidote is beta-carotene, a form of Vitamin A found in orange & green vegetables.

### ULCERS : CABBAGE

Cabbage contains chemical that help heal both type of ulcers.

### DIARRHEA : APPLES

Crate an apple with its skin. Let it turn brown and eat it to this condition.

### CLOGGED ARTERIES :

**AVOCADOS** Mono-unsaturated fat in avocados lower cholesterol.

### HIGH BLOOD PRESSURE :

**OLIVE OIL, CELERY** : Olive oil has been shown to lower blood pressure. Celery contains a chemical that lowers blood pressure too.

### BLOOD SUGAR IMBALANCE :

**BROCCOLI, PEANUTS** : The chromium in broccoli and peanuts helps regulate insulin and blood sugar.

ATTACH TO REFRIGERATOR DOOR, WALL OR THE BULLETIN BOARD FOR HANDY REFERENCE.

