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**Newsletter**

**28<sup>th</sup> February 2018**

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## President's Message:

With the Australian Track and Field Championships Trials already held there will be some exciting times ahead with the Commonwealth Games on the Gold Coast in April 2018. Congratulations to Coaches Brad, Mick, Ted and Marty for dedication and commitment to get our athletes peaking at Championship level as seen by the number of PB's set at the Junior State Championships last weekend.

Also planning is underway for the 37<sup>th</sup> Annual Winter Carnival to be held on Sunday 26<sup>th</sup> August 2018. We are looking for potential sponsors who may want to support this Carnival. Please advise me on **0409 754 884** as we can provide information as to what's in it for them.

We are on **Facebook**, look for Ipswich & District Athletic Club ..... it is for all our athletes and parents who are on FB. Just ask to join if not already a member.

Vic.

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## Committee Notes

Our next Monthly committee meeting is on **Tuesday 27<sup>th</sup> March 2018** at 7pm. All welcome.

Just a reminder, our **AGM is in May 2018** and all positions are vacant. This is a great opportunity for you put your hand up and be part of the committee. Nomination forms are available on training nights. Please register your name.

The **Awards Presentation** will also be held on this day.

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## Happy February Birthdays

Kodee Cubis

Zac

Caterson

Tara Chaplin

Hayden Olsen

Tavia Jensen

Dana Evans

Erin Wright

Kerryn Ryan

Michael Moore

Kirra Csurhes

Clare Bellingham

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# Congratulations!

## QLD Open Track & Field Championships 2<sup>nd</sup> Feb - 4<sup>th</sup> Feb 2018

There were 5 athletes in 6 events at the Queensland Open State Championships, QSAC.

**A superb effort by all, well done.**

<b>Rochelle Vidler</b>	Hammer 4kg	4 <sup>th</sup>	51.73m	<b>PB</b>
<b>Kyra Domrow F12</b> Ambulant	Discus	<b>1<sup>st</sup></b>	29.77m	62.81%
	Shot Put	<b>1<sup>st</sup></b>	9.94m	66.05%
<b>Montanna McAvoy</b>	3000m Steeplechase	<b>1<sup>st</sup></b>	10.31.11	
<b>Tyla Stolberg</b>	Shot Put 4kg	8 <sup>th</sup>	10.79m	<b>PB</b>
<b>Benjamin Thomas</b>	100m	22 <sup>nd</sup>	11.46	

## Queensland 3000m Championships – St Lucia

Our club members had excellent results in the 3000m Queensland Championships held at St Lucia Sports Centre on Thursday night 8/02/2018.

Age groups of U15, U/16, U/17, U/18yrs and Open were contested at these championships.

<b>Alex Davies</b>	U/17yrs	3000m	2 <sup>nd</sup>	9.03.75
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Alex was beaten by a smidgen of a second, 0.02 in fact, a very exciting race.

Alex has now qualified for the Australian Junior Championships where the qualifying mark is 9.20.00

Alex runs almost every Saturday morning in the 5km Parkrun and the Ipswich Trail Series where he is regular place getter and he has been a club member for the past two seasons.

<b>Alexander Gough</b>	U/18yrs	3000m	5 <sup>th</sup>	9.00.80
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Alexander has only been in the club since the start of the season which started 1<sup>st</sup> October 2017.

Alexander has now qualified for the Australian Junior Championships where the qualifying mark is 9.10.00 and has also qualified for the 2000m Steeple chase as he has reached 6.23.93 in club competition where the qualifying time is 6.50.00.

Both of these athletes have a bright future in middle distance running.

# Australian Open Championships Trials – Carrara, Gold Coast

<b>Kyra Domrow</b>	<b>F12</b> Ambulant	Discus	<b>3rd</b>	31.47m	66.39%
		Shot Put	4th	9.95m	66.11%

<b>Montanna McAvoy</b>	3000m Steeplechase	9th	10.36.6311
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## QLD Junior Track & Field Championships 22<sup>nd</sup> Feb - 25<sup>th</sup> Feb 2018

Many of the athletes who have qualified will be competing in Sydney from 14<sup>th</sup> March – 18<sup>th</sup> March 2018 in the Australian Junior Track & Field Championships. A final team to be announced, look at QA website.

To gain a place into the final ten was a marvelous achievement for our athletes. They are a wonderful group of youngsters.

<b>Jessica Rowe</b>	U/14yrs	Hammer	<b>1<sup>st</sup></b>	31.68m	
		Discus	<b>1<sup>st</sup></b>	30.41m	
		Javelin	<b>2<sup>nd</sup></b>	28.70m	
		Shot Put	<b>1<sup>st</sup></b>	10.74m	<b>PB</b>
<b>Toby Stolberg</b>	U/14yrs	High Jump	<b>3<sup>rd</sup></b>	1.40m	
		100m	13 <sup>th</sup>	15.29	
<b>Leah Marie Clark</b>	U/15yrs	200m	9 <sup>th</sup>	27.78 (Heat 26.97 <b>PB</b> )	
		400m	10 <sup>th</sup>	65.45	
<b>Kiara Condon</b>	U/15yrs	High Jump	4 <sup>th</sup>	1.45m	
		90m Hurdles	4 <sup>th</sup>	15.37	<b>PB</b>
		200m Hurdles	7 <sup>th</sup>	35.82	
		Javelin	4 <sup>th</sup>	24.95m	
		Shot Put	4 <sup>th</sup>	8.67m	
<b>Tavia Jensen</b>	U/15yrs	High Jump	5 <sup>th</sup>	1.35m	
<b>Erin Wright</b>	U/15yrs	90m Hurdles	<b>1<sup>st</sup></b>	13.55	
		200m Hurdles	<b>1<sup>st</sup></b>	30.12	<b>PB</b>
		100m	9 <sup>th</sup>	13.53 (Heat 13.45 <b>PB</b> )	
<b>Camyrn Novinetz</b>	U/16yrs	3000m Walk	<b>2<sup>nd</sup></b>	14.58.53	
<b>Laylani Vaas</b>	U/16yrs	100m	13 <sup>th</sup>	13.67	<b>PB</b>
		Discus	<b>2<sup>nd</sup></b>	37.98m	<b>PB</b>
		Shot Put	4 <sup>th</sup>	11.22m	<b>PB</b>
		90m Hurdles	6 <sup>th</sup>	14.53	<b>PB</b>
<b>Tara Chaplin</b>	U/18yrs	400m Hurdles	4 <sup>th</sup>	70.26	
		200m	9 <sup>th</sup>	26.81	
		400m	6 <sup>th</sup>	63.32	
<b>Stephanie Gebert</b>	U/18yrs	200m	8 <sup>th</sup>	26.69	

Hayley Wright	U/18yrs	100m hurdles	1 <sup>st</sup>	13.85	PB
		100m	4 <sup>th</sup>	12.52	PB
Rochelle Vidler	U/18yrs	Hammer	1 <sup>st</sup>	60.85m	
Montanna McAvoy	U/18yrs	800m	4 <sup>th</sup>	2.16.91	
Tyla Stolberg	U/20yrs	Shot Put	6 <sup>th</sup>	10.31m	
Cooper Farnsworth	U/14yrs	100m	3 <sup>rd</sup>	14.01	PB
		200m	6 <sup>th</sup>	29.06	PB
Jordan Maneit	U/14yrs	3000m Walk	DQ		
Joshua Carrick	U/16yrs	100m Hurdles	2 <sup>nd</sup>	14.53	PB
		200m Hurdles	1 <sup>st</sup>	28.32	
Alex Davies	U/17yrs	1500m	6 <sup>th</sup>	4.18.06	
Ryan Stewart	U/17yrs	3000m Walk	2 <sup>nd</sup>	28.24.44	
Jude Thomas	U/17yrs	1500m	3 <sup>rd</sup>	4.11.58	PB
Sony Vukelic	U/17yrs	100m	9 <sup>th</sup>	12.33 (Heat 11.94)	
Alexander Gough	U/18yrs	2000m Steeplechase	1 <sup>st</sup>	6.17.53	PB
Benjamin Thomas	U/18yrs	100m	2 <sup>nd</sup>	11.02	=PB
		200m	1 <sup>st</sup>	22.38	
10 Gold	6 Silver	3 Bronze			

Below is a few pictures that you may like, if you do, please email me and they can be forwarded.



Jessica Rowe



Cooper Farnsworth





Tara Chaplin

Erin Wright

Haley Wright

Benjamin Thomas



Laylani Vaai

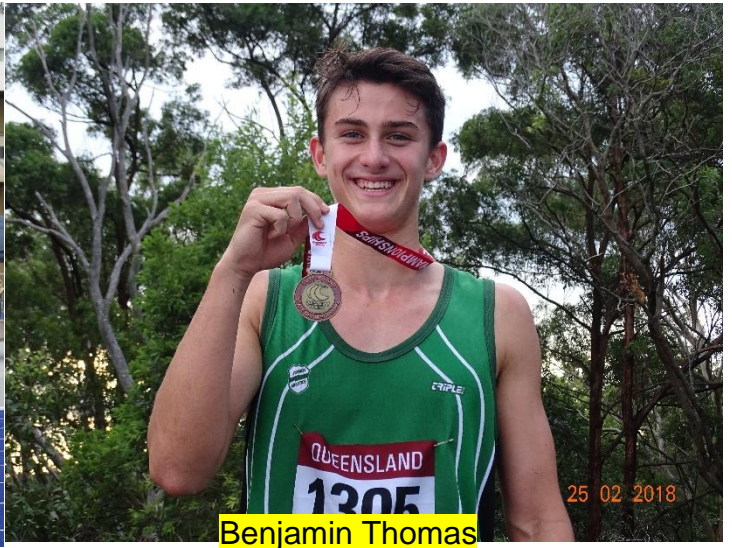


Jude Thomas

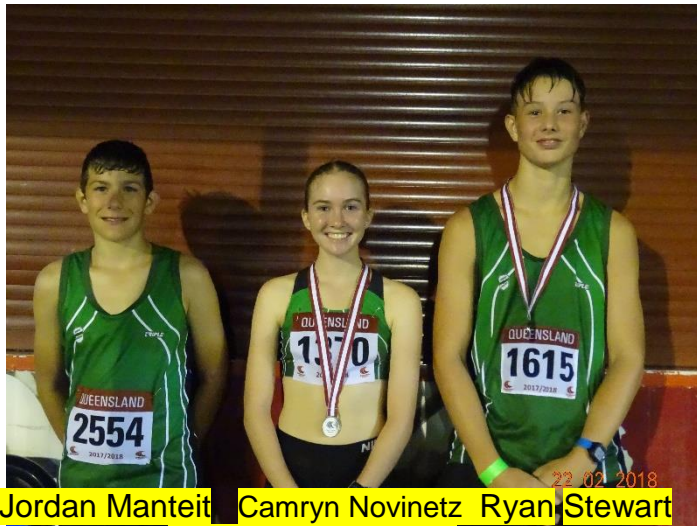




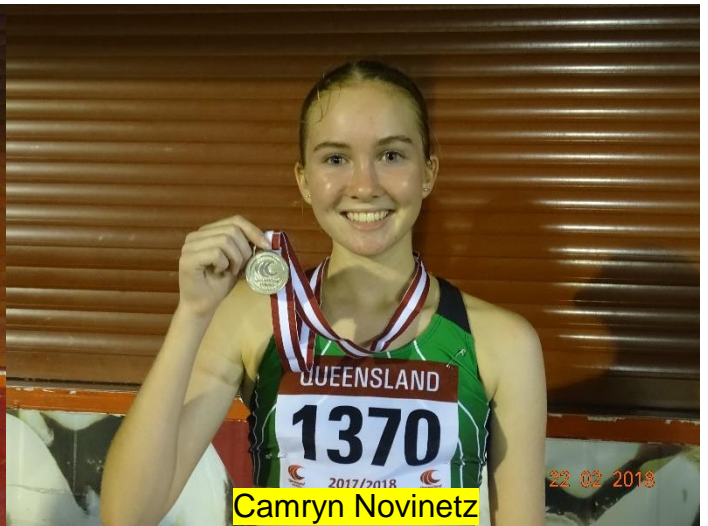
Alexander Gough



Benjamin Thomas



Jordan Manteit Camryn Novinetz Ryan Stewart  
"The walking squad"



Camryn Novinetz



Joshua Carrick



Ryan Stewart





Tavia Jensen Toby Stolberg Kiara Condon



Alex Davies

Jude Thomas

25 02 2018



25 02 2018

What a difference a banana makes, maybe why Laylani got four PB's, well done.

## *Just a Thought'*

I have learnt.....to stay positive, work hard and make it happen.

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## Track & Field InterClub Competition

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

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

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

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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. **If the uniform is not worn, no points or performances will be recorded at inter club meets.**

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## Answer to the Question

The winner of the **January** question was **Benjamin Thomas**

The correct answer was: "Australia, the world's largest island and the world's smallest continent."

**A new question is as follows:**

What is greater than God,  
more evil than the devil,  
the poor have it,  
the rich need it,  
and if you eat it, you'll die?  
What am I?

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

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

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## Club Training Nights

**Training nights on Monday and Wednesday nights 7pm to 9pm.**

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

## Congratulations

To **Stewart Carrick** for outstanding contribution to get this accreditation.



## Here's Today's Healthy Tip - Potassium

Potassium is a mineral and electrolyte essential for overall health. It plays a crucial role in cellular functioning throughout the body, and along those lines, potassium:

- \* Helps muscles—including the heart—contract
- \* Helps regulate the balance of water and other minerals
- \* Moves nutrients into and waste out of cells
- \* Affects nerve signalling
- \* Slows the breakdown of bone with age

In terms of health benefits, potassium goes hand-in-hand with heart health, in particular due to its effects on maintaining healthy blood pressure. In fact, the FDA allows the following health claim: “Diets containing foods that are a good source of potassium (10 percent of the Daily Value, or 350mg) and that are low in sodium may reduce the risk of high blood pressure and stroke.”

Even though there's no established Recommended Dietary Allowance (RDA) for potassium, the Adequate Intake (AI) is 4,700mg for adults based on evidence that this level should lower blood pressure, blunt the adverse effects of excess sodium intake, reduce the risk of kidney stones, and help reduce bone loss.

Unfortunately, most people barely consume half that amount, and even worse, many people are consuming too much sodium from processed foods. In fact, one large study showed that only about 3% of the population hit the AI for potassium.

While bananas are notorious for their potassium content (and they are indeed a good source), the truth is that there are many other foods that are even better sources, including potatoes, white beans, yogurt, milk, sweet potatoes, salmon, dark green leafy veggies, and avocados to name a few.

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## One Mile Gift

**When:** Saturday 5<sup>th</sup> May 2018  
**Where:** Bundamba Racecourse

Events: One Mile Gift  
300m Open Gift



Be sure to enter when registrations become available.

**These races help raise money for the Ipswich Hospital Foundation.**

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## 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 monthly 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 an Junior Sport Star Encouragement monthly award. **Please phone Vic on 0409 754 884.**

Congratulations go to **Jessica Rowe** for receiving the Junior Sports Star Award of the month for February 2018.

