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Newsletter

29th January 2019

President's Message: Now that we are back to school and work including new jobs I wish you all a very successful year.

There have been some wonderful performances so far this season, many PB's and I congratulate those who have competed in the recent competitions.

Our 40th year club celebrations are happening on the 24th February 2019 at Brothers League Club starting at 11am, hope to see many past members, don't miss out, and see below for more details.

Just a short note to say that all positions of the Club committee will become vacant as per our constitution at the annual AGM. The AGM will be held in May 2019. I encourage all parents, friends and athletes to nominate for a position at the AGM. Support for these positions will be given to those interested.

Vic

Just a Thought'

**I've learned that....One of life's great Challenges
is to follow your own advice.**

Track & Field InterClub Competition

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

Entries are now open QA 3000m Championships (entries close Friday 8th February at 9.00am.

The **Queensland Athletics Championships (U14 to Open)** which are being held at the QSAC from **Thursday 7th – 10th Sunday March 2019**.

Entries close at 9.00am on Monday 21st February 2019.

www.qldathletics.org.au

Happy January Birthdays

Aidan Titman Jade Hardy-Synnott Savannah Bucknell

Krystal Smith Craig Thomas Sue Warner Charlize Goody

Thaiday "Ted" Ruben

Andrew Wheeler

QAL now has several events scheduled 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 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 uniform is as follows:

Girls Crop Tops	\$50-00
Girls Singlet's	\$37-00
Girls Shorts	\$30-00
Boys Singlet's	\$37-00
Boys Shorts	\$30-00
Club Polo Shirt	\$50-00

Old Stock is on sale at \$10-00 apiece. These can be used for training etc.

Answer to the Question

The winners of the **December** questions were **Jade Hardy-Synnott.**

The correct answer was: **"A finish line."**

A new question is as follows:

Repeating an action and improving it creates flawless work.

What phrase does this represent?

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

Email: - vgpascoe1@bigpond.com

Club Training Nights

Training nights on Monday and Wednesday nights 6.30pm to 8.30pm.

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

Committee Notes

Special Committee meeting **7th February 2019** re 40th year celebrations.

Our next Monthly committee meeting is on **Thursday 28th February 2019** at 7pm. All welcome.

Congratulations

At the Glynis Nunn Shield, QSAC, Brisbane over two days of competition a Queensland Heptathlon and a Decathlon Combined Championships was staged on 12th & 13th January 2019 with some exciting finishes.

The Heptathlon consists of 90m or 100m Hurdles (Age Dependent), High Jump, Shot Put, 200m, and on the second day consists of Long Jump, Javelin and 800m. All PB's are what has been done at Club performances.

Toby Stolberg U/15 being the youngest in the field by at least a year at her first attempt in the heptathlon, it was an amazing performance with finishing 5th with a total score of **2779**. Toby set PB's in the High Jump and Javelin throughout the grueling weekend. An excellent future for such a young athlete who never gives up trying.

Sophie Wilkins U/15 won the Silver medal at her first attempt of the Heptathlon with a score of **3336**. Surprising herself to get a medal, she did a PB in the Shot Put. **Sophie** seems to be the ideal athlete for a two day competition at National level as most of her performances were very close to PB's. With the nationals only 8 weeks away she will be competitive.

Aldora Tuilaepa U/15 ran 8th at her first attempt in the Heptathlon with a score of **1696**. A PB in the Shot Put shows that she will be a force in the future as she has only been doing most of these events for a very short time.

Mikaela Doneley U/15 finished with a Bronze medal at her first try at the heptathlon with a score of **3097**. To get **PB's** in the 90m Hurdles, Shot Put, Javelin and the 800m demonstrates her future in this event. It was truly an achievement as she only started doing some of the events a few weeks ago.

Kiara Condon U/16 made the Gold medal hers in the U/16yrs Heptathlon with a final score of **3998** bettering last year's effort of a silver medal with **3506** points. This was a major improvement as she has trained with the enthusiasm of someone who wants it more than anyone else. **Kiara** did a **PB** in the 90m Hurdles, High jump, 200m and Long Jump virtually making it impossible to be beaten on the day.

Laylani Va'ai U/17 won the Gold medal at her first attempt in the Heptathlon with a score of **3549**. Major improvements will occur as **Laylani** achieves better techniques in most of the events. She is another athlete with the potential to represent at national level and be competitive.

Dahniella Pedroni U/17 was 6th at her first attempt in the Heptathlon with a score of **2675**. With a **PB** in the High Jump can only inspire her to greater heights in all of the grueling events.

Jordan Unwin U/18 was 6th at her first attempt in the Heptathlon with a score of **2648**. It was most unfortunate for her to foul out in the Javelin as she would have been much more competitive over the two days of competition.

Haley Webber U/18 was 5th at her first attempt in the Heptathlon with a score of **2692**. Haley has the potential to be much better as technical improvements are made in some events.

Winning 2 Gold, 1 Silver and 1 Bronze medal has been the best ever by a team of talented athletic girls from the Ipswich & District Athletic Club. This team of girls all have a wonderful future in the sport as the camaraderie really came to light over the two days of competition. The support of parents and friends was absolutely marvelous and this goes a long way to make a great team.

Extraordinary performances inspired the Ipswich team when assisted by of several Coaches, Darin Coombs, Theresa (Marty) Stolberg, Mark Sills, Virginia Trad, Michael Moore, Ted Ruben, Tori Langton and Vic Pascoe.



Master Athletics



Masters athletes **Patrick McCarthy** (club member), **Scott Tuohy** (former club member), **Matthew Learoyd** (club member) and Graham Scully set a new record when they all got together to form a team in the 30-34yrs age bracket as members of the team have to run as at the age of the youngest member (Scott Tuohy 33yrs). This makes it even harder to do as the race was a relay of 4 x 200m with the time of 1 minute and 35.70 seconds lowering the mark from 1.38.49 set in 2009.

Well done, congratulations

Parkrun every Saturday

Some of our families really enjoy the challenge at Limestone Park on a Saturday morning starting at 7am. It is a 5km walk, jog or run depending on your ability, personally I try all three at some stage of the run.

Come on and have a go, it's free and our club is now listed for you to be attached when you register online. That way means anywhere you go our club gets publicity when you run at a different Parkrun.

Celebrating 40 years of Club History.



Ipswich & District Athletics Club
is turning

40

DATE	24	FEB
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11:00am for 11:30am Start

Brothers Leagues Club Ipswich
Wilkey Street
Ipswich 4305

RSVP To Theresa Stolberg (Marty) by Monday
18th of Feb on email
marty@adaptitgroup.com.au

**Cost:- \$20.00 per
person
(Roast Lunch)**

**Bar will be open to
purchase drinks.**

**Payment can be
made on the day at
the welcome table or
transferred into IDAC
A/C CBA BSB.
064417 NO. 00917461
& use Surname as
the reference.**

**Look forward to
seeing you there.**

If you have any memorabilia please bring along to this fabulous 40 years celebration. I am looking forward to seeing many past and present members of the Club.

Congratulations

Having two members being nominated for Australia Day Sports person award for 2019 is remarkable to say the least. **Tamara Carvolth** was nominated at the Somerset Regional Council presentation, unfortunately she did not win this year but was given an exceptional speech by the MC for her role in athletics.



Montanna McAvoy was nominated at the Cassowary Coast Regional Council and went onto win the Sports Person for 2019. Wonderful achievement.



Australian X – Country Trials for World Championships

At Stromlo Forest Park, Canberra on 27th January 2019, two members of our club ran extremely well in the Australian X- Country Selection Trials for the World Championships to be staged in Denmark in March 2019.

The conditions were hot with high humidity and this caused much grief to many of the runners as they progressed through their races, collapsing and looking for that much needed drink to cool down.

Jude Thomas was one of the youngest athletes (still 16yrs) competing in the gruelling 8km for U20yrs where he finished 7th in 26 minutes and four seconds **PB**, just 45 seconds from the winner. This was sensational by the young man to finish so close. Even when he was given a drink by officials, Jude offered his drink to a more exhausted athlete, a true Aussie sportsman with a fabulous future in this sport. His supportive Mum was there helping the more traumatised athletes.



Jude and his Mum (Maree) assisting others

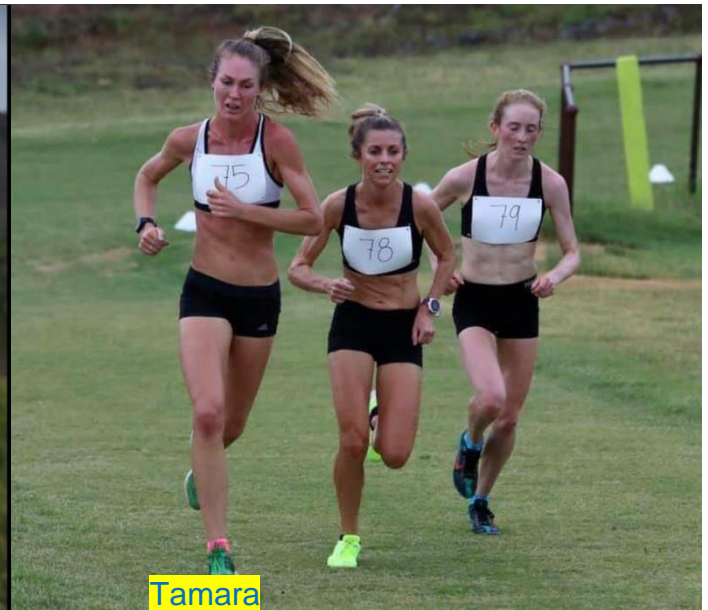


Jude in full flight



JudeThomas

Tamara Carvolth ran the Open Women 10km X–Country with similar conditions to Jude where she finished 10th for the 10km in 36 minutes and 25 seconds. It was an incredible **PB** by 3 minutes and 22 seconds in the gruelling conditions and also to be only 96 seconds from the winner, a fantastic performance by our former Club Champion of 2007/08.



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Healthy Living Lowing Blood Pressure.

A good blood pressure is 120/80 mmHg or lower for most healthy adults. If you've been noticing your readings have been higher than this, or are slowly creeping up, it may be time to start thinking about making a few lifestyle changes or speaking with your physician. Why do I say this? Because lifestyle factors can not only improve your blood pressure within a few weeks, but they can result in lasting shifts in other areas of health as well. Here are 4 easy ways to bring your blood pressure down within 12 weeks or less:

Cut the Salt... Reduce your sodium intake to less than 2000 mg sodium per day to see drop of around 11 points as soon as 2-4 weeks. For reference, one teaspoon of salt, which is a combination of sodium and chloride, has 2300 mg of sodium. The easiest way to reduce this is to stop adding salt to foods, reading food labels, reducing consumption of pre-packaged goods, breads, cheeses, soups, and deli meats. Be particularly wary of your bread and snack choices, as sodium is often used as a preservative. Focus on fresh, whole foods, fruits and vegetables, low sodium seasonings, and using herbs and spices. Items with less than 140 mg sodium per serving are ideal.

Get Moving ... Aim for at least three, 10 minute walks per day, and most days per week or about 150 minutes of exercise. This doesn't have to all be done at once. Exercise done in increments of at least 10 minutes can provide major health benefits. Start slowly and build to comfort to see a decrease of around 7 points in blood pressure within 4-12 weeks.

Lose Weight ... On average, people can expect to drop one blood pressure point for every 2 lbs of weight lost. The good news? Usually weight loss is a by-product of moving and eating more fruits and vegetables, both of which are also factors that improve pressure readings and overall health.

Get More Potassium ... This can help decrease pressure by an additional 4-5 points. Try to get AT LEAST 3,500 mg potassium per day, unless otherwise instructed by your doctor. Foods rich in potassium include many fruits and vegetables including baked potato with skin, beet greens, sweet potato, banana, avocado, tuna, cantaloupe, yogurt, lentils, spinach, beans, edamame, coconut water, and apples.

Little things matter.

Some of our sponsors



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