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## Newsletter

29<sup>th</sup> January 2020

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

The QLD Combined events have proven to be popular by the "girl power" team, congratulations.

A Sausage Sizzle at Bunnings, Bundamba has proven to be a huge success. All monies raised will assist our athletes to enable them to meet their dreams. Many Thanks to the personal who assisted whether it was in the background or on the day, Theresa, Rochelle, Michael, Mark, Leoni, Kym, Rachelle, Kris, Mickeelie, Sharyn, Lee, Madison, Ellie, Lois, Kylie, Jack, David, Willie & Vic.

Our next Sausage Sizzle will be on Saturday 14<sup>th</sup> March 2020 at Bunnings, Bundamba, please advise your availability at the clubhouse on training nights, so a roster can be set up.

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 2020. 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*

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## Track & Field InterClub Competition

**All Track and Field events** are now scheduled on the **Queensland Athletics FB page**.

**Entries are now open QA 3000m Championships** (entries close Friday 7<sup>th</sup> February at 9.00am.

**Australian Combined Championships** at QSAC on 15<sup>th</sup> – 16<sup>th</sup> February 2020. **Entries close 3<sup>rd</sup> February 2020 at 5.00pm.**

The **Queensland Athletics Championships (U14 to Open)** which are being held at the QSAC from **Thursday 5<sup>th</sup> – 8<sup>th</sup> Sunday March 2020**.

**Entries close at 9.00am on Monday 24<sup>th</sup> February 2020.**

Australian Athletics Championships 21<sup>st</sup> – 29<sup>th</sup> March 2020, **entries close Sunday 8<sup>th</sup> March 2020.**

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

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**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.**

### 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.

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## Happy January Birthdays

Jade Hardy-Synnott

Kylie Fouracre

Savannah Bucknell

Emily Little

Craig Thomas

Charlize Goody

Monique Williams

Elli Pedroni

Ethan Platen

Tamika Ritchie

Thaiday "Ted" Ruben

Darin Coombs

Andrew Wheeler

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## Answer to the Question

The winners of the **December** questions were: **Mickeelie Johnson & Imogen Vine**

The correct answer was: **"One."**

### A new question is as follows:

*A group of athletes were standing on the track, facing due west ready for their run. Their Coach Marty shouted at them: Right turn! About turn! Left turn!*

*What direction are the athletes now facing so they can start their run?*

The **first** club member (who has not won in the past 3 months) to reply by email with the correct answer wins a prize.

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

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# *Congratulations*

At the Glynis Nunn Shield, QSAC, Brisbane over two days of competition a Queensland Heptathlon and a Decathlon Combined Championships was staged on 11<sup>th</sup> & 12<sup>th</sup> January 2020 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.

Having a team of 14 girls competing in the 2020 Queensland Heptathlon Championships is a milestone for the club and this sets a benchmark for future teams. The weather was sweltering on Saturday and cold and windy on Sunday, made our girls achievements even more amazing.

**Abbie Severinsen** U15 at her first attempt in the heptathlon finished in 11<sup>th</sup> position with a score of **1357** points. As **Abbie** develops, technical improvements in some events will demonstrate her true abilities.

**Mackenzie Crowley** U15 being the youngest in the field by almost a year at her first attempt in the heptathlon finished 10<sup>th</sup> with a score of **1588**, but did surprise herself setting a new PB in the Shot Put. She has the potential to improve as she injured herself in the Javelin.

**Kali Taylor** U15 at her first attempt in the heptathlon finished in 9<sup>th</sup> position to score with **2630** points equaling her PB in the Long Jump. A definite improver as she develops better techniques in some events.

**Lily Vine** U15 at her first attempt in the heptathlon finished 8<sup>th</sup> with a total score of 2998 and a PB in the long jump. With some technical improvements in a few events, Lily will be competitive in future competitions.

**Toby Stolberg** U/15 it was an amazing performance with finishing 7<sup>th</sup> with a total score of **3296** points beating her previous best by 517 points to qualify for the nationals. Toby set PB's in the High Jump, Javelin and 800m (Vomiting for half of the straight to finish), a true thorough bred throughout the grueling weekend. An excellent future for such a young athlete who never gives up trying.

**Monique Williams** U15 at her first attempt in the heptathlon finished 5<sup>th</sup> to score **3434** points. Improving all the time with PB's in the 90m Hurdles, High Jump, 200m and Javelin demonstrates how she qualified for the Nationals in 4 weeks' time.

**Charlize Goody** U15 won the Gold medal with a national qualifying score of **4264** points. It was truly amazing as Charlize did not taper for the event as she has her sights of being on the podium at nationals in 4 weeks' time. Most events were close to PB's demonstrates her determination and commitment to her sport, always smiling after each event, not showing the effects of a tough weekend of competition.

**Sophie Wilkins** U/16 finished 5<sup>th</sup> in the Heptathlon with a score of **3665** to beat her previous best by 59 points, a national qualifier. A new PB in the Long Jump shows that **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 4 weeks away she will be competitive.

**Mikaela Doneley** U/16 finished 4<sup>th</sup> in the heptathlon with a score of **3869** points beating her previous best by 267 points to again qualify for the nationals. To get **PB's** in the High Jump and 200m demonstrates her future in this event. It was truly a remarkable achievement.



**Erin Wright** U17 won the Gold medal in the U17yrs heptathlon with **4178** points. Some sensational performances with PB's in the 110m Hurdles, Javelin and Shot Put ensured **Erin** is well on the way to be competitive at nationals in 4 weeks' time.

**Laylani Va'ai** U/18 won the Silver medal in the Heptathlon with a score of **4125** points to beat her previous best by **476** points. Major improvements have occurred as **Laylani** achieved PB's in the 100m Hurdles, Javelin and High Jump and near personal bests in the other events. She is another athlete with the potential to represent at national level and be competitive.

**Haley Webber** U/20 was 7<sup>th</sup> at her second attempt in the Heptathlon with a score of **2107**. Haley has the potential to be much better as technical improvements are made in some events.

**Hayley Wright** U20 won the silver medal with a total score of **4115** points to gain a national qualifier. **Hayley** produced PB's in the 100m Hurdles, Javelin and High Jump, but to come off injuries earlier in the season, it has been a wonderful achievement.

**Madison Wells** U20 won the Gold medal with a total score of **4520** points. After a traumatic season of health issues and limited training sessions, it is a marvelous achievement to not only do well at State level but qualifying for nationals is icing on the cake, but doing PB's in the 100m Hurdles, Javelin and 200m was unbelievable. Her cardiologist will have the last say of her near future, but knowing **Madison** it will be only a minor setback.

Winning 3 Gold and 2 Silver medals 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, Theresa (Marty) Stolberg, Mark Sills, Darin Coombs, Michael Moore, Ted Ruben, and Vic Pascoe.



**The Girl Powered IDAC Heptathlon Team for 2020**





Charlize Goody



Erin Wright





12 01 2020

Laylani Va'ai



everything 12 01 2020

Madison Wells and Hayley Wright





*Just a Thought'*

**I've learned that....When overcome by anger or rage,  
take a deep breath, count to ten and try to see the  
situation from the other person's point of view.**

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## 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 it means anywhere you go, our club gets publicity when you run at a different Parkrun.

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## 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.

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## Committee Notes

Our next Monthly committee meeting is on **Tuesday 25<sup>th</sup> February 2020** at 7pm. All welcome.

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## Australia Day – Kilcoy Gift

After a hiatus of about 10 years, the Kilcoy Gift of 120m, Youths 120m Gift and the Open 70m Gift were the highlights of the day sponsored by Searle Family Kilcoy, Kilcoy Global Foods and the Kilcoy Race Club Inc. It was a fabulous way to celebrate Australia Day along with the horse racing, mini trotting races and fashion parades.

Our club athletes participated in all three events and I am proud to say, thank you to all the parents who volunteered in helping out to ensure things ran smoothly.

The athletes who registered and competed from our club were Lily Vine, Elizabeth Melrose, Micklelie Johnson, Taya Beckers, Mikaela Doneley, Patrick McCarthey, Michael Berlin, Ethan Platen, Daniel Qualischefski, Benjamin Thomas, Ethan Platen, Kerry Ryan, along with squad members Ashleigh Caporn, Gracie Vanzella and Ethan Court.

Michael Berlin at 51yrs ran in six races to get to the finals of the Open 70m and Open 120m gifts, a truly remarkable effort, well done.



Lily Vine and Ethan Platen fought out the finish of the 120m Youths Gift with Lily prevailing. Patrick McCarthy and Michael Berlin ran 4<sup>th</sup> and 5<sup>th</sup> in the Open 70m Gift Final. Then to finish the day Michael Berlin ran a great race in the 120m Open Kilcoy Gift Final to finish 6<sup>th</sup>.







Patrick McCarthy

Michael Berlin

Open 70m Kilcoy Gift Presentation

## Sponsors

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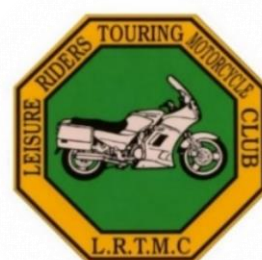
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# Healthy Living in this Day and Age

## *1. Eat a variety of foods*

For good health, we need more than 40 different nutrients, and no single food can supply them all. It is not about a single meal, it is about a balanced food choice over time that will make a difference!

- A high-fat lunch could be followed by a low-fat dinner.
- After a large meat portion at dinner, perhaps fish should be the next day's choice?

## *2. Base your diet on plenty of foods rich in carbohydrates*

About half the calories in our diet should come from foods rich in carbohydrates, such as cereals, rice, pasta, potatoes, and bread. It is a good idea to include at least one of these at every meal. Wholegrain foods, like wholegrain bread, pasta, and cereals, will increase our fibre intake.

## *3. Replace saturated with unsaturated fat*

Fats are important for good health and proper functioning of the body. However, too much of it can negatively affect our weight and cardiovascular health. Different kinds of fats have different health effects, and some of these tips could help us keep the balance right:

- We should limit the consumption of total and saturated fats (often coming from foods of animal origin), and completely avoid trans fats; reading the labels helps to identify the sources.
- Eating fish 2-3 times a week, with at least one serving of oily fish, will contribute to our right intake of unsaturated fats.
- When cooking, we should boil, steam or bake, rather than frying, remove the fatty part of meat, use vegetable oils.

## *4. Enjoy plenty of fruits and vegetables*

Fruits and vegetables are among the most important foods for giving us enough vitamins, minerals and fibre. We should try to eat at least 5 servings a day. For example, a glass of fresh fruit juice at breakfast, perhaps an apple and a piece of watermelon as snacks, and a good portion of different vegetables at each meal.

## *5. Reduce salt and sugar intake*

A high salt intake can result in high blood pressure, and increase the risk of cardiovascular disease. There are different ways to reduce salt in the diet:

- When shopping, we could choose products with lower sodium content.
- When cooking, salt can be substituted with spices, increasing the variety of flavours and tastes.
- When eating, it helps not to have salt at the table, or at least not to add salt before tasting.

Sugar provides sweetness and an attractive taste, but sugary foods and drinks are rich in energy, and are best enjoyed in moderation, as an occasional treat. We could use fruits instead, even to sweeten our foods and drinks.

## *6. Eat regularly, control the portion size*

Eating a variety of foods, regularly, and in the right amounts is the best formula for a healthy diet.

Skipping meals, especially breakfast, can lead to out-of-control hunger, often resulting in helpless overeating. Snacking between meals can help control hunger, but snacking should not replace proper meals. For snacks, we could choose yoghurt, a handful of fresh or dried fruits or vegetables (like carrot sticks), unsalted nuts, or perhaps some bread with cheese.

Paying attention to portion size will help us not to consume too much calories, and will allow us to eat all the foods we enjoy, without having to eliminate any.

- Cooking the right amount makes it easier to not overeat.
- Some reasonable serving sizes are: 100 g of meat; one medium piece of fruit; half a cup of raw pasta.
- Using smaller plates helps with smaller servings.
- Packaged foods, with calorie values on the pack, could aid portion control.
- If eating out, we could share a portion with a friend.

## *7. Drink plenty of fluids*

Adults need to drink at least 1.5 litres of fluid a day! Or more if it's very hot or they are physically active. Water is the best source, of course, and we can use tap or mineral water, sparkling or non-sparkling, plain or flavoured. Fruit juices, tea, soft drinks, milk and other drinks, can all be okay - from time to time.

## *8. Maintain a healthy body weight*

The right weight for each us depends on factors like our gender, height, age, and genes. Being affected by obesity and overweight increases the risks of a wide range of diseases, including diabetes, heart diseases, and cancer.



Excess body fat comes from eating more than we need. The extra calories can come from any caloric nutrient - protein, fat, carbohydrate, or alcohol, but fat is the most concentrated source of energy. Physical activity helps us spend the energy, and makes us feel good. The message is reasonably simple: if we are gaining weight, we need to eat less and be more active!

### *9. Get on the move, make it a habit!*

Physical activity is important for people of all weight ranges and health conditions. It helps us burn off the extra calories, it is good for the heart and circulatory system, it maintains or increases our muscle mass, it helps us focus, and improves overall health well-being. We don't have to be top athletes to get on the move! 150 minutes per week of moderate physical activity is advised, and it can easily become part of our daily routine. We all could:

- use the stairs instead of the elevator,
- go for a walk during lunch breaks (and stretch in our offices in between)
- make time for a family weekend activity

### *10. Start now! And keep changing gradually.*

Gradual changes in our lifestyle are easier to maintain than major changes introduced all at once. For three days, we could write down the foods and drinks we consume throughout the day, and make a note of the amount of movement we made. It won't be difficult to spot where we could improve:

- Skipping breakfast? A small bowl of muesli, a piece of bread or fruit, could help slowly introduce it into our routine
- Too few fruits and vegetables? To start with, we can introduce one extra piece a day.
- Favourite foods high in fat? Eliminating them abruptly could fire back, and make us return to the old habits. We can choose low fat options instead, eat them less frequently, and in smaller portions.
- Too little activity? Using the stairs daily could be a great first move.

Little things matter.

