



P O Box 220, Booval Qld 4304

Ph: 0409 754 884

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

Newsletter

27th March 2019

President's Message:

The Australian Track and Field Athletics Championships will be held in Sydney where our athletes can compete with the best. Congratulations to all those who will be competing but without the support of sponsors, family and friends this would not happen. Well done coaches.

Don't forget to nominate for a committee position as the AGM will be held on Sunday 26th May 2019 at Brothers Leagues Club at 11.00am. This day includes the Awards presentation.

Canteen convener is urgently required for the GPS Cross-Country meet on the 29th May 2019. Also a list of volunteers/helpers are required, please advise your availability on what times of the day you can do, competition usually starts at 9.00am, however preparations in canteen start much earlier.

With the Australian Athletics Championships U14yrs – Open on next week, I wish all our athletes competing all the best and may you enjoy the experience.

Vic

QLD Track & Field Championships 7th March - 10th March 2019

Many of the athletes who have qualified will be competing in Sydney from 1st April – 7th April 2019 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.

Hayley Condon	U/14yrs	Discus	5 th	22.39m	
Kamara Stewart	U/14yrs	100m	9 th	14.83	
		Triple Jump	6 th	7.85m	
Charlize Goody	U/14yrs	High Jump	4 th	1.40m	PB
		Discus	2 nd	27.41m	
		Long Jump	=2 nd	4.51m	PB
		Shot Put	2 nd	10.88m	
		Javelin	2 nd	29.28m	
Clare Bellingham	U14yrs	High Jump	3 rd	1.45m	
		Long Jump	4 th	4.39m	
Krystal Smith	U/14yrs	Triple Jump	3 rd	9.53m	
		200m	12 th	30.79	

Toby Stolberg	U/14yrs	High Jump	1 st	1.55m	PB	
		Long Jump	=2 nd	4.51m	PB	
		Triple Jump	4 th	9.30m	PB	
		80m Hurdles	7 th	14.44	PB	
Jessica Rowe	U/15yrs	Hammer	1 st	42.42m		
		Discus	4 th	30.79m		
		Javelin	3 rd	26.36m		
		Shot Put	2 nd	10.99m		
Sophie Wilkins	U/15yrs	Discus	5 th	27.10m		
		Long Jump	9 th	4.39m		
		Shot Put	4 th	10.16m		
		Javelin	2 nd	26.78m		
		90m Hurdles	11 th	15.16		
Aldora Tuilaepa	U/15yrs	Discus	6 th	24.68m	PB	
		Shot Put	7 th	8.62m		
		Javelin	4 th	21.81m		
Taya Beckers	U/16yrs	400m	10 th	65.24		
		Long Jump	9 th	4.34m	PB	
Leah Marie Clark	U/16yrs	200m	14 th	27.76		
		400m	8 th	65.45 F	(64.96 Heat)	
Kiara Condon	U/16yrs	High Jump	3 rd	1.60m	PB	
		90m Hurdles	7 th	14.62		
		Shot Put	4 th	11.06m	PB	
Erin Wright	U/16yrs	90m Hurdles	1 st	12.93	PB	
		200m Hurdles	1 st	29.47		
Camyrn Novinetz	U/17yrs	5000m Walk	1 st	26.38.46		
Laylani Va'as	U/17yrs	Discus	2 nd	39.25m		
		Long Jump	7 th	4.66m		
		Shot Put	3 rd	12.70m		
Dahniella Pedroni	U/17yrs	High Jump	=4 th	1.50m		
		Triple Jump	3 rd	10.73m		
		Long Jump	9 th	4.57m		
Hayley Wright	U/20yrs	100m hurdles	1 st	14.48	PB	
Kirri Csurhes	U/20yrs	100m	5 th	12.47	PB	
		100m Hurdles	3 rd	14.75	PB	
Kyra Domrow F12	Open	Hammer	5 th	31.87m		
	Ambulant	Shot Put	2 nd	10.40m	69.10%	PB
	Ambulant	Discus	2 nd	32.78m	69.16%	
Tamara Carvolth	Open	1500m	5 th	4.43.18		

Pharrell Eliu	U/14yrs	Triple Jump	1st	10.84m	
Ky Dalby	U/15yrs	Discus	8 th	24.87m	PB
		Shot Put	5 th	7.47m	
Joshua Carrick	U/17yrs	110m Hurdles	2nd	16.26	
Alex Davies	U18yrs	800m	8 th	2.02.51	
		1500m	5 th	4.05.94	
Jude Thomas	U/18yrs	800m	2nd	1.56.56	PB
		1500m	1st	3.55.50	PB
Zac Catterson	U/18yrs	Shot Put	2nd	14.70m	
		Discus	3rd	48.43m	
Benjamin Thomas	Open	100m	12 th	10.85	PB
	U/20yrs	200m	4 th	22.04	PB
Harry Wilson	U/20yrs	1500m	16 th	4.21.66	
		8 Gold	13 Silver	8 Bronze	

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





Hayley Wright

Kirra Csurhes



Krystal Smith



Clare Bellingham



Joshua Carrick



Pharrell Eliu



Kiara Condon



Erin Wright



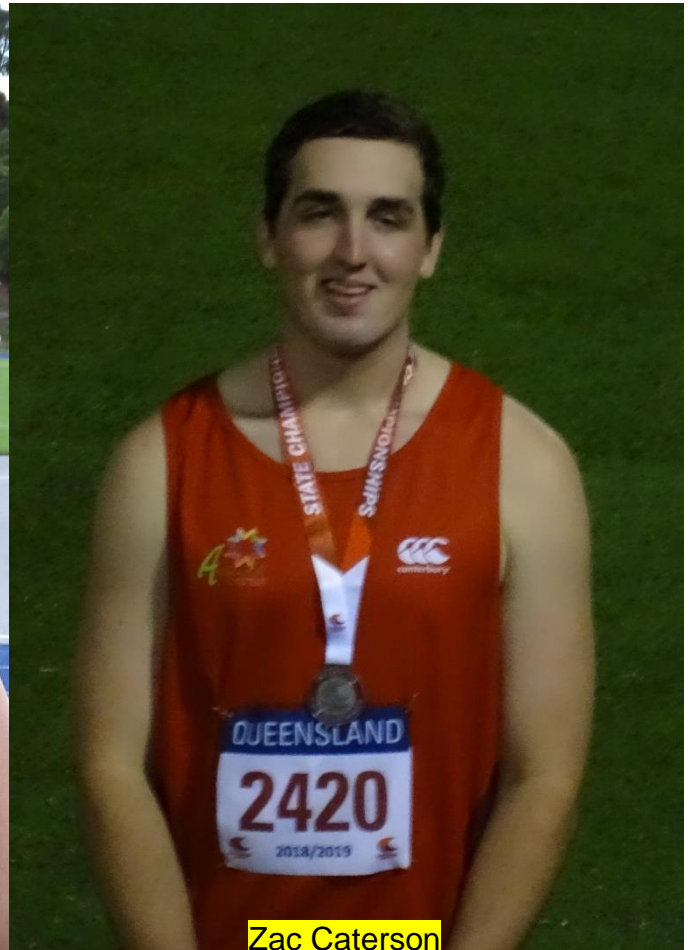
Des Johnston and Kyra Domrow with her dog getting the medal, so cool



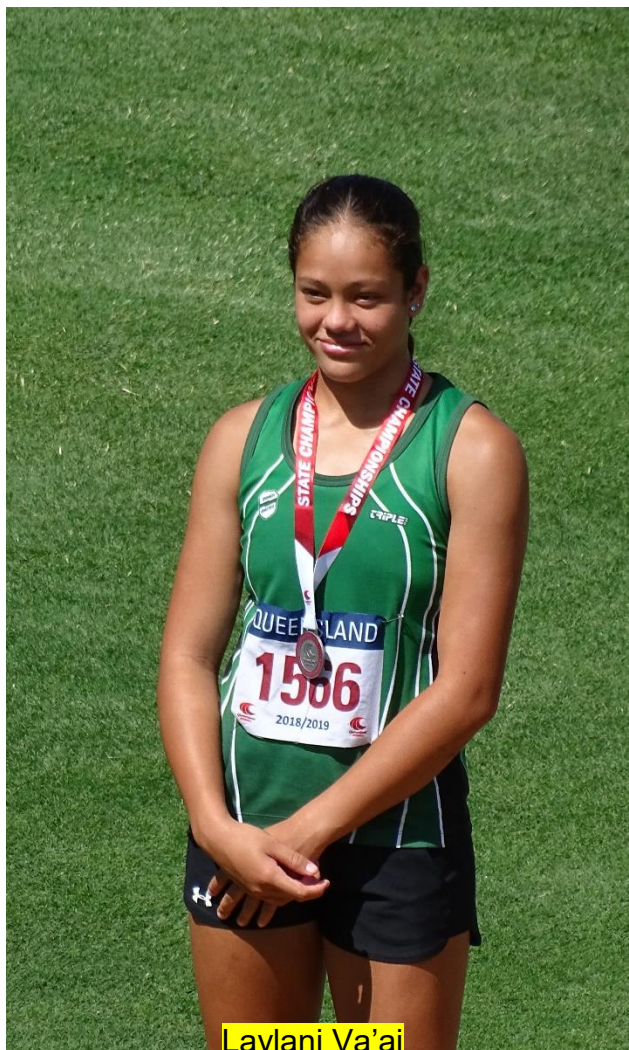
Toby Stolberg



Ky Dalby



Zac Caterson



Laylani Va'ai



Jude Thomas



Proud Coach Ted Ruben

Dahniella Pedroni



Camryn Novinetz

Australian Junior Combined Events Championships

16th & 17th March 2019, Domain Stadium, Hobart

The club had only four competitors at these Championships, but **Sophie Wilkins** showed us how immense determination with prior hard work can win the Bronze medal in the U/15yrs Heptathlon, congratulations, well done.

Mikaela Doneley	U/15yrs	Heptathlon	2939 points	6th	
Results of the seven events		90m Hurdles	15.78	4 th	
		High Jump	1.45m	3 rd	PB
		Shot Put	6.52m	6 th	
		200m	29.33	5 th	
		Long Jump	3.67m	6 th	
		Javelin	12.46m	6 th	
		800m	2.55.00	6 th	
Sophie Wilkins	U/15yrs	Heptathlon	3606 points	3rd	
Results of the seven events		90m Hurdles	15.38	3 rd	
		High Jump	1.36m	5 th	=PB
		Shot Put	10.35m	2 nd	
		200m	29.77	6 th	PB
		Long Jump	4.43m	3 rd	
		Javelin	26.88m	2 nd	
		800m	2.49.83	4 th	PB
Kiara Condon	U/16yrs	Heptathlon	4006 points	7th	PB
Results of the seven events		90m Hurdles	14.73	4 th	
		High Jump	1.54m	2 nd	
		Shot Put	10.41m	1 st	
		200m	28.98	9 th	
		Long Jump	4.44m	9 th	
		Javelin	27.46m	5 th	
		800m	2.45.83	9 th	PB
Laylani Va'ai	U/17yrs	Heptathlon	3649 points	7th	PB
Results of the seven events		100m Hurdles	17.57	10 th	
		High Jump	1.31m	11 th	
		Shot Put	12.68m	1 st	
		200m	27.94	7 th	
		Long Jump	4.61m	9 th	
		Javelin	28.17m	4 th	PB
		800m	2.50.76	10 th	PB

Preparations leading up to these championships were hindered with injuries and sickness, **Mikaela Doneley** hampered with hamstring problems, **Kiara Condon** coming back from a broken foot and **Laylani Va'ai** having a bad case of bronchitis. Just getting to this level has been an amazing feat for our girls, congratulations. The number of **PB's** is a testament to their commitment and dedication to overcome obstacles at the highest level in the Country. It was tremendous how each of the girls and parents supported each other throughout the weekend, camaraderie at its best.



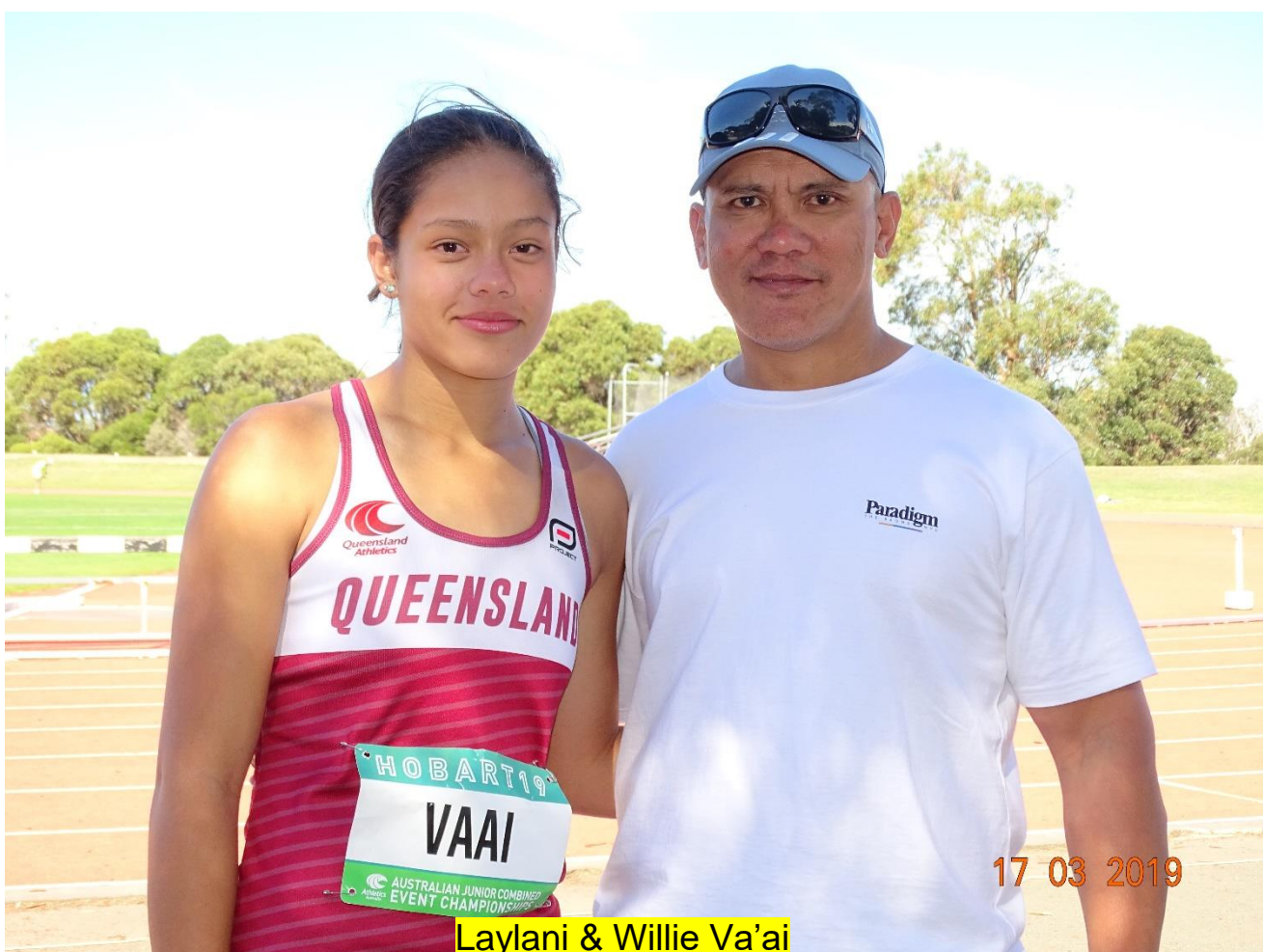
Sophie & Leoni Wilkins



Lois Kelly & Mikaela Doneley



Kiara & Pete Condon



Laylani & Willie Va'ai



Mikaela Doneley, Sophie Wilkins, Kiara Condon & Laylani Va'ai

Committee Notes

Our next Monthly committee meeting is on **Tuesday 30th April 2019** at 7pm. All welcome.

Just a Thought'

**I've learned that Take the time to
assess your priorities.**

Track & Field InterClub Competition

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

Cross country events are now available on line.

www.qldathletics.org.au

QAL now has several events scheduled on their website www.qal.org.au

Happy March Birthdays

Rochelle Vidler Olivia Windolf Kiara Condon Dahniella Pedroni

Jude Thomas Michael Thomas Dakota Stewart Haley Wright

Club Uniform

The Club uniform ***must*** be worn at all interclub meets, e.g. All comers at St. Lucia, QSAC and Gold Coast etc. **If the uniform is not worn, no points or performances will be recorded at inter club meets.**

Answer to the Question

The winner of the **February** question was **Jade Hardy-Synnott**

The correct answer was: **"I'm a word!"**

A new question is as follows:

In Roman numerals, five is V and eleven is XI. What is the numeral for nineteen?

Think carefully!

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

Email: - vgpascoe1@bigpond.com.au

Club Training Nights

Training sessions on a Monday and Wednesday night at the Bill Paterson oval will begin at 6.30pm and finish at 8.30pm and a training fee of \$3.00 will apply for each athlete.

The Bill Paterson track will be closed during April 2019 for maintenance, however we can train on the top oval. Throwers and jumpers will not be affected.

Any other extra training sessions can be arranged with your Coach.

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

One Mile Gift

When: Saturday 4th May 2019

Where: Bundamba Racecourse, Ipswich.

\$5,000 for the One Mile Gift

\$1,000 for the 300m Gift



Entries close Friday 27th April 2018.

An Entry form is attached with this newsletter.

It is also on our website, club FB page and the QAL website.

This month's Healthy Tip 3 Foods that help you stay hydrated.

The human body is largely made up of water, so it makes sense that consuming water and water-rich produce helps maintain balance and protects against dehydration. It also helps you detoxify.

Fluids allow kidneys to remove waste products from your blood, sending important minerals back into the bloodstream and flushing the leftover compounds out in your urine.

Here is a quick list of 3 foods that help you stay hydrated...

* **Cucumbers** – Highest water content of any solid food, 96.7%. They are low in calories and high in fibre, which makes them useful for both weight loss and digestive health. Cucumbers also contain an anti-inflammatory flavonoid called Fisetin (also found in Strawberries) that appears to play an important role in your brain health.

* **Celery** – Very few calories, just 6 calories per stalk. This veggie is not short on nutrition, however Celery contains folate and vitamins A, C and K. It also helps neutralizes stomach acid and is often recommended as a natural remedy for heartburn and acid reflux.

* **Watermelon** – This juicy melon is also among the richest sources of Lycopene, a cancer-fighting antioxidant found in red fruits and vegetables.

Of course there are many more foods that help you stay hydrated but this is a great start for ideas the next time you head to the store.

Hydration is so important.



CLUB BREAKUP

Please note that the Club will hold its annual **Trophy Breakup at 11.00am start on Sunday 26th May 2019** at Brothers league Club, Raceview. Many trophies are given out on this day, so please support all our members by attending.

Club Champion award

Achiever of the Year award

Les Scott Encouragement Award

Bremer Chiropractic U/20yrs award male & female

Rookie of the year award male and female

Most Interclub Participation award

Highest points for X-Country, Track and Field, male and female and many more.

A guest speaker will be commencing the breakup, be ready with your questions! Watch this space.

At the breakup our Club's **Annual General Meeting** will be held. **All positions** are declared vacant and this is your opportunity to become part of the Committee. Nomination forms for positions are available on training nights. **Ph. 0409 754 884.**



Les Scott & Associates
A.B.N 34 404 377 930
Australian Credit Licence 385281

