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## Newsletter

28<sup>th</sup> November 2019

### ***PRESIDENT'S MESSAGE:***

The start of the season has many new faces joining our club and many thanks goes to Theresa (Marty) for encouraging young athletes (especially Ipswich Little 'A's) to become more skillful and adept in all events they compete in. Hope to see you all either at training or at the competitions.

Yes, we are on **Face Book** as a closed group called **IDAC**, and it's for club members, parents and supporters of our club. This way local updated late news can be circulated. *So look for us and ask to join so you can be added to the closed group.*

We also have a public **FB** page called Ipswich & District Athletic Club for general enquiries.

It was excellent to see our Club members been recognised by QLD Athletics for their amazing Achievements during 2019 season whether it be regional, State or International performances.

**Brad Duxbury** a longtime supporter of athletics along with Stazer Racing on Utube, a committee member of 12yrs and sponsor will be sadly missed.

**RIP mate.**



Vic

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## Parents Volunteering

On training nights when our Committee are unable to have someone at the clubhouse window to take training fees etc. it would be wonderful if some parents could help out on a roster system. It is not hard and is only for about 45 minutes at start of training.

Please see Vic Pascoe so a list can be drawn up, training if required of joining Club etc..

With your help this action would make our club run a whole lot better.

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### ***Just a Thought'***

**I've learned that.....It pays to believe in miracles and to tell the truth, I've seen several.**



## 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
Polo Shirt	\$50-00

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

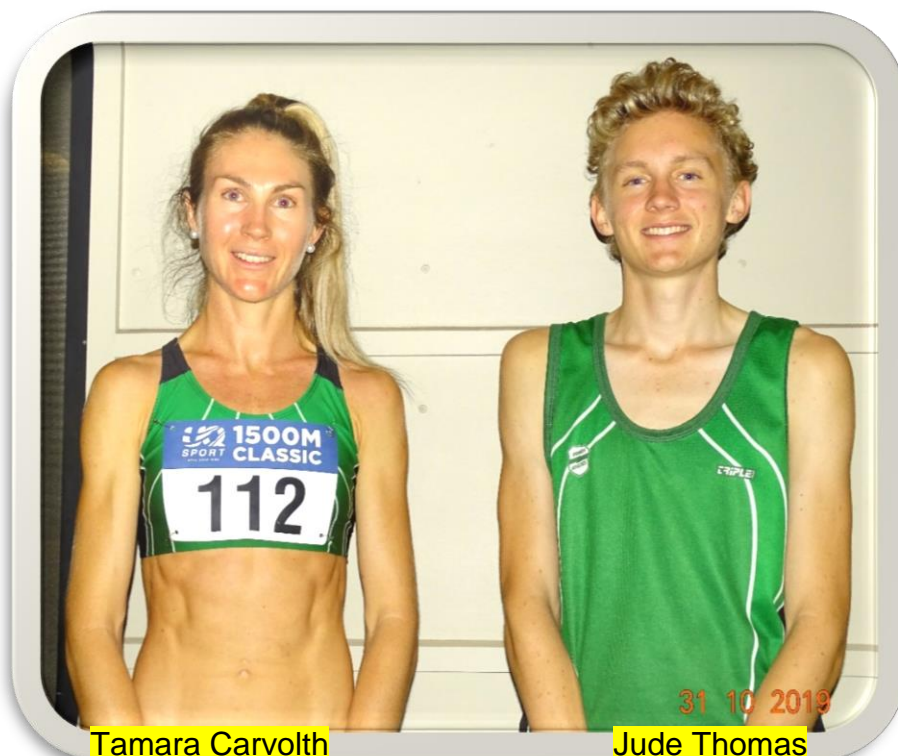
## Congratulations

At the UQ 1500m Classic held on the 31/10/2019 had Jude Thomas and Tamara Carvolth run like their life depended on it.

**Jude Thomas** (17yrs) ran in the Open Men 1500m Classic finishing 8<sup>th</sup> in 3.49.55. This was a massive PB of 5.5 seconds. He is now within striking distance of getting a time of 3.48.00 to qualify for the World Junior Championships, he has until next March 2020. Well done.

**Tamara Carvolth** (29yrs) ran in the Open Women 1500m Race1 finishing 2<sup>nd</sup> in 4.39.35 after setting the pace, it was a new PB. Well done.

Videos of these races are on Utube.



# Happy November Birthdays

Indiana Platen Larissa Chambers Lily Vine

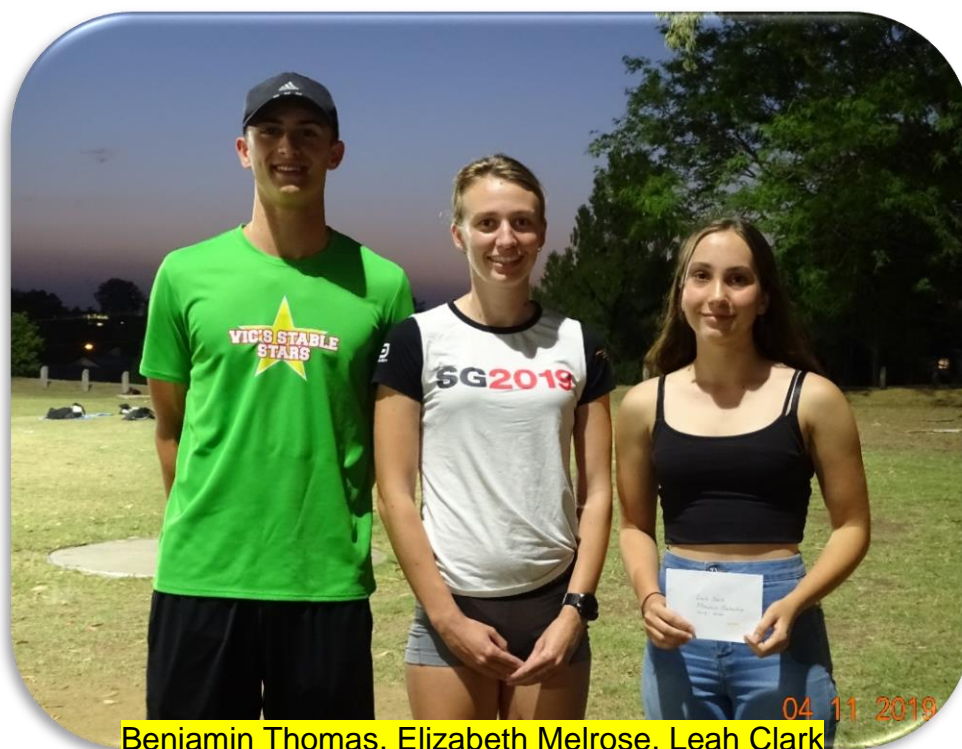
Brad Robinson

Benjamin Thomas

## A Free Membership for Someone

A free platinum membership is offered for any athlete, who gains the highest points and participation throughout the year and this is possible by competing in X-Country and or Track and Field events. It is calculated from the start of the X-Country season 2019 to Australian Open Track & Field Championships 2020.

Club Captains Benjamin Thomas & Elizabeth Melrose presented **Leah Clark** the free membership for 2019 / 2020 season



Benjamin Thomas, Elizabeth Melrose, Leah Clark

## The Club Christmas Party



We will be holding a breakup fun night with games at the Clubhouse, Bill Paterson Oval on Monday 16<sup>th</sup> December 2019 for a **6.00pm start**.

**RSVP** is required for catering purposes by Monday 9<sup>th</sup> December 2019 or on any training night.

The Club is providing food and nibbles, tea and coffee etc. **Please bring a plate of food for all to share.**

**Theme costumes this year are prizes for best male and female starting with the letters "I" or "D".**

After judging, prizes will be on offer for best male and best female entrants and a highly commended. **Don't miss out.**

## Budding Future Stars

The 2019 Australian Secondary All Schools Championships will see our exciting young **Club** athletes competing in Perth, December 6<sup>th</sup> - 8<sup>th</sup> December 2019.



A School Nitro competition will be on December 9<sup>th</sup> 2019 in Perth.

This competition provides an outstanding opportunity for budding athletes to achieve new personal bests in the company of their talented peers from around the nation. Performances achieved will set the tone for the Australian Athletics Championships to be held in Sydney (NSW) in March 2020

**Charlize Goody U/14** Javelin      **Sophie Wilkins U/16** Javelin      **Kiara Condon U/16** Shot Put  
**Dahniella Pedroni U/18** Triple Jump      **Haley Webber U/18** Triple Jump

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## Track & Field Competition for Championships

**QLD Combined Championships 11-12<sup>th</sup> January 2020**

**Australian Combined Championships 15-16<sup>th</sup> February 2020, QLD.**

**Queensland Athletics Championships 5-8<sup>th</sup> March 2020, QSAC.**

**Australian Athletics Championships 21-29<sup>th</sup> March 2020, Sydney.**

Check out the Queensland Athletics website for further information.

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

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## Committee Notes

Our next Monthly committee meeting is on **Thursday 24<sup>th</sup> January 2020** at 7pm. All welcome.



The club has now met Level 3 accreditation for food handling, smoking policy, alcohol policy and transport policy along with promoting the healthier lifestyle for our club members.

Any questions on this can be answered by President Vic Pascoe. Also you can check out the Good Sports website.

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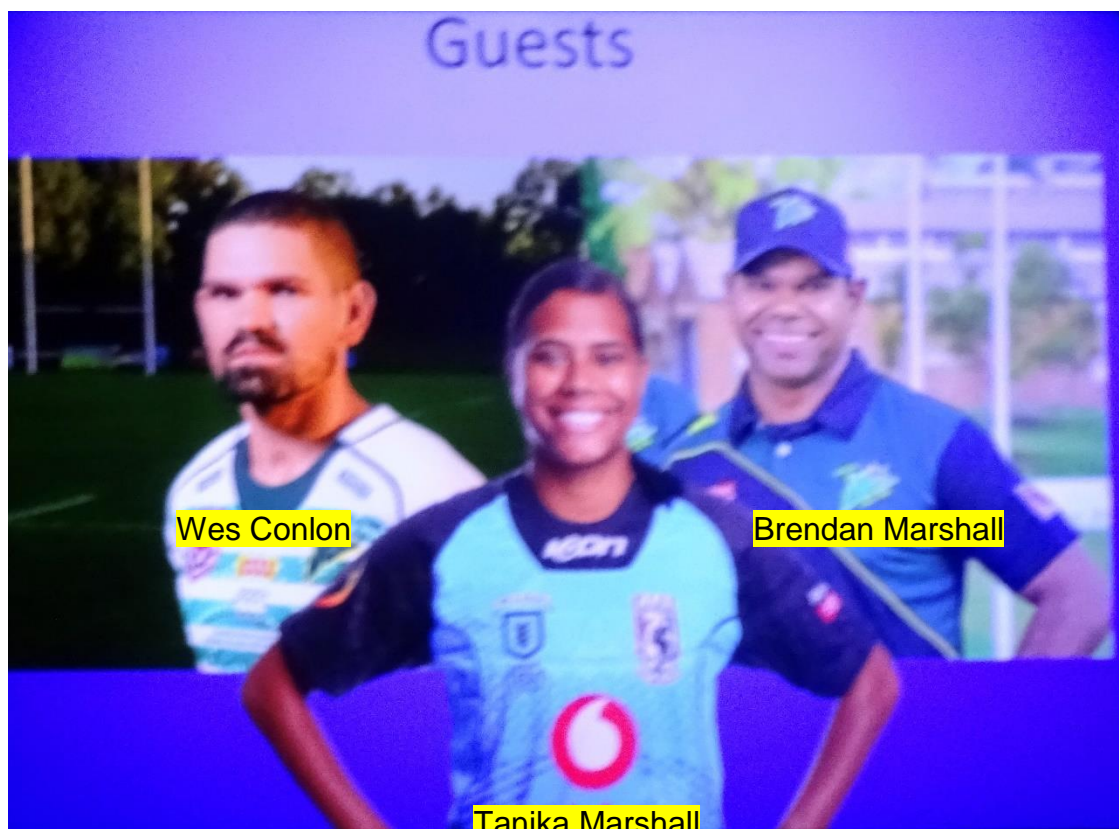
# Congratulations

At the Brothers Kindred Club Junior Sport Star awards saw Sport Stars and Encouragement winners introduced at the annual Awards dinner on 8/11/2019.

Our club had two nominees; Jude Thomas and Camryn Novinetz for the Sport Star award and Kiara Condon and Mikaela Doneley nominated as an Encouragement Award recipients.

It was a wonderful night where Wes Conlon, Brendan and Tamika Marshall were guest speakers talking about their past experiences and their future goals. (Tamika was a past member of the Club who was good at Hurdles and High Jump). She now represents FIJI in rugby league.

**Jude Thomas (Athletics)** was the winner of this prestigious award where many before him have gone to representing Australia at various events. Well-deserved on an outstanding year.



Wes Conlon

Brendan Marshall

Tanika Marshall





State representatives were also given a medallion, we had fifteen athletes being acknowledged for their outstanding achievements.



Having supporters at this wonderful function goes a long way to demonstrate to our athletes that we are right behind you, for those who were unable to attend, you missed a fabulous dinner and a night to remember.





Mark Sills & Kiara Condon



Lois Kelly & Kylie Fouracre



Mikaela, Dahniella, Kiara with Tanika Marshall



Jude & Michael Thomas





## Congratulations



Queensland Athletics proudly acknowledged and presented all athletes a trophy who represented Australia during 2019. Unfortunately not all athletes could attend due to other commitments.

Congratulations to club members Jude Thomas and Kirra Csurhes representing Australia in the Oceania Track & Field Championships at Townsville in June 2019.



## Queensland 5000m Championship was staged at QSAC on Saturday 16/11/2019.

Sterling performances came from **Tamara Carvolth** and **Jude Thomas**.

**Tamara Carvolth** finished 4<sup>th</sup> after leading for most of the 5000m QLD Championship in 17.17.97. She won this race back in February 2017, truly amazing performances as Tamara has never finished further back than 5<sup>th</sup> place in 5000m QLD Championships, congratulations.

**Jude Thomas**, never to be out done finished 3<sup>rd</sup> in the 5000m QLD Championships in 14.23.40 after being towards the back of the field in the early stages of the race, but he slowly clawed his way to the bronze medal over the last 1000m of the race, a remarkable performance by this young man as he was less than 5 seconds from the winner and also the youngest. He also won the U20yrs Championship whilst competing in the Open division, congratulations.

Photos courtesy of Michael Thomas.





## Multus Performance Heptathlon Championship, held in Melbourne on 16-17/11/2019

A grueling weekend was had by **Charlize Goody** and **Mikaela Doneley** who competed in the U16yrs Heptathlon Championship, this event allowed our athletes a chance to qualify for the Australian Championships to be held in February 2020. Not having many chances to qualify, this is a great event.

**Charlize Goody** proved too strong on the day 2 of competition after being in 2<sup>nd</sup> position on day 1. It was an amazing performance by Charlize as she is still 13yrs in the U16yrs competition. She won the gold medal and trophy with a **PB** overall of 4354 points, Congratulations.

**Day 1.** 100m Hurdles 15.14    High Jump 1.45m    Shot Put 11.88m    200m 29.23

**Day 2.**        Long Jump 4.85m        Javelin 39.20m        800m 2.37.35

**Mikaela Doneley** was on a mission to qualify for the Australian Championships and did so, quite comfortably when she finished 5<sup>th</sup> with 3602 points, a huge **PB**, congratulations.

**Day 1.** 100m Hurdles 14.98    High Jump 1.42m    Shot Put 8.67m    200m 28.60

**Day 2.**        Long Jump 4.22m        Javelin 18.91m        800m 2.40.38

Photos courtesy of Kym Goody





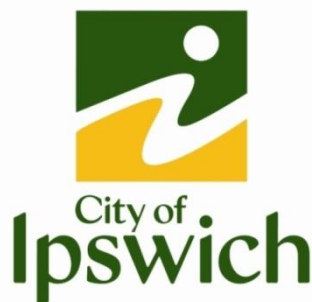
## 10<sup>th</sup> Surf Club Noosa Gift 23<sup>rd</sup> November 2019

**Patrick McCarthey** the evergreen ran a fabulous race to finish 6<sup>th</sup> in the 70m Pacific Ford Dash and then make it through to the semi-finals of the 110m Noosa Surf Club Gift. For **Patrick** to back up and do five races in the one afternoon/evening meet, it was a huge achievement.

**Kerryn Ryan** finished 4<sup>th</sup> in the 70m Pacific Ford Dash and then finish 3<sup>rd</sup> in the 110m Noosa Surf Club Gift, an amazing runs in both races, but to come home with substantial prizemoney makes it a great day of racing when you have to run six times.

**Benjamin Thomas** had an barn storming finish in the 300m Murray Surveyors Gift after being boxed in at the top of the straight to be the 3<sup>rd</sup> place getter in an exciting race where **Elizabeth Melrose** and **Mikaela Doneley** also made the final, but were unable to get a prize.

**Mickeelie Johnson** and **Jet Nunez** were unable to go past the heats, consistency is the key and running in front of the handicapper gives better opportunities in the future, congratulations all.







Noosa Surf Club 110m Noosa Gift Presentation



Kerryn Ryan

Patrick McCarthy

70m Open Gift Presentation





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## Answer to the Question

The winner of the **October** question was **Lily Vine**  
The correct answer was: "A treadmill".

## A new question is as follows:

What word starts with "e" ends with "e" and only has one letter in it?

Think carefully!!!

The **first** club member (who has not won in the past 6 months) 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 6.30pm to 8.30pm.**

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

The last official training session for the year will be the Wednesday 18<sup>th</sup> December 2019 and the **first official session** for the New Year will be Monday 6<sup>th</sup> January 2020 at 6.30pm.

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## Health Tip - Sleeping.

It often feels like there's just not enough hours in a day and when we need more time into our schedules, where does it come from? For most of us, it's our sleep. Are we doing the right thing by not getting our 7-9 hours each night? The Answer: NO.

Here are some signs you aren't getting enough quality sleep:

- \* Poor memory retention (sleep deprivation hurts your ability to consolidate new memories)
- \* Fatigue
- \* Stomach and digestion issues
- \* Weight gain & inaccurate hunger signalling
- \* Increased stress and inflammatory response
- \* Excessive blinking and/or yawning
- \* Slow recovery from exercise (can also be a sign you're overtraining)
- \* Elevated or high blood pressure

Bottom Line: Sleep is incredibly important for all of our regulatory systems and our emotional health. I think it's safe to say that most of us have probably ripped someone's head off (figuratively speaking, I hope) from being tired or low on energy. And when we really look at our schedules, there's almost always another area we could adjust (TV watching, phone usage, delegating tasks) rather than sacrificing our sleep. Because if you're falling asleep during the day, I hate to break it to you –you're not being productive either. You're also not going to be productive if you can't remember things, need to eat more often, or end up at more doctor's visits. We need to look at catching our ZZZ's like we do Pokemon – YOU GOTTA CATCH THEM ALL!

Here are some tried and true tips to ensure you're getting the sleep you both need and deserve:

1. Maintain a sleep/wake schedule. Ideally you should be going to bed and waking within 20 minutes of the same time each day. Need help setting a schedule? Start by setting a goal sleep and wake time, and slowly go to bed 15 minutes earlier and rising 15 minutes earlier than you currently do. Adjust each day by 15 minutes until you are at your goal sleep/wake time. Below is a sample sleep schedule. Example - Current Sleep/Wake Times: 11:30PM/6:45AM Goal Sleep Time: 10PM Goal Rise Time: 6AM
2. Avoid naps longer than 30 minutes, especially after 3PM & caffeine after 12PM.
3. Make your bedroom a place for only sleep (and intimacy). It should be cool, dark, relaxing, and void of distractions like TVs or work desks. Be sure to set the psychological expectation of sleep for the room. When your mind knows what to expect, your body is more likely to follow.



4. Turn off all electronics –TV, computer, etc. - and stop cell phone use at least 45 minutes before going to bed. This reduces blue light emissions that come from these devices that can throw off our body's sleep-wake cycle.
5. Create a standard night-time routine. We do this with children and it works well. Newsflash – we're all just children who have grown (some of us more than others) Example: One hour before bed, shut off the TV and put your phone on the charger. Get your lunch prepared or boxed up for the next day. Have coffee maker set for the morning. Change into comfortable clothes, wash your face and brush your teeth. Set your alarm. Crawl into bed, journal/pray/meditate for a bit, and then LIGHTS OUT.
6. Keep a fan on or a noise cancelling device. When we first moved to the city, we were exhausted often and couldn't figure out why. After using a white noise machine for one week, it quite literally changed our moods and energy levels. You may think noise is no big deal, but it can jolt you out of deep sleep without waking you fully, greatly impacting the quality without you ever opening your eyes.
7. Exercise!! If you feel like you aren't tired at night – start integrating exercise into your day and I guarantee you will be. Aim for 30 minutes most days per week, and never exercise within 2 hours of your desired bedtime.

Remember – if you don't make time to snooze- you'll lose in the long run! You're too important not to take care of yourself.

## Yearly Committee Get-together





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