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

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**Newsletter**

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

## **PRESIDENT'S MESSAGE**

Just a reminder for everyone it is time to register for the new Track & Field season so that athletes are eligible to compete when the new club season begins i.e. 1/10/2018.

If in doubt about registering especially for the first time, information is at the clubhouse on training nights – and also become familiar with the QA calendar of events for the 2018-19 season on the QLD Athletics website at [www.qldathletics.org.au](http://www.qldathletics.org.au)

What a wonderful experience it will be for **Rochelle Vidler** competing at the Youth Olympics in Buenos Aires, Argentina from 6<sup>th</sup> - 18<sup>th</sup> October 2018 along with her Coach **Michael Moore** who will be the Australian team coach for the throwers. This event will be live streamed.

Excellent to see the Hammer/Discus cage completed, it will be a wonderful facility as it is built to IAAF standards and this will provide our throwers an opportunity to be at their best in the future.

**VIC**

## **LOOKING AHEAD!**

I do know there are PB's being made at some of the track meets and I believe they will have an excellent chance for State selection next month along with many others who are training hard from our Club.

**There are plenty of important events in the near future. The list is as follows;**

13/10/2018	Alana Boyd Shield, QSAC
19 <sup>th</sup> – 20 <sup>th</sup> October 2018	Queensland All School Track & Field Championships, Cairns 10-12yrs.
25 <sup>th</sup> – 28 <sup>th</sup> October 2018	Queensland All School Track & Field Championships, QSAC 13-19yrs.
1/11/2018	1500m Classic, UQ.
17/11/2018	Benita Willis Shield, QSAC
24/11/2018	Relay Track & Field Championships, QSAC, Brisbane.
24/11/2018	Noosa Gift Twilight Carnival
1/12/2018	Joanna Stone Shield, QSAC
7/12/2018	Australian All Schools Track & Field Championships, Cairns 13-19yrs.
14/12/2018	Carlee Beattie Shield, QSAC

## **Committee Notes**

Our next Monthly committee meeting is on **Tuesday 23<sup>rd</sup> October 2018** at 7pm. All welcome.

*Just a Thought'*

I've learned that....

*Tell someone you love them; it is a priceless gift to give.*

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## Happy September Birthdays

Izabella Fritz    Hemi Rakuita    Codi Thompson

Liam Stolberg              Peter Grant

Stewart Carrick              Irene Dobbie (**Life Member**)

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## Track & Field

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

Registration for the **new 2018-2019 season** is **OPEN** from the 1st October 2018. Members may now renew their registration.

The season runs from 1<sup>st</sup> October 2018 to 30<sup>th</sup> September 2019.

All current QA memberships will expire on Sunday 30<sup>th</sup> September 2018, so renew now to ensure that your membership remains current.

If you need any assistance with your membership renewal, please contact Queensland Athletics on 07 3343 0900 or email [info@qldathletics.org.au](mailto:info@qldathletics.org.au)

[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 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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## 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.**

Points are allocated for each Club meet performance for all Club athletes. These points are then tallied for award presentations of the 2018/19 season.

### 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

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

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## Answer to the Question

The winner of the **August** question was

**No correct answers.**

The correct answer was: **"An Eye."**

### A new question is as follows:

I will give you a clue and you will have to think of a word that fits that definition. The word **MUST** have two of the same letter in a row.

1. A pirate
2. A winged insect, usually brightly colored
3. An animal with a long neck
4. Part of a word pronounced as a unit
5. Earth's natural satellite

**All questions must be answered correctly to win.**

**Think carefully!!!**

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

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

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# Mulgowie Gift

On September 1<sup>st</sup> September 2018 some of our club athletes ran exceptionally well at the Mulgowie Carnival of gifts.





## Athletics North Queensland Championships, Townsville from 21<sup>st</sup> – 23<sup>rd</sup> September.

Four club members won five gold and three bronze medals, an amazing performance after contesting ten events.

**Montanna McAvoy** received the Charlie Doyle Award for the Most Outstanding Middle Distance Female Athlete of the Championships for 2018.

<b>Montanna McAvoy</b>	U/20yrs	1500m	1 <sup>st</sup>	4.41.13	
		3000m	1 <sup>st</sup>	10.10.01	
	Open	1600m	1 <sup>st</sup>	4.59.25 this also	

included the QLD Championships gold medal.

<b>Hemi Rakuita</b>	10yrs	100m	3 <sup>rd</sup>	14.36	PB
		200m	3 <sup>rd</sup>	28.88	PB
		Long Jump	5 <sup>th</sup>	3.76m	PB

<b>Rochelle Vidler</b>	U/18yrs	Hammer Throw	1 <sup>st</sup>	63.69m	
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<b>Elizabeth Melrose</b>	Open	100m	6 <sup>th</sup>	13.62	
		200m	5 <sup>th</sup>	27.72	
		400m	3 <sup>rd</sup>	62.59	





Hemi Rakuita



Liz Melrose

Montanna McAvoy with the Charlie Doyle Award for the Best Female Distance runner of the North Queensland Track & Field Championships for 2018.





Liz Melrose

Hemi Rakuita

Enjoying the sites of Townsville, but windy conditions prevailed.

## 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 **Jude Thomas** for receiving the Junior Sport Star Award of the month for August 2018.



All monthly Sport Stars and Encouragement winners are invited to attend the Awards night on Friday 2<sup>nd</sup> November 2018 at 6.30pm for a 7.00pm start at the Brothers League Club Function room, Raceview. Any member wishing to go and support our club, a cost to be advised for a sit down style meal etc. **Please RSVP by Monday 16<sup>th</sup> October 2018.** Dress; Smart Casual.

## Health Tips for everyone

Foods with anti-aging nutrients.

If you're of any age and want to defy each passing year while promoting more youthful hair, nails and skin, the below 7 foods will help you stock up on some of the most powerful anti-aging nutrients around.

1. Olive Oil - Not only do the monounsaturated fats contained in olive oil support healthy arteries and a healthy heart, but olive oil also contains polyphenols, a potent anti-oxidant that may help prevent a number of age-related diseases. We recommend organic extra virgin olive oil for the most anti-aging bang for your buck.
2. Red Wine - That's right, a glass of wine daily may indeed have a positive effect on your health due to its resveratrol content, a unique anti-oxidant that can help fight against diabetes, heart disease, and age-related memory loss.
3. Beans - The unique proteins in beans thicken and strengthen your hair cells, so you can enjoy a full head of hair as you lengthen your years. :)
4. Brazil Nuts - Brazil nuts are rich in selenium, a mineral which aids in the production of the anti-oxidant glutathione to help slow down the skin aging process. Just 2 nuts a day will provide you with enough selenium to reap its anti-aging benefits.
5. Tomatoes - Tomatoes are rich in lycopene, which has been shown to support heart health and healthy cholesterol levels as you age. Lycopene also acts as a natural sun block to keep skin youthful and protected from harmful UV rays.
6. Raspberries & Blueberries - These two berries contain important anti-oxidants to help offset inflammation and oxidative stress that contribute to skin aging and wrinkles. Just one serving of either or these berries contains more anti-oxidants than 10 servings of most other fruits and vegetables!
7. Organic Eggs - Despite the bad rap eggs get because of their cholesterol content, which is based on completely erroneous science, eggs are rich in biotin and iron which help to promote healthy, youthful skin and hair.



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