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Ph: 0409 754 884

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

Newsletter

30th September 2019

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. 1/10/2019.

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 2019-20 season on the QLD Athletics website at www.qldathletics.org.au

Please you must press Register and not renewal as this is a new system

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 National 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;

5/10/2019	UQ Sport Athletics Holiday Meet, St Lucia
12/10/2019	Somerset Gift, Mudgeeraba, Somerset College.
13/10/2019	Alana Boyd Shield, QSAC
19 th – 22 nd October 2019	Queensland All School Track & Field Championships, Cairns 13-19yrs.
31/10/2019	1500m Classic, UQ.
17/11/2019	Benita Willis Shield, QSAC
24/11/2019	Relay Track & Field Championships, QSAC, Brisbane.
23/11/2019	Noosa Gift Twilight Carnival Entries close 17/11/2019
1/12/2019	Joanna Stone Shield, QSAC
7 - 9/12/2019	Australian All Schools Track & Field Championships, Perth 13-19yrs.
14/12/2019	Carlee Beattie Shield, QSAC

Committee Notes

Our next Monthly committee meeting is on **Tuesday 22nd October 2019** at 7pm. All welcome.

Just a Thought'

I've learned that....

*A dream written down with a date
becomes a goal.
A goal broken down in steps
becomes a plan.
A plan backed by action
becomes Reality.*

Happy September Birthdays

Izabella Fritz	Hemi Rakuita	Codi Thompson	Kayla Moore
Kali Taylor	Liam Stolberg	Peter Grant	Mikaela Doneley
Stewart Carrick	Irene Dobbie	(Life Member)	

Track & Field

All Track and Field events are now scheduled on the [Queensland Athletics website](#)

Registration for the new 2019-2020 season is OPEN from the 1st October 2019. Members may now renew their registration.

The season runs from 1st October 2019 to 30th September 2020.

All current QA memberships will expire on Sunday 30th September 2019, 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

www.qldathletics.org.au

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

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.



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.

Answer to the Question

The winner of the **August** question was **Lily Vine.**

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

A new question is as follows:

Four men sitting in a row each wear a different coloured hat, red, yellow, blue, or green.

Blue is not beside red. Yellow is on the far right. Red is to the right of Green.

From left to right, What is the order the men sit in?

Think carefully!!!

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

Email: - vgpascoe1@bigpond.com

Mulgowie Gift

On September 7th September 2019 some of our club athletes ran exceptionally well at the Mulgowie Carnival of Gifts.



A Unique Double by Liz Melrose



Jack Vine

Leah Clark, Mikaely Doneley

120m Youths Gift Presentation







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 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 award. **Please phone Vic on 0409 754 884.**

All Sport Stars and Encouragement nominees are invited to attend the Awards night on Friday 8th November 2019 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 16th October 2019.** Dress; Smart Casual.

Athletics North Queensland Championships, Townsville from 27th – 29th September.

Four club members won 4 gold, 4 silver and 1 bronze medal, amazing performances after contesting eleven events. It was even more sensational as **Charlize Goody** is still a 13yr old and then win the silver after being DQ in the first event of the U/16yrs Heptathlon, the 90m Hurdles. She also did PB's in the 200m and 800m.

Mikaela Doneley also got no points in the High Jump in the Heptathlon but finished 4th and did PB's in the Shot Put and Javelin.

Charlize Goody	13yrs	Hammer Throw	1 st	37.81m	PB
		Javelin	1 st	39.57m	
	U/16yrs	Heptathlon	2 nd	3428 pts	PB first time
Mikaela Doneley	14yrs	200m Hurdles	2 nd	33.21	
	U/16yrs	Heptathlon	4 th	2986 pts	
Hemi Rakuita	11yrs	100m	2 nd	13.98	PB
		200m	1 st	28.88	PB
		400m	1 st	65.96	
		Long Jump	6 th	3.73m	
Elizabeth Melrose	Open	100m	3 rd	13.32	
		400m	2 nd	63.84	



Mikaela Doneley

Charlize Doneley

Elizabeth Melrose

Hemi Rakuita

Oceania Masters Athletic Championships, Mackay, September 2019

Our Master athletes are proving once again age is just a number, congratulations.

Patrick McCarthy

35-39yrs

60m	7.49	Gold
100m	11.56	Gold
200m	24.08	Gold
Long Jump	6.02m	Gold
Discus	34.75m	Silver
Shot put	10.78m	Silver
4x100m Relay		Gold
4x medley relay		Gold.



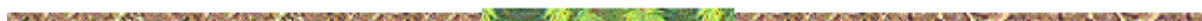
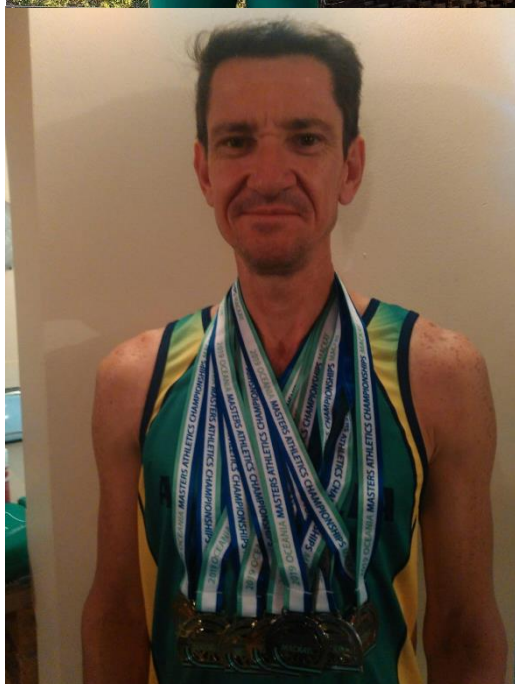
Two Iron men.



Michael Berlin

50-54yrs

High Jump	1.60m	Gold
Long Jump	5.26m	Gold
100m	12.22	Silver
200m	25.27	Silver
400m	57.59	Silver
4 x 100m Relay		Gold
4 x Medley Relay		Gold



“Arthur Postle” Pittsworth Gift, 14th September 2019

Another exciting afternoon racing for prizemoney, congratulations to our members who ventured to a glorious day of professional racing.





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IPSWICH | SPRINGFIELD

Australian 10-12yrs primary Schools Championships, Darwin 18-23/09/2019

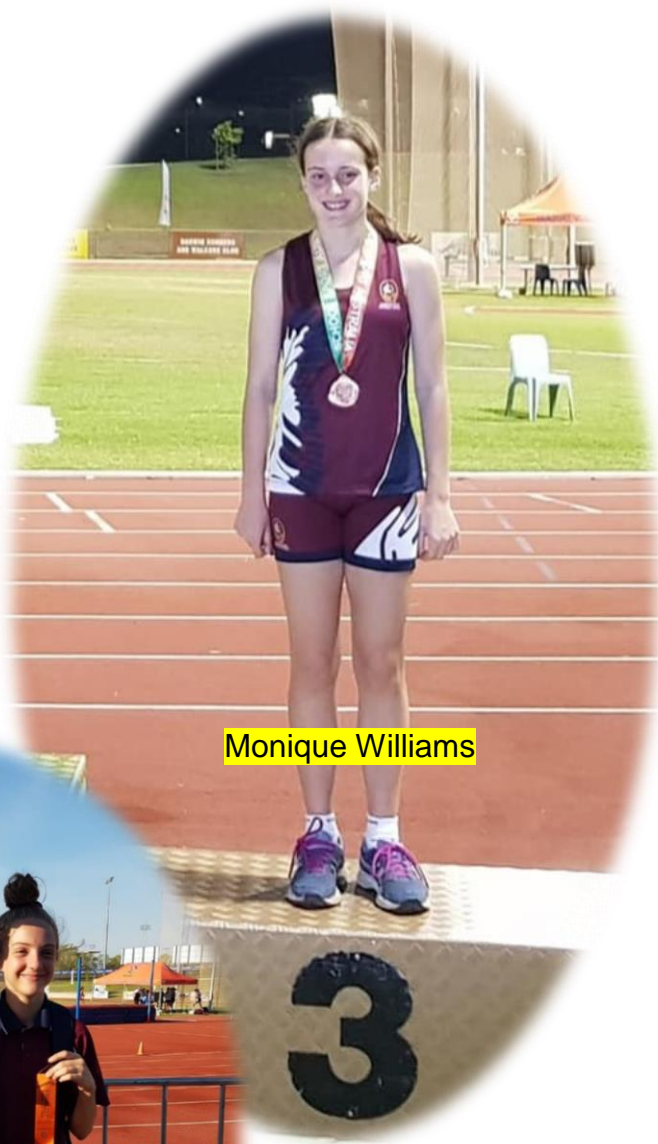
Our junior athletes did amazing performances at these Championships and having the support of coaches and parents made it a memorable event. In most cases it was their first Nationals, well done, congratulations to all.

With athletes competing under the watchful eye of Coach Mark Sills, I am sure many more will want to join the club, you are all welcome.

Monique Williams	12yrs	Tetrathlon	3 rd	1124pts	PB
Indiana Platen	11yrs	High Jump	5 th	1.40m	PB
Kali Taylor	12yrs	High Jump	6 th	1.50m	PB



Indiana Platen



Monique Williams



Mark Sills & Kali Taylor

Health Tips for everyone

If you want to boost your brainpower, sharpen your focus, polish your memory, and enjoy vibrant energy, you need to nourish your noggin. Here are 8 of our top brain-boosting foods to help keep your brain running at full speed thanks to the following neuro-nutrients:

- * B vitamins (Folate, B6, B12)
- * Vitamins D and E
- * Choline
- * Lutein and Zeaxanthin
- * DHA
- * Probiotics
- * Polyphenols

Fatty fish and seafood like wild salmon, Pacific sardines, mussels, Atlantic mackerel, oysters, anchovies, rainbow trout, and herring are the best dietary sources of the omega-3 DHA, which is the most abundant fat in the brain and has been shown to improve memory and reaction time. Fish are also a great source of the vitamins B6 and B12, which energize and protect the brain by helping eliminate potentially toxic compounds.

Walnuts also packed with phytochemicals that offer antioxidant and anti-inflammatory protection, including vitamin E (which may help combat dementia) and melatonin (which also helps with sleep). Research shows that walnut consumption is associated with better cognitive function.

Eggs are packed with healthy fats (DHA), antioxidants, B vitamins, vitamin D, and minerals, plus they contain choline, the main building block of the neurotransmitter acetylcholine. Eggs are also rich in the antioxidants lutein and zeaxanthin, which combat oxidative stress and boost levels of a compound called BDNF that protects and enhances the brain.

Green tea helps reduce anxiety, boost cognitive performance (including memory and attention), and improve brain function, thanks to a unique combination of L-theanine, caffeine, and antioxidant flavonoids, which have antioxidant and anti-inflammatory properties.

Blueberries contain powerful antioxidant and anti-inflammatory compounds (such as anthocyanins), which research shows can support cognitive function by improving communication between nerve cells. One study found that folks who consumed blueberry juice daily experienced improved learning and memory as well as improved mood.

Grapes (and red wine) also contain those same brain-boosting anthocyanins found in berries. Of course, red and purple grapes also feature resveratrol, which is known for many health benefits such as improved memory, learning, cognitive function and performance, and even cerebral blood flow.

Broccoli, which is commonly referred to as a “brain food,” contains the powerful antioxidant alpha lipoic acid, a key nutrient for mitochondrial health and energy production. Broccoli also contains a unique compound called sulforaphane (also found in other cruciferous vegetables), a potent antioxidant that activates a compound called Nrf2, which is known as the “master regulator” of cell defense and detoxification.

Fermented foods like yogurt, kefir, and fermented fruits, vegetables, and other plant-based foods are most well-known for their probiotics (i.e., “good” bacteria), which may have a direct influence on mood, brain health, and cognitive function through what’s known as the gut-brain axis.

To Brain-Power,



Nominations

Nominations are now open for the 2020 Ipswich Australia Day Awards.

Finalists and their nominators will be invited to the Ipswich Australia Day Awards ceremony in January 2020, where the winners will be announced. Complete the below online nomination forms or download, print and mail the PDF nomination form:

- [Ipswich Australia Day Award Nomination Form \(Online\)](#)
- [Ipswich Australia Day Award Nomination Form \(PDF\)](#)

Nominations close on Monday 11 November 2019.

Award Categories

Citizen of the Year

Nominees must be 26 years or older as at 26 January 2019

Senior Citizen of the Year

Nominees must be 60 years or older as at 26 January 2019

Young Citizen of the Year

Nominees must be under 26 years of age as at 26 January 2019

Cultural Award of the Year

Open to performers, musicians, actors, directors, etc., as well as those who have worked to develop cultural activities and projects within the Ipswich community

Sports Award of the Year

Open to sporting coaches, administrators, officials and athletes of all ages within the Ipswich community

Event of the Year

Event must have taken place in the Ipswich local government area in 2019

Eligibility Criteria

Ipswich City Council will allocate nominations across all award categories based on the eligibility of each nominee. If no eligible nominations are received, Ipswich City Council reserves the right to remove any award category as required. All nominees must satisfy the below criteria:

- Nominees must be Australian citizens
- Nominees must have resided within the Ipswich local government area during 2019
- Nominees should satisfy any other criteria specific to each category (listed under each category above)
- Nominators must be over the age of 18 years
- Regard will be given to the nominee's achievements in 2019, as well as their past achievements and ongoing contribution to the Ipswich community
- Self-nominations are not accepted
- Council reserves the right to select finalists in categories where a high volume of nominations have been received
- Submitting multiple nominations for the same individual/event will not influence the nominee's chances of being selected as a finalist and/or winner.

