



P O Box 220, Booval Qld 4304

Ph: 0409 754 884

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

## Newsletter

30<sup>th</sup> September 2021

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### PRESIDENT'S MESSAGE

Just a reminder for everyone it is time to renew for current members and register if you are just joining our Club for the new Track & Field season. That way, athletes are eligible to compete when the new club season begins i.e. 1/10/2021.

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 2021-22 season on the QLD Athletics website at [www.qldathletics.org.au](http://www.qldathletics.org.au)

It was a pleasure and a highlight for our Club members competing at the ANQ Championships last weekend in Townsville. I am delighted to see a plentiful haul of medals returning to Ipswich and I was so proud having our new club colours on competing athletes and more importantly they had fun.

Our Current Convenor **Yvonne Crowley** (who has done a marvelous job with her innovative ideas and ways to ensure the Club ran smoothly in setting up events) has resigned now we are urgently seeking another person to take on the role.

Congratulations to **Charlize Goody** and **Jude Thomas** as finalists at the Ipswich Sports Awards 29/10/2021

Vic

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### 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 further improvement whilst training hard with our Club.

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

16<sup>th</sup> - 17<sup>th</sup> October 2021 QLD All School T & F Championships, QSAC 15-19yrs.

30<sup>th</sup> – 31<sup>st</sup> October 2021 QLD All School T & F Championships, QSAC 10-14yrs.

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### Committee Notes

Our next Monthly committee meeting is on **Tuesday 26<sup>th</sup> October 2021** at 7pm. All welcome.

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*Just a Thought'*

**I've learned that....**

*Be happy with what you have while  
working for what you want.*

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# Happy September Birthdays

Kate Digby      Lester Sabijon      Hemi Rakuita      Maddie Newham  
Abrahan Kasiano      Sharvarne Packer      Kali Taylor      Liam Stolberg  
Mikaela Doneley      Ashlee Stieler      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](http://Queensland Athletics website)

Registration for the new 2021-2022 season is **OPEN** from the 4<sup>th</sup> October 2021. Members may then renew their registration.

The season runs from 1<sup>st</sup> October 2021 to 30<sup>th</sup> September 2022.

All current QA memberships will expire on Wednesday 30<sup>th</sup> September 2021, 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 2111 5135** or email [info@qldathletics.org.au](mailto:info@qldathletics.org.au)

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

**QAL have 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 2021/22 season.

A new uniform is to be worn for the start of next season and is available to view at the clubhouse on training nights. However to have sufficient uniforms available we need to know your size and what you actually want. Please advise us ASAP so orders can be placed.

### IDAC Uniform Price List

Ladies Crop Top	\$32.00
Bummers / Bike pants	\$40.00
Singlet	\$30.00
Shorts	\$44.00
Polo – Short Sleeves	\$46.00
Polo – Long Sleeves	\$57.00
Hoodie	\$77.00
Tracksuit Pants	\$72.00
Coach Jacket	\$82.00

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

## Congratulations

Club member **Conor Mathewson** is a beast when it comes to running the 5km Parkrun on a Saturday morning. He has even managed to beat his dad's (Shane) time of 17 minutes and 58 seconds on the 11<sup>th</sup> September 2021 in a new PB time of 17 minutes and 52 seconds. This has put Conor in the age graded record category for the Ipswich Parkrun.

Even more amazingly this young man is only 10yrs old, what a future in distance running.

Looking after him over the next few years will be a challenge for his Mum (Annette) ensuring he stays healthy and injury free.

All the best in your future journey in athletics as being part of the Nanci running squad coached by Peter Reeves.



## Answer to the Question

The winner of the **August** question was *Maharu Wickramasinghe*

The correct answer was: **"September - It has 9 letters, all the others have between 3 and 8."**

**A new question is as follows:**

What food can be ice, sour, and whipped?

*What am I?*

**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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## 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.**

This year we have finalists **Charlize Goody** and **Jet Nunez**, the 2021 Sports Star Dinner will be Friday 5<sup>th</sup> November at 6.30pm, dress smart casual and tickets can be purchased \$35 per person. RSVP by the 31<sup>st</sup> October.

Tickets are available through Brothers Reception on 3817 2999 until 1<sup>st</sup> November 2021.



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## Health Tips for everyone

Many of us have morning routines that are wonderful health practices — a morning meditation, a few yoga poses, a brisk walk around the neighborhood, or a delicious fruit-infused smoothie. Daily routines are vital to health and happiness, and this is especially true at the start of the day.

How about a quick and simple glass of warm lemon water with Himalayan salt or [high-quality sea salt](#)? This simple drink can boost your morning health and wellness regimen — and it's so easy to make. There are a number of professional athletes and Olympians who start their morning with lemon and salt water, which may say something about its effectiveness.

A 10-ounce glass of warm lemon water with Himalayan salt or [high-quality sea salt](#) in the morning can increase your immune function, decrease uric acid to fight inflammation, improve digestion, and balance your body. These benefits can be attributed to the vitamin C content of the lemon juice as well as the essential minerals contained in Himalayan salt. This simple morning drink promotes vitality, health, and overall wellness, and may even improve your sex drive!

Let's take a closer look at 19 of the balancing benefits of water, lemon, and salt, all in one cup.

**Lemons are excellent for fighting inflammation.** Lemons can help dissolve the uric acid in your joints, and also have been found to help build and repair tendons, ligaments, and bone. This anti-inflammatory property may be especially beneficial for people with rheumatoid arthritis and osteoarthritis, according to an American College of Physicians study on osteoarthritis, published in the *Annals of Internal Medicine* (2000).

**Aids in proper food and water absorption.** A daily glass of lemon water with Himalayan salt or [high-quality sea salt](#) may provide a better overall mineral balance, which promotes proper food and water absorption in your body, allowing essential nutrients to get where they need to be.

**Balances your body's acidity (pH).** The alkalizing effects of lemon and natural salt are highly useful for managing your body's delicate pH balance, which is crucial for optimal functioning of the body's systems.

**Boosts immune function.** One lemon serves up 139 percent of your daily value (DV) for vitamin C. Squeezing one lemon into your morning is a natural alternative to that vitamin C supplement you may be taking.

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**It's a detox for your cells.** The all-natural Himalayan salt mixed with lemon juice and water helps to pull toxins from your cells, reducing cellular toxicity. This may reduce your risk for various chronic diseases, as well as make you feel generally awesome!

**Reduces problematic cellulite.** Natural salts like Himalayan salt have been used for centuries for skin care. Interestingly, most spa treatments for cellulitis contain some form of salt and/or citrus blend. A few daily gulps of lemon and salt water in the morning may firm up a few of those unsightly areas.

**Clears up skin and adds a fresh glow.** Using natural salt for skin problems, such as psoriasis and eczema, dates back to ancient Roman times. Roman emperor Marcus Aurelius' doctor, Galen from Pergamum, used sea salt for skin diseases, according to *Science Tribune* (1999).



**Useful for allergy season.** It has been suggested that the combination of lemon and salt, specifically mixed into warm water, acts as a natural antihistamine for allergies. It may be the perfect alternative to those pink pills that leave you feeling drowsy.

**Paves the way for better sleep.** The natural hormone-balancing properties of lemon and Himalayan salt or [high-quality sea salt](#) can be more than useful when it comes to bedtime. Getting the proper amount of sleep is essential for physical health, mental health, productivity, and much more. This hormone-balancing beverage can make an effective nightcap.

**Helps controls blood sugar.** The fiber content of lemons helps to balance blood glucose levels, which is useful for type 2 diabetes patients and prediabetics alike, according to a study published in the New England Journal of Medicine (2000).

**Lemons may help detoxify your liver.** Vitamin C is essential for producing glutathione, which plays a foundational role in detoxifying the liver. It also has antiseptic properties that are useful for liver function, as well.

**Freshens breath!** Lemon and Himalayan salt may not be the first things that come to mind when you think of fresh breath. However, the lemon and salt in this simple morning drink help kill the bad breath bacteria that build up while you're sleeping.

**May help you chill out.** When you get stressed out, do not be so quick to reach for those prescription pills. You may be able to chill out and return to that state of Zen by boosting your vitamin C levels first thing in the morning.

**Useful for reducing blood pressure.** Lemons are not all about vitamin C and fiber. They also boast potassium, which is vital for flushing excessive sodium from the body.

**Boost your libido!** The vitamin C content and hormone-balancing properties of this morning beverage can help lift your mood. This might be all it takes to boost your libido, without the need for that little blue pill.

**Gets you hydrated right out of the gate.** Many people forget how important hydration is, especially after a seven or eight-hour sleep period with no water. Start your morning off right and get hydrated. The water, salt and zesty lemon will get your day off to the perfect start.

**An antioxidant powerhouse vital for, well, everything!** Lemon offers up a wealth of vitamins and minerals, while Himalayan salt boosts your mineral and trace mineral levels even more. The antioxidant and detoxifying properties of lemon saltwater pack a powerful, free radical knockout punch.

**May improve your heart health.** Lemons and real salt are both exceptional for increasing heart health on their own. However, when you combine the two into one vibrant morning drink, you get even more vital heart-thumping health benefits.

Natural salt supports electrochemical reactions in the body, while negative ions assist in healthy heart rhythm. Lemons are rich in vitamin C, which is, "associated with lower endothelial dysfunction in men with no history of cardiovascular disease or diabetes," according to a study published in the American Journal of Clinical Nutrition (2006).

**Promotes digestive health.** A glass of warm lemon water with Himalayan salt or [high-quality sea salt](#) before breakfast, or any meal, helps signal your liver to produce the essential bile needed to clean out harmful gut bacteria. The fiber content and natural salt will also promote digestion.

Are you ready to commit to this simple and health-promoting morning drink? I have been drinking warm lemon water with a little bit of Himalayan salt every morning for months, and I absolutely love it. My energy levels are up, and I feel as cool as a cucumber throughout the day.



## ANQ Championships, Townsville 24<sup>th</sup> to 26<sup>th</sup> September 2021

Having a great team of 17 athletes at these games has enhanced our ability to compete with the best anywhere in Australia if not at some international events in the future.



<b>Minaya Wohlsen</b>	9yrs	100m	15.83	2 <sup>nd</sup>	<b>PB</b>
		60m Hurdles	13.04	2 <sup>nd</sup>	<b>PB</b>
		Long Jump	3.28m	1 <sup>st</sup>	<b>PB</b>
		High Jump	1.05m	1 <sup>st</sup>	<b>PB</b>
<b>Addison Farinazzo</b>	12yrs	100m	13.85	4 <sup>th</sup>	13.68 Heat <b>PB</b>
		200m	28.20	3 <sup>rd</sup>	<b>PB</b>
		80m Hurdles	15.42	3 <sup>rd</sup>	<b>PB</b>
		Long Jump	4.60m	2 <sup>nd</sup>	<b>PB</b>
<b>Acacia Wohlsen</b>	12yrs	100m	12.97	1 <sup>st</sup>	12.85 heat <b>PB</b>
		200m	26.74	1 <sup>st</sup>	<b>PB</b>
		Long Jump	4.93m	1 <sup>st</sup>	<b>PB</b>
		High Jump	1.38m	1 <sup>st</sup>	
<b>Indiana Platen</b>	13yrs	100m	14.41	8 <sup>th</sup>	13.84 heat <b>PB</b>
		200m	29.04	6 <sup>th</sup>	28.90 heat <b>PB</b>
		Long Jump	4.39m	4 <sup>th</sup>	
		High Jump	1.51m	2 <sup>nd</sup>	<b>PB</b>
<b>Isabella Willshire</b>	13yrs	100m	14.08	5 <sup>th</sup>	13.80 heat
		200m	28.11	4 <sup>th</sup>	
		400m	1.03.56	1 <sup>st</sup>	
<b>Mackenzie Crowley</b>	13yrs	Shot Put	10.98m	1 <sup>st</sup>	
		Discus	28.85m	1 <sup>st</sup>	
		Javelin	30.78m	1 <sup>st</sup>	
		Hammer Throw	34.75m	1 <sup>st</sup>	<b>PB</b>
<b>Abbie Severinsen</b>	14yrs	Heptathlon	3373pts	3 <sup>rd</sup>	<b>PB &amp; National Qualifier</b>
		90m Hurdles	15.05	3 <sup>rd</sup>	
		200m Hurdles	32.90	2 <sup>nd</sup>	<b>PB</b>
<b>Rylee Novinetz</b>	14yrs	400m	1.07.46	7 <sup>th</sup>	
		800m	2.32.37	5 <sup>th</sup>	
		1500m	5.21.79	3 <sup>rd</sup>	
<b>Monique Williams</b>	14yrs	Heptathlon	4376pts	1 <sup>st</sup>	<b>PB &amp; National Qualifier</b>
		Javelin	29.14m	1 <sup>st</sup>	<b>PB</b>
		Discus	26.94m	3 <sup>rd</sup>	<b>PB</b>
		90m Hurdles	14.61	1 <sup>st</sup>	<b>PB</b>
<b>Lily Vine</b>	15yrs	100m	12.98	4 <sup>th</sup>	heat 12.72 <b>PB</b>
		90m Hurdles	14.77	1 <sup>st</sup>	<b>PB</b>
		Long Jump	5.53m	2 <sup>nd</sup>	<b>PB</b>
<b>Charlize Goody</b>	15yrs	U18yrs Heptathlon	4740pts	1 <sup>st</sup>	<b>PB &amp; National Qualifier</b>
		Discus	44.36m	1 <sup>st</sup>	<b>PB &amp; meet record</b>

<b>Camryn Novinetz</b>	17yrs	5000m	21.16.39	<b>2<sup>nd</sup></b>	
		5000m Walk	26.12.14	<b>1<sup>st</sup></b>	
<b>Hudson Severinsen</b>	9yrs	Shot Put	5.64m	<b>2<sup>nd</sup></b>	<b>PB</b>
		Discus	17.02m	<b>1<sup>st</sup></b>	
<b>Archer Crowley</b>	11yrs	800m	2.39.10	<b>2<sup>nd</sup></b>	<b>PB</b>
		1500m	5.25.03	<b>2<sup>nd</sup></b>	
		Discus	28.10m	<b>1<sup>st</sup></b>	<b>PB</b>
		Shot Put	8.11m	<b>2<sup>nd</sup></b>	
		High Jump	1.35m	<b>2<sup>nd</sup></b>	<b>PB</b>
<b>Sebastien Sills</b>	12yrs	Discus	27.86m	<b>2<sup>nd</sup></b>	<b>PB</b>
		Shot Put	9.00m	<b>2<sup>nd</sup></b>	
		Javelin	19.91m	<b>5<sup>th</sup></b>	<b>PB</b>
		Hammer Throw	22.05m	<b>2<sup>nd</sup></b>	
<b>Ethan Platen</b>	15yrs	200m	24.23	<b>3<sup>rd</sup></b>	<b>PB</b>
		400m	55.02	<b>1<sup>st</sup></b>	
		High Jump	1.55m	<b>2<sup>nd</sup></b>	<b>PB</b>
<b>Jack Vine</b>	17yrs	200m	23.18	<b>5<sup>th</sup></b>	
		Long Jump	5.15m	<b>6<sup>th</sup></b>	
		100m	11.76	<b>11<sup>th</sup></b>	

The team was spearheaded by **Charlize Goody** who won the U18yrs Heptathlon 4740 points a **PB** and National Qualifier and set a new meet record in the U16yrs Discus, a fantastic performance.

Other notables included were Isabella Willshire, Indiana Platen, Mackenzie Crowley with 4 gold medals, Ethan Platen, Sebastian Sills and Abbie Severinsen who were all medallists at last year's ANQ Championships again produced more medals.

Another outstanding performance was Acacia Wohlsen 12yrs who took home 4 gold medals, this included 3 PB's and could have been a fourth if not for Coach advising her to stop high jump so that she would not be too tired for her other events, a good call..

21 Gold medals    16 Silver Medals    7 Bronze Medals    34 PB's

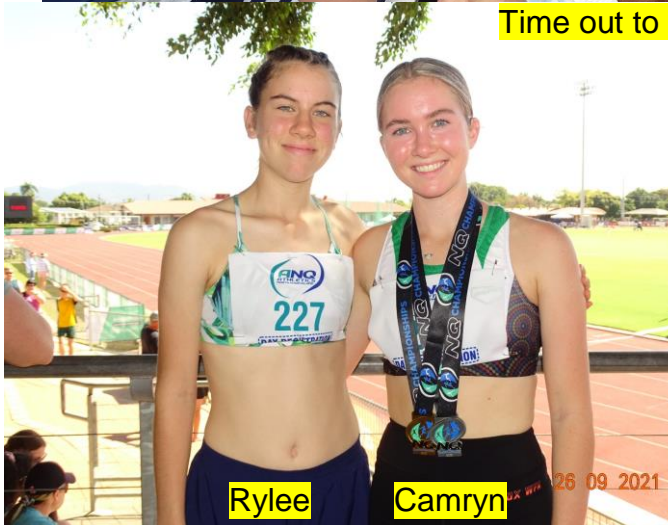
The ANQ Championships being the best our club has ever performed at over the years.







Time out to watch a movie



Rylee

Camryn

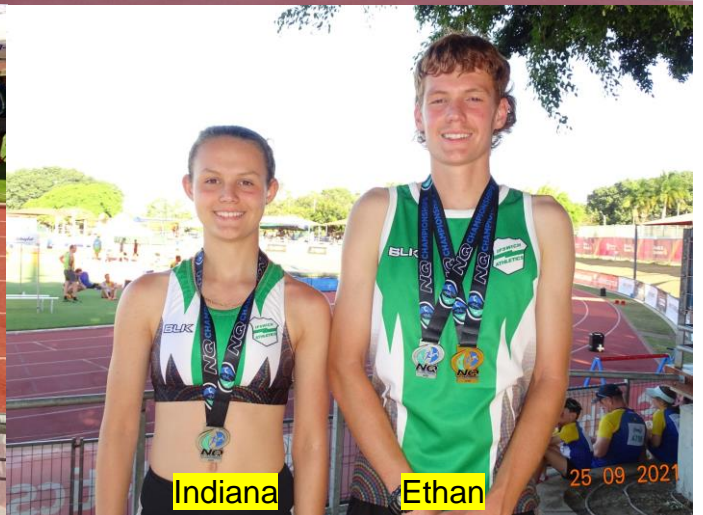


Nice Form



Acacia

Addison



Indiana

Ethan





Monique

Abbie

Charlize



Mackenzie

26 09 2021



Sebastien



Archer

26 09 2021



Jack & Lily

26 09 2021



Girl Power

26 09 2021



Indiana & Isabella

26 09 2021



Glynis & Charlize

26 09 2021





Abbie



Hudson



"The Saint"



Time to relax before dinner

